



A little me time

A GENTLE REMINDER THAT
YOU MATTER



www.rainbowafterthestorm.org

A warm welcome

There have been times in my life when I have wondered how do I ever carry on with the weight of these feelings.

If I may, I want to let you know that these feelings that you have right now, I promise you, will pass, you can and will get through this.

This little book is a reminder that you are important to this world and that you are not alone.

Please take each page as a reminder that this is a safe place to be and that you are not alone.

Your self care matters





*If tomorrow
seems too
much, try your
best to focus on
today.*

REMINDERS FOR YOUR SELF CARE



- It's ok to rest and sleep when needed.
- It's ok to cry when there's too much on your mind. The clouds rain too when things get too heavy.
- It's ok to ask for help.
- Go for a walk in the fresh air if you can.
- Nice warm bubble bath or shower.
- Talk to friends and family about how you are feeling.
- Smile when you can, laugh if you are able and don't feel guilty about that as there will be times you will not be able to do either.

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3



TLC Basket

**Make a list of all of the things you could use
for YOUR own Self Care**

example

- Scented Candles
- Favourite hot drink

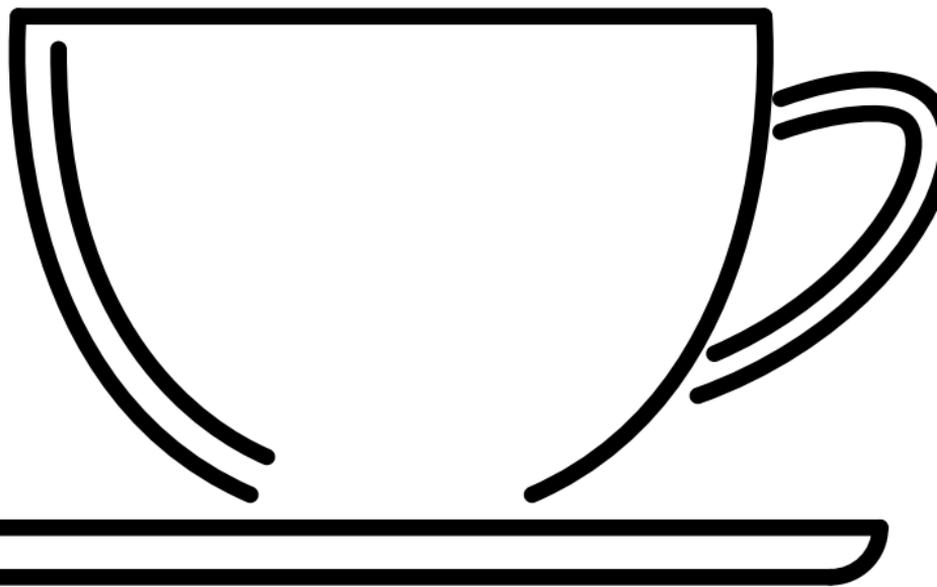
**SOME DAYS
you will be
the light for others
and some days
you will need
light from them.
As long as there
is light, there is hope.**



WE can't STOP
challenging THINGS
HAPPENING TO US, BUT WE
can learn TO
Respond wisely
RATHER THAN REACT
automatically
TO THEM

How I ensure I fill my Own Cup

List in the cup ways that help you feel
both rested and rejuvenated



**Remember to take care of yourself.
You can't pour from an empty cup.** 6

Let's welcome more mindful pauses into our day

What can you do that will allow you a moment of calm.

Ideas

- **Let's go outside** ... Being in nature can be a huge help, find somewhere away from the hustle and bustle of everyday life.
- **Go for a cuppa** ... Stop for a moment, either in your favourite coffee shop or to take outside. I have been know to find a safe place that I can sit in my car and just **stop** and watch the world go by.
- **Starting my day** ... Have a plan, even if this is resting at home, getting ready for your day or meeting friends, having a plan makes me feel a little more in control.
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Simple things you
can do today...

7



5 4 3 2 1

GROUNDING TECHNIQUE

Let's give this a go

5

Things that you can SEE



4

Things that you can
FEEL (or Touch)



3

Things that you can HEAR



2

Things that you can SMELL



1

Thing that you can TASTE



I Protect My Energy By:

- Deciding not to engage in arguments with people who aren't listening.
- Not always making myself available.
- Turning my ringer off.
- Resting.
- Minimising my contact with people who deplete me.
- Taking the time I need before responding to texts, calls or emails.
- Shortening conversations that are going in a negative direction.
- Telling people when I've reached my capacity.
- Taking space when I need to.
- Not doing everything myself.
- Putting my phone down.
- Getting some fresh air.
- Allow myself to change my mind.
- Saying both 'no' and 'yes'
- Walking away from Drama.



Reminders to Myself

Based on 'Protect My Energy' what reminders do I need to remember?



Did you know that when you stop and rest that this is the time that your body and mind starts to heal and repair itself.

Let's Slow Down

This is why it is so important to listen to what your body is telling you. There will be lots of extra thoughts and emotions to contend with right now as there often is when we have been feeling overwhelmed or stressed. These little steps will help you plan for more rest:

Give yourself permission to rest -

Stop fighting with yourself. Rest is like a super power, so use it!

Make time in your day - Schedule time in to stop and rest, this can include a mid afternoon snooze if needed.

Switch off the volume - This could be devices, tv or in general the noises around you. I have several pairs of ear plugs - they are an absolute godsend.

Let people know you are resting - Don't be embarrassed to let people know you are resting. They will understand and if they don't then tough! Plus they won't accidentally wake you.



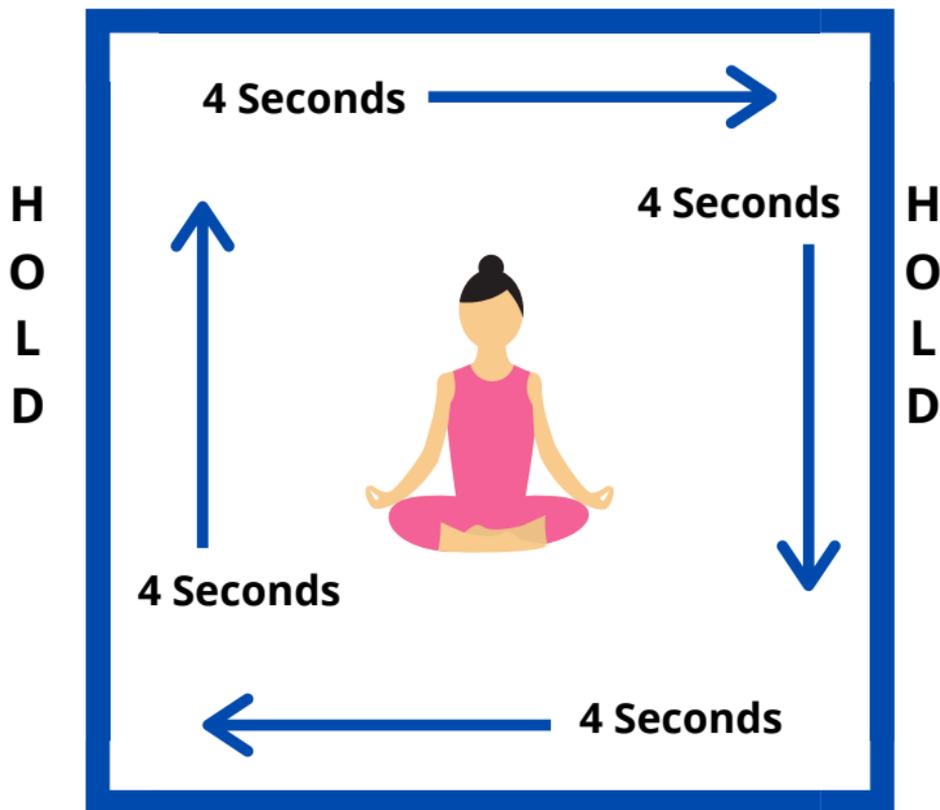
Creating Calm

What is it that helps you to relax and escape. List below ways that help you to find some relaxation



Reduce Stress with Square Breathing

Breath in



Breath Out



TAKE CALM WITH YOU



Thinking about being on the GO, what could you take with you that would help to keep you calm and relaxed whilst away from home?

**Example ... Take a travelling colouring book.
Head phones to distract myself.**



Today I Want

My self care slip

Today I have permission to..

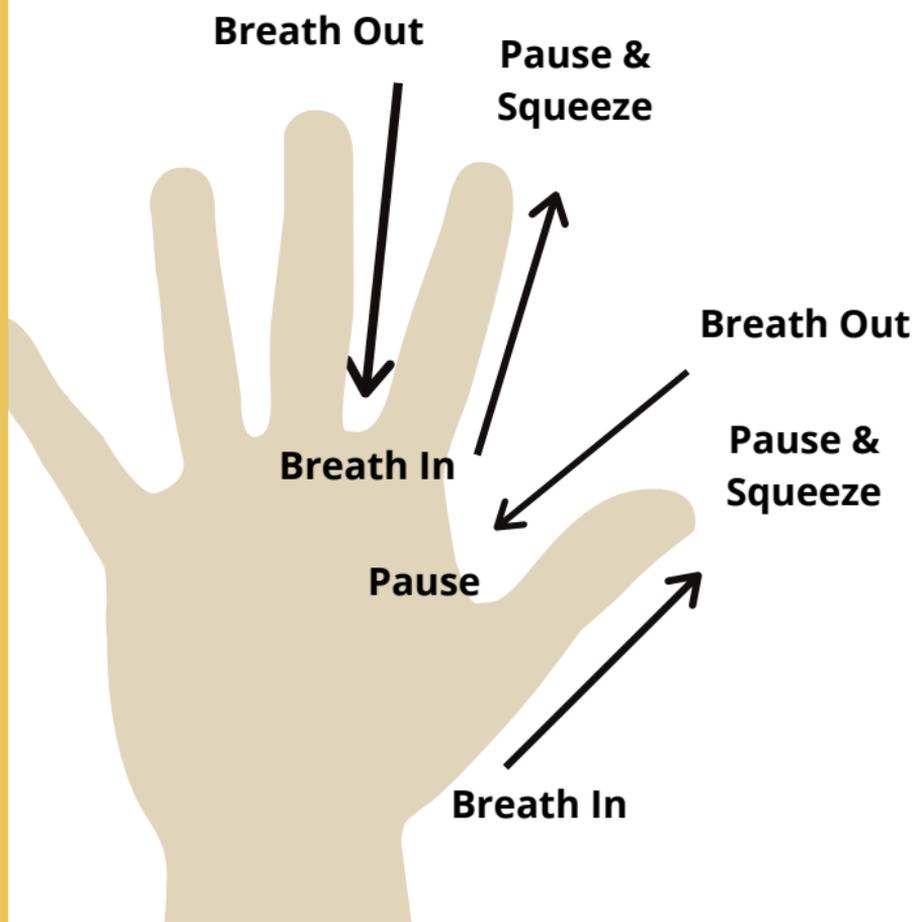
Today I Need

Today's Self Care



Finger Breathing

Slowly running your finger up your first finger whilst breathing in. At the top, pause and gently squeeze, then release the breath whilst slowly running your finger down your finger, Pause and then repeat .



My Memories That

Melt my Heart

Make me smile

Show me I am Loved

Make me Proud

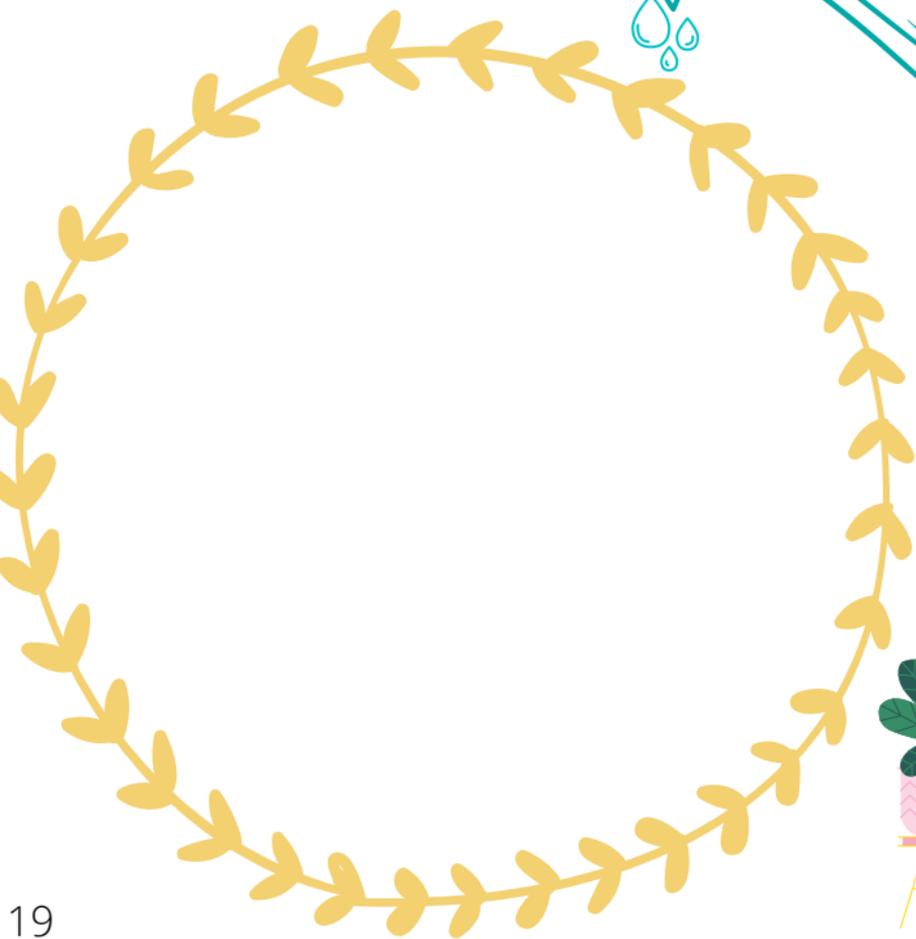
Gratitude Jar

Today I am thankful for



Find a moment to stop and take a deep breath, now let's make a note of all of the things that we are so grateful for, it could be something as simple as a warm drink. 18

List How YOU can show yourself kindness





Mood Tracker



happy

sad

tired

fed up

stressed

calm



Words of Wisdom To Myself



What words can you say to yourself when you feel overwhelmed or down.

"These feelings will pass"



My Self Care L G

One small Goal I Achieved

One Thing I'm Proud of Today

One Reason I Smiled Today

- DAY 1:
- DAY 2:
- DAY 3:
- DAY 4:
- DAY 5:
- DAY 6:
- DAY 7:
- DAY 8:
- DAY 9:
- DAY 10:
- DAY 11:
- DAY 12:
- DAY 13:
- DAY 14:
- DAY 15:
- DAY 16:
- DAY 17:
- DAY 18:
- DAY 19:
- DAY 20:
- DAY 21:
- DAY 22:
- DAY 23:
- DAY 24:
- DAY 25:
- DAY 26:
- DAY 27:
- DAY 28:
- DAY 29:
- DAY 30:
- DAY 31:

A little Self care Goes a Long Way



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Rainbow after the storm,
where mental health matters



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info@rainbowafterthestorm.org



Rainbow after the storm, mental health
matters



Mind
0300 123 3393
M-F 9am-6pm

Samaritans
116 123
24hrs/7 Days

Relate
01604 634400
M-F 9am-5.30pm

Shout
85258
Text 'Shout'

REMEMBER YOU ARE

Never Alone

**IF YOU NEED SUPPORT OR ADVICE DURING THIS
DIFFICULT TIME THERE IS A HELPLINE OUT THERE**

Scope
0808 800 3333
Disabled people

Childline
0800 1111
Under 19 years old

Time2Talk
01327 706706
13-19 year olds

The Lowdown
01604 622223
11-25 year olds



This book is for advice and guidance only and does not replace the information given by your doctor or healthcare practitioner.