Written by boho flow.

SELF CARE QUICKSTART GUIDE



Your Self-Care Quickstart Guide will help you identify your needs, prioritise your goals, and develop a plan to better care for yourself. It's the perfect tool to help you incorporate daily well-being practices.



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INTRODUCTION	3
GOAL SETTING	4
PHYSICAL SELF-CARE	6
CHECKLIST	7
MENTAL SELF-CARE	8
CHECKLIST	
GRATITUDE JOURNAL	10
SOCIAL SELF-CARE	11
SELF-CARE STRATEGIES	12
DAILY PLANNER	13

INTRODUCTION



Self-care is a fundamental aspect of our well-being, a practice that invites us to prioritise our physical, mental, and emotional health in a world that often demands relentless effort and constant busyness. It is not an act of selfishness but an act of self-preservation, a reminder that caring for ourselves is the foundation upon which we build a life of balance and fulfilment.

The benefits of a consistent self-care practice are vast and transformative. It can reduce stress, boost mental clarity, and increase emotional well-being. It fosters a sense of self-worth and self-love, enabling us to give more to others when we are at our best. It can improve physical health, promote better sleep, and enhance our capacity for joy.





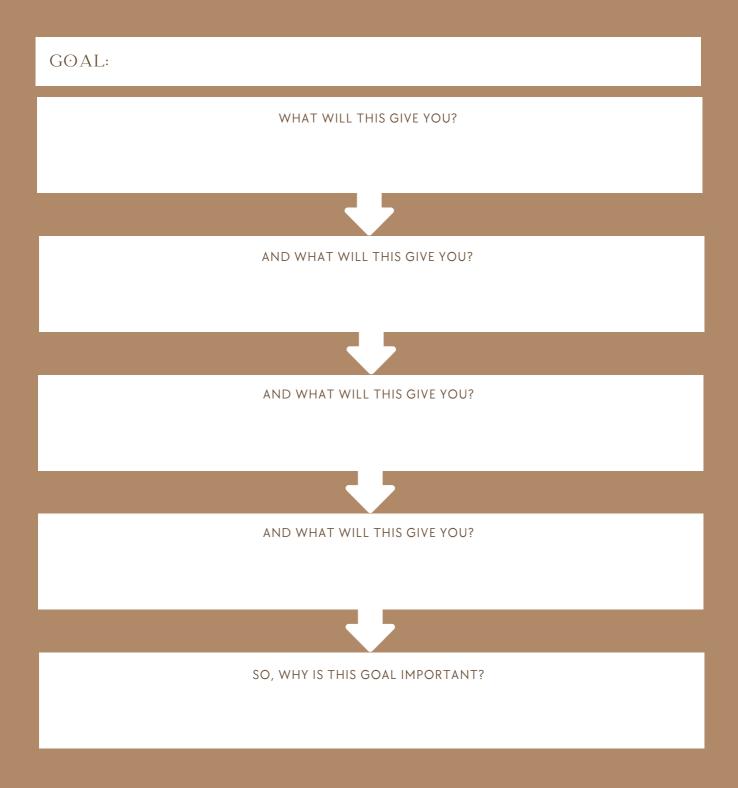


WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	<u>SPECIFIC</u> what do I want to accomplish?	
M	MEASURABLE How will I know when it is accomplished?	
A	<u>ACHIEVABLE</u> how can the goal be accomplished?	
R	<u>RELEVANT</u> does this seem worthwhile?	
Τ	<u>TIME BOUND</u> when can I accomplish this goal?	



ACHIEVING OUR GOALS IS DEPENDENT ON WHETHER WE TAKE ACTION. USE THE TABLE BELOW TO UNDERSTAND THE "WHY" OF YOUR GOALS.



PHYSICAL SELF-CARE



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Physical self-care encompasses a range of activities and practices aimed at nurturing and maintaining the health and vitality of our physical bodies, such as regular exercise, balanced nutrition, adequate sleep, and similar measures that benefit our physical body. We have provided some examples for your below.

Physical self-care recognises that our bodies are the vessels through which we experience the world. By caring for our body, we can optimise our overall well-being. We should engage in activities that promote strength, flexibility, and cardiovascular health, as well as practices that reduce stress and support restorative rest. Ultimately, physical self-care is about fostering a harmonious relationship with our bodies to ensure they serve us well throughout our lives.







PHYSICAL SELF-CARE Checklist

	Μ	Т	W	ΤH	F	SA	SU
Drink a glass of water to start the day							
Stretch your body and breathe							
Have a healthy breakfast							
Enjoy a warm morning drink							
Enjoy physical movement for about 20-45 mins							
Enjoy some sunshine							
Take regular breaks							
Take a mindful shower or bath							
Get some fresh air and take a few deep breaths							
Wind down by avoiding screens at night							
Get in bed before 10pm							
Maintain a consistent sleep rhythm							

MENTAL SELF-CARE



Mental self-care is the practice of tending to our cognitive and emotional well-being. It involves activities that promote mental clarity, emotional resilience, and psychological balance. This includes engaging in mindfulness and meditation exercises to reduce stress and anxiety, seeking therapy or counselling when needed, setting healthy boundaries, managing time and priorities effectively, and cultivating a positive mindset through activities like journaling or gratitude practice. Mental self-care recognises the importance of nurturing our minds to navigate life's challenges with clarity, emotional intelligence, and a sense of inner peace.





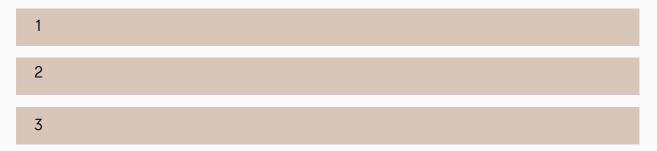
MENTAL SELF-CARE Checklist

	Μ	Т	\mathbb{W}	ΤH	F	SA	SU
Take a few minutes for meditation							
Take a mindful walk in nature							
Eat your meals with attention and intention							
Take time for journalling							
Remember to take time for conscious breaths							
Listen to your favourite song							
Practice affirmations							
Take time for learning something new							
Get some fresh air							
Schedule digital detox							
Stick to your sleep rhythm							
Practice gratitude (see example below)							

GRATITUDE JØURNAL

S	М	Т	W	Т	F	S	DATE/ /

TODAY I'M GRATEFUL FOR



SCHEDULE FOR THE DAY



DAILY AFFIRMATION

NOTES:



SOMETHING I'M PROUD OF



SOCIAL SELF-CARE

Social self-care is an essential aspect of overall well-being that emphasises nurturing our connections with others and fostering healthy relationships. It involves actively engaging in social activities, maintaining a support network of friends and family, and setting boundaries to protect your emotional energy. Social self-care recognises the power of meaningful connections and the positive impact they can have on our mental and emotional health. By prioritising this form of selfcare, we not only strengthen our relationships but also create a vital support system that contributes to our resilience and happiness in life.

EXAM	1PLES
Schedule time with friends or family	Express your feelings
Spend quality over quantity time	Set boundaries
Practice active listening	Learn to say "no" when needed
Be understanding	Practice conflict resolution



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SELF-CARE STRATEGIES

It's harder to plan when you're overwhelmed or in a crisis. However, planning for challenges before they happen gives you insight into the best and most sustainable options for you to recharge and recharge your batteries. Also, each day, proactively taking care of yourself in small ways helps you be better prepared for challenges or unforeseen circumstances.



Below we have also included a daily planner for you, so that you can write down, visualise, and be reminded of your goals, affirmations, and self-care tasks.

DATE	TFSS
99	OF THE DAY
BREAKFAST	LUNCH
DINNER	SNACKS
6666	88888
TOD	O LIST

TO DO LIST	
	_
NOTES	

	TOP 3 PRIORITIES	
1		
2		
3		

SCHEDULE 6AM 7AM 8AM 9AM 10AM 11AM 12PM 1PM 2PM 3PM 4PM 5PM 6PM

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7PM

8PM

9PM

10PM

CONCLUSION Self-Care Quickstart Guide



Self-care is an integral part of maintaining your overall well-being. It involves taking care of your physical, mental, and emotional needs and finding ways to relax and unwind. There are many different self-care strategies that you can use, such as the ones mentioned in this guide. By regularly incorporating self-care into your routine and seeking support when needed, you can help to maintain your overall well-being and feel more balanced and fulfilled.

We dearly hope you enjoyed this guide! And we hope that our products will make it that much easier for you to have that self-care space that you love. Thank you for being part of the boho flow. community!







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