



PURE

Whole-Food & Plant-Based Support

Module 10

Self-Care

Disclaimer

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Module 9 Guide

Taking Care of Yourself First

Making Time for What Matters

Clearing Time Clutter

Self-Care

Take Care of Yourself First

Are we being selfish when we take care of our own happiness? Our society often equates self-care with selfishness; nothing could be further from the truth. If we are going to “take back our lives,” we need to get over this.

The truth is, we are being responsible when we put ourselves first. When we take control of our days and do what we need to do, we replenish our physical, mental and emotional well-being. That means we must choose to make the time for exercise, preparing and eating healthy meals, resting and creating growth and happiness.

Take Care of Yourself First

Self-reflection and awareness clears and calms the mind and spirit. Deciding to do things we enjoy creates happiness. We don't have to take a trip to Europe; just taking an invigorating walk, listening to music, or spending quiet time with someone we love can create profound and lasting happiness. It all sounds too easy to be true and, for some, may even sound selfish. This is a limiting belief, because as long as you think you are being selfish, you won't do it and everyone suffers. You can't take care of anyone until you take care of yourself.

If you make your self-care a priority, you have more to give. In addition to having more to give, you set a good example for those you care about and you will soon find them following your lead.

Take Care of Yourself First

You have already made tremendous progress in self care while participating in this program.

By setting goals, changing some eating and activity patterns, keeping track of your thoughts, feelings and progress, you have taken a huge step in self care.

Congratulate yourself and just sit and think about all the changes you have made in your life in a few short weeks.

From here, what else can you do to make self-care a priority?

Making Time for What Matters

Creating time in your busy schedule is one of the most important and difficult tasks in making ongoing self-care a priority.

Even in what feels like a very full schedule, it is usually possible to find some items that have a little “give.”

Over on the right are suggestions of things past clients have changed in order to find more time for consistent self-care activities during each week.

Finding time:

- *Check your emails twice a day*
- *Check Facebook once a day*
- *Ignore your phone*
- *Give up (2) ½ hour television shows...or (1) 1hour show.*
- *Delegate some of your daily tasks*
- *Pre-plan and go to the store twice a week instead of daily*
- *Eliminate “time clutter”*

Clearing Time Clutter

Time Clutter Exercise

- Using the pages provided in your [Week 10 Activity Book starting on page 2](#), keep a time journal for three days.
- Write down everything you do in 15-minute increments to allow for the greatest possible accuracy.
- Don't judge or worry about how you are spending your time at the beginning – use this exercise to learn more about where your time goes!

Self-Care

When your three days are up, go over your list and highlight the actions that were worthwhile.

Circle the enjoyable and inspiring actions. Cross out the actions that were non-productive or self-destructive. Add up the time spent on the non-productive and self-destructive. This is the time you can use for self-care without having to alter your productivity in the slightest. Now that you have found some extra time, let's explore some of the things you would like to do.

Ask yourself what feeds your soul, what makes you feel better, stronger and more energized? What helps to de-stress and relieve the overwhelm of the day?

Examples:

- *Read an inspirational book*
- *Watch a really funny movie and laugh hard*
- *Journal*
- *Go to a play*
- *Go to the symphony*
- *Saunter through the museum*
- *Garden*
- *Do a craft*
- *Create an artwork*
- *Watch a child play*
- *Take a class*
- *Lay in the sun*

Assessment

Five positive changes this week?

- 1.
- 2.
- 3.
- 4.
- 5.

What are your main concerns?

What can you do in the next week to bring you closer to your goals?

How did you feel?

Assessment

	Weight	Sleep	Constipation/ Diarrhea	Energy	Mood
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					