

A ROCKSTAR'S Guide to Self-Care

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I AM A
ROCKSTAR

Hi Rockstar!

With all of the hustle and bustle of daily life it can be all too easy to forget about self care. Without a nourishing routine of treating ourselves with lovingkindness, we can be on a fast track to burnout. When we are feeling exhausted, like there's nothing left to give, it's not good for us, for those we care about, or the world around us.

Anytime we are working on healing and growth work, it's extra important can that we practice self care.

In my own self work I've focused a lot of time and attention to transforming the implicit belief of 'I'm not good enough' into the belief of good enough. To let myself know- it's good enough and I'm proud of you. And that it's ok if you made a mistake, it couldn't have happened any other way. You're human, our imperfections are what makes us compassionate and kind.

When we are struggling and choose self care, it is an act of faith. It's within that act of faith that creates space for connection with our higher selves, which often translates into joy, peace, and emotional well being. Don't wait until you feel like playing or taking care of yourself, that moment may never come. Instead, be curious about how you will feel afterwards.

Giving ourselves permission to be imperfect and to begin to quiet the negative inner critic is really challenging. But it's also really important. And in order to do any of transformational growth work we have to take care of ourselves in a warm, compassionate, and loving way. My wish is for this guide to be a beginning of a conversation of self-care and self-love.

Warm Wishes,

Lindy

Lindy Ariff, LCSW
Founder of I AM A ROCKSTAR

Cultivating Self-Care Exercise

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Carve out some time, sit down in a quiet place and make your own self care list. Start by asking yourself: What do I consider play in my life? What are my hobbies? What are things in my life that I love so much that I lose myself in? That I feel joyful and light afterwards?

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Self-Care Ideas:

Go for a walk

Read a book

Take a bubble bath

Listen to music

Visit with a friend

Prayer

See your therapist

Yoga

Meditate

Cook a meal

Journal

Just Breathe

Dance

Rest & sleep

Star Gaze

Star Gaze

Be outside

Incense & candles

Journal how you feel before and afterwards, in what way do you notice a difference in your state of mind, body, and/or soul?

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ROCKSTAR SELF CARE ACTIVITY

Part of self care is to make sure we are getting our basic needs met. So let's first start by asking a few questions:

Am I living in a space and a lifestyle that feels safe to me?

Am I eating nourishing meals (whatever that means to you personally) and taking the time to drink water and other nurturing fluids like herbal teas?

Am I making and keeping my health appointments?

Am I physically moving my body in some way?

Do I have people in my life I can go to when I need a boost of love and support?

Practicing self care is so important because it helps us stay balanced in life. When we practice self care we are showing ourselves that we are important and matter.

Having a self care list is important as a way to take care of ourselves, especially when we start noticing that we are feeling stressed and frazzled. Invite you to take your self care

DIRECTIONS FOR THE SELF CARE WHEEL EXERCISE:

Since you know you best, I invite you to create your own self care wheel!

In each section of the wheel, write self care activities that nourish that portion of yourself. For example, under the section: Physical you might write a list that includes taking breaks, massages, doctor appointments, eating regularly, and exercise. Under Emotional we might write therapy sessions, journaling, art, and being curious.

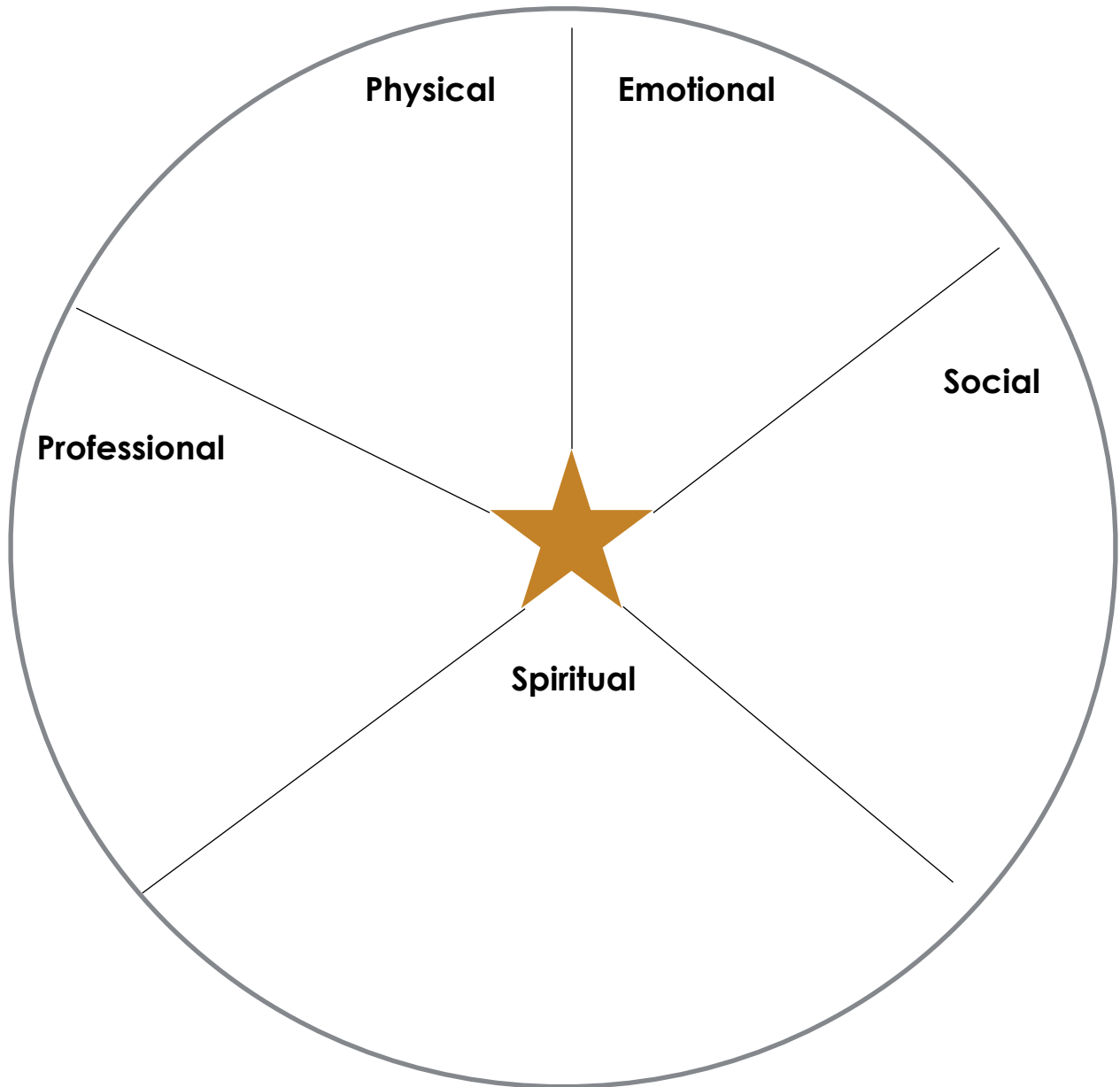
Once you've filled in your whole wheel with self care amazingness, pin it up somewhere so you can reference it often!!

Journal Activity for Reflection:

What was this experience like for you? Choose one area of the wheel to focus on this week or month. What are some ways you can increase self care in that area?



ROCKSTAR SELF CARE WHEEL



Physical-

Activities that impact our physical health.
Examples: Safe housing, exercise, sleep, baths, walks, massages...

Professional-

Activities that impact our professional life and growth:
Examples: Work/life balance, boundaries, career growth...

Spiritual-

Activities that connect the universe and life at a soul/spiritual level:
Examples: Prayer, nature, yoga, play, dancing...

Emotional-

Activities that impact our psychological and emotional wellbeing:
Examples: Journaling, creative endeavors, hobbies, laughter...

Social-

Activities that help us feel connected and supported by others.
Examples: Family time, volunteering, friendships...