

Dr. Natalie

Coaching, Courses, & Community



SELF CARE

[LearnToLoveYourStory.com](https://www.LearnToLoveYourStory.com)



introduction

Life can sometimes feel like a real drag, but it doesn't have to be that way. Often the cause for this is when we are facing issues that start to outweigh our known forms of self care. What we know to do to take care of ourselves is just not working as well in the face of what we are going through. The way to address this is to start with assessing our needs for self care in this brave new world and finding some new tools for our toolbox.

In this workbook, you'll learn about self-care, its importance, and how to practice self-care in your life. You will reflect on what those self care needs are for you, followed by exercises to help you put new self care skills into action.



Warmly,
Dr. Natalie





get to know about self-care

Self-care is all about finding the right balance of boundaries and replenishment activities to stay at your optimum.

A meaningful definition of effective self care is doing your best to be healthy, to be well, to be able to work, to help care for others, and to complete all the tasks you want to do during a day.

You can take care of yourself by doing things you enjoy so you can remain physically, mentally, emotionally, spiritually, socially, and professionally healthy for the rest of your life. It's beneficial in many ways, including better health and well-being.



Categories of Self-Care

Self care can be many things and is always an individualized plan. Here are the major categories that self care activities can fall into. I want you to examine the examples and then think about how you want to put together your weekly self care plan for the next month. Pay close attention to any areas that you see yourself needing extra time with. Sometimes we are great at one or two of the self care categories and need to focus some more on the others.

BODY



Good Sleep - Eat Well - Exercise - Access Medical Care - Massages - Going Outside into Nature - Bubblebath or Long Shower - Safe Home - Being Sexual - Hug - Kiss - Cover up in a Warm Blanket - Aromatherapy - Using 5 Senses to Ground

MIND



Take Breaks - Take Time Off Work - Vacations - Turn Off Cell Phone - Draw - Paint - Read - Leave Work at Work - Affirmations - Laugh - Say "I Love You" - Find Your Purpose - Set Intentions

SPIRIT



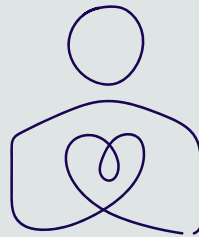
Meditate - Pray - Mindful Living - Give Back - Show Peace - Find a Spiritual Community & Mentor - Be Inspired - See the Awe in Nature - Social Justice Engagement - Find Beauty in the Mundane - Believe In Something Greater Than Yourself

CONNECTION



Seek Out Social Support - Ask for and Receive Help - Foster Friendships - Go Out with Others - Spend Time with Family - Play with Children - Cuddle with a Pet - Set Boundaries - Have Lunch with Coworkers

REFLECTION



Practice Self Compassion - Take "Me" Time - Journal - Buy Yourself a Gift - Show Self Love - Write a Poem about Yourself - Foster Self Forgiveness - Find a Hobby - Therapy - Self Development Activities - Live Authentically

Areas of Focus

Now that you are finished examining the categories, note below what areas you will be focusing on for yourself throughout the upcoming month:

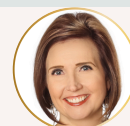


CREATING LIFE BALANCE



How will you balance having all these categories in your self care plan week to week for the next month? After looking at the examples in each of the self care categories on the previous page, I'd like you to state here what your weekly self care plan is for the upcoming month.

A large, empty rectangular box with a light teal background, intended for the user to write their weekly self-care plan for the upcoming month.





Are Your Self Care Skills Not Working?

While many of us have a lot going on, it's imperative that we take time out every day for ourselves, even if minimally.

Life is dynamic and so are our dimensions of wellness. During challenging times, we may start to over-rely on our same old skills to help carry us through. When too many dimensions are compromised, these skills may stop working. We may find ourselves struggling and find it difficult to handle things we easily could have in the past.

One of the easiest ways to figure out what we are missing and what we may be over utilizing for self care is to break down what we are doing into their neurochemical building blocks. On the inside of our bodies our self care falls predominantly into the release of 4 different neurotransmitters. Take a look at the following worksheets and see if you can figure out how to get your self care strategies working for you again.



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SELF CARE CHEAT SHEET



DOPAMINE

Dopamine enables motivation, learning, and pleasure. It gives you the determination to accomplish goals, desires, and needs. It is short lived and can feel addictive.



SEROTONIN

Serotonin rewards you with a good feeling when you feel significant or important. It is the pleasure you get when you experience social power, loyalty, or status.



OXYTOCIN

Oxytocin gives a feeling of trust, it motivates you to build intimate relationships and sustain them. It is also known as the "cuddle hormone" or "love hormone" because it plays a role in bonding.



ENDORPHIN

Endorphins release a brief euphoria that masks emotional and physical pain. It is a response to pain and stress which also helps alleviate anxiety/depression. Any kind of physical activity can release endorphins.

Self care on the inside of our bodies looks the same because it is giving us one or more of these chemicals. Make some notes below about how much of these experiences you are noticing.



WHAT IT LOOKS LIKE WHEN THIS IS DEPLETED

Our neurochemicals affect us when they are depleted.

Here are some examples of what it might look like if we are low in one of these areas.

DOPAMINE

- low self-confidence
- lack of motivation
- procrastination
- low energy & fatigue
- lack of focus
- anxiety
- hopeless feelings
- mood swings

SEROTONIN

- sensitive feelings
- irritability
- panicky feelings
- social anxiety
- obsessive thoughts
- worry
- hopeless feelings
- low self-confidence

ENDORPHIN

- low mood
- sad or depressed
- don't take pleasure in what you used to
- sleep problems
- aches and pains
- impulse control

OXYTOCIN

- loneliness
- stressed
- feel disconnected from others
- may want to isolate, even though lonely
- anxious
- low energy and fatigue
- low motivation

Note Below Any Places Where You Feel Depleted

DOPAMINE

SEROTONIN

ENDORPHIN

OXYTOCIN



WHAT WE CAN DO TO GET OUR GROOVE BACK

When we are out of balance, there are things we can do to find our way back to our baseline.

DOPAMINE

- meditate
- complete a task
- setting or working towards a goal
- food rich in L-Tyrosine
- regular exercise
- creative projects (e.g. art, music)

SEROTONIN

- getting some sunlight or using a UV light device
- regular exercise
- an as needed low intensity exercise (e.g. walk)
- cold shower
- massage
- balanced diet

ENDORPHIN

- laughing
- crying
- dark chocolate
- spicy food
- exercise
- stretching
- massage
- progressive muscle relaxation
- meditate (especially when impulsive)

OXYTOCIN

- physical touch
- socializing
- acupuncture
- calling a friend
- sharing a vulnerability with someone safe
- cuddling a pet
- playing with a child

Make a Plan for How to Get Your Groove Back

DOPAMINE

SEROTONIN

ENDORPHIN

OXYTOCIN





how to work with

Dr. Natalie

If you have felt stuck, dissatisfied, and resigned to living a life that is not joyful or aligned to your purpose then you are in the right place. Dr. Natalie has answers for you.

Sign up for your FREE Deep Dive Call with Dr. Natalie and learn more about how she can help you.

This Deep Dive Call is FREE, with no obligation to buy a course or enroll in coaching. Dr. Natalie will give you 30 minutes of 1:1 complimentary coaching on this call.

Schedule Your Call NOW!

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