

Linda Hill
Challenge One
6 WEEKS
of self-care

Week One

Mental Health

*Start your journey
into wellness by
working on your
mind!*



Week Two

Adulting

*It's time to take
control of your
schedule and get
stuff done!*



Week Three

Relationships

*This week, foster
relationships that
bring you joy and
happiness*



Week Four

Nutrition

*Focus on eating
intuitively and
getting rid of guilt
related to food*



Week Five

Fitness

*Get your body
moving and
endorphins rushing
this week!*



Week Six

Skin+Haircare

*It's time to slap on
your favourite face
and hair mask!
Pamper yourself!*



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Challenge Two

30 DAYS of self-care challenge

For each day this month, spend 20 minutes completing a daily self-care related task that will be emailed to you every morning at 7am.

Once you've completed the task, tick the relevant day's checkbox.

Day 1

☐

Day 11

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Day 21

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Day 2

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Day 12

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Day 22

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Day 3

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Day 13

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Day 23

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Day 4

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Day 14

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Day 24

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Day 5

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Day 15

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Day 25

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Day 6

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Day 16

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Day 26

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Day 7

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Day 17

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Day 27

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Day 8

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Day 18

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Day 28

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Day 9

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Day 19

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Day 29

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Day 10

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Day 20

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Day 30

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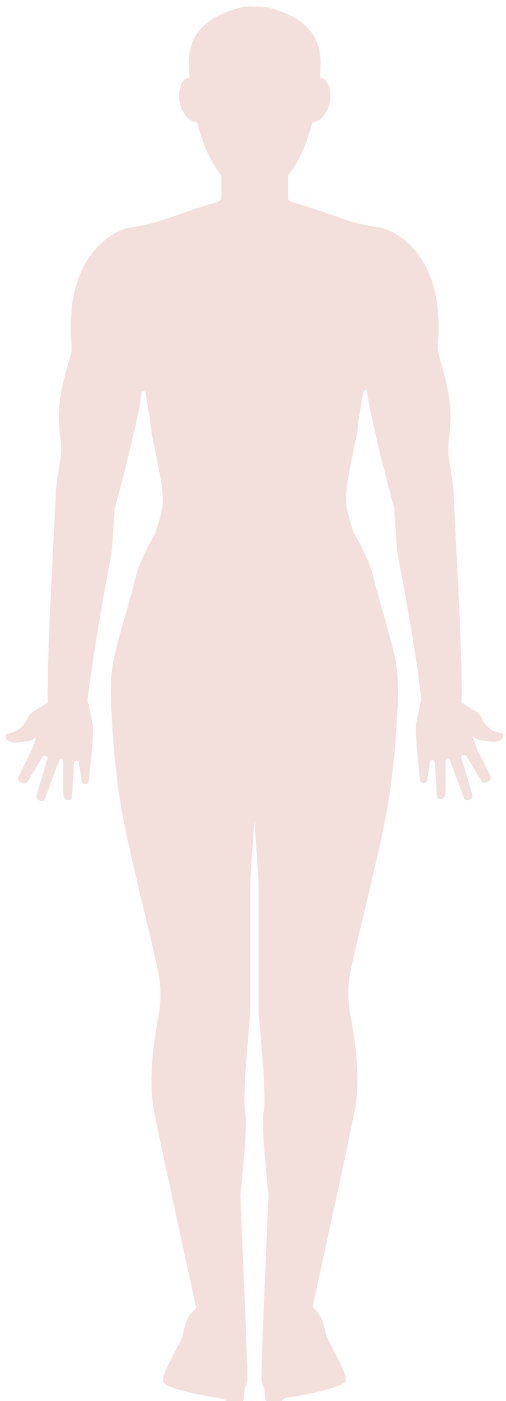
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Tool One

B O D Y

scan

The body scan is a mindfulness meditation practice involving scanning your body for pain, tension, or anything out of the ordinary. It can help you feel more connected to your physical and emotional self. In the figure below, mark any areas that you feel pain or discomfort in.

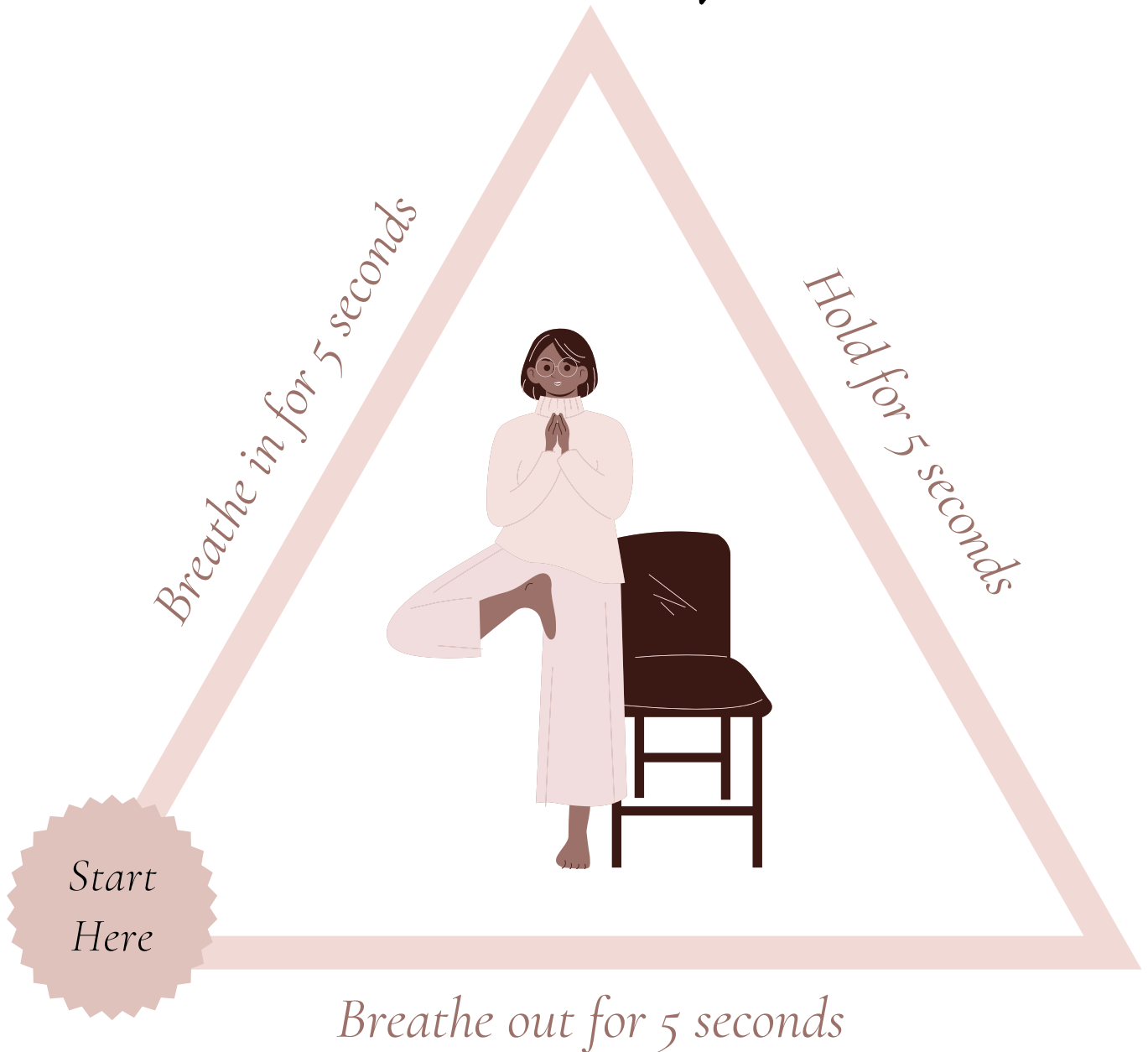


- 01 *Lie down or sit in a position that allows you to stretch your limbs easily*
- 02 *Close your eyes and begin focusing on your breath*
- 03 *Begin anywhere you like focus on that spot as you continue breathing*
- 04 *Open your awareness to sensations of pain, tension or discomfort.*
- 05 *Slowly release your mental awareness of that specific part & redirect it to the next*
- 06 *Continue the exercise along your body in a way that makes sense to you*
- 07 *Once you finish scanning parts of your body, let your awareness travel*
- 08 *Slowly release your focus and bring your attention back to your surroundings.*

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Tool Two

TRIANGLE *breathing*



Starting at the bottom left of the triangle, trace your finger up the side while you take a deep breath in. Hold your breath for three seconds as you slide down the other side. Breathe out along the bottom of the triangle. Repeat this until you feel calm and composed.

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Tool Three

I M A G E R Y *technique*

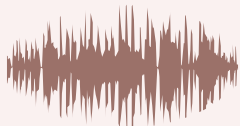
Think about some of your favourite and least favourite places. Once you've thought hard about these places, you'll realise that there are some feelings associated with that place. To start this exercise, find yourself a comfortable spot and position and start thinking of a place that brings calmness to your soul.

Think of the every detail of the calming place in your mind. Go through each of your senses and visualise everything you would experience in your relaxing place.



Sight

The sun is shining brightly



Sound

You can hear the waves splashing and birds chirping



Touch

You can feel sand passing through your toes



Taste

You have a cupcake that's sweet and chocolatey



Smell

You can smell the refreshing ocean air

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Tool Four

PROGRESSIVE *muscle relaxation*

When we experience the flight-or-fight response, our muscles get extremely tensed. This exercise will help you in identifying which areas are experiencing stress and tension.

Find a private and quiet / location. You should sit or lie down somewhere comfortable. The idea of this technique is to intentionally tense each muscle, and then to release the tension. Let's practice with your feet.

01

Tense the muscles in your toes by curling them into your foot. Notice how it feels when your foot is tense. Hold the tension for 5 seconds.

02

Release the tension from your toes. Let them relax. Notice how your toes feel differently after you release the tension.

03

Tense the muscles all throughout your calf. Hold it for 5 seconds. Notice how the feeling of tension in your leg feels.

04

Release the tension from your calf, and notice how the feeling of relaxation differs.

Follow this pattern of tensing and releasing tension all throughout your body. After you - finish with your feet and legs, move up through your torso, arms, hands, neck, and head.

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Tool Five

GRATITUDE

exercises

Gratitude means appreciating the good things in your life, no matter how big or small. Practicing gratitude every single day can help in building self - esteem and a healthy lifestyle.



Journaling

Everyday take out some time to write good things that happened that day



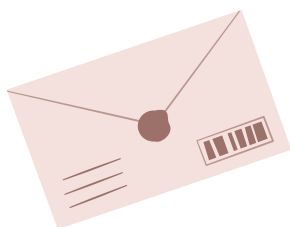
Give Thanks

Try to find reasons to consciously say thanks to the universe and god



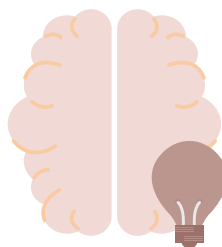
Walk

Go for a walk in the park and make special efforts to appreciate your life



Gratitude Letter

Think about a person that you truly appreciate and write a letter to them



Contemplation

Sit for 5-10 mins and think about everything you are grateful for that day



Conversation

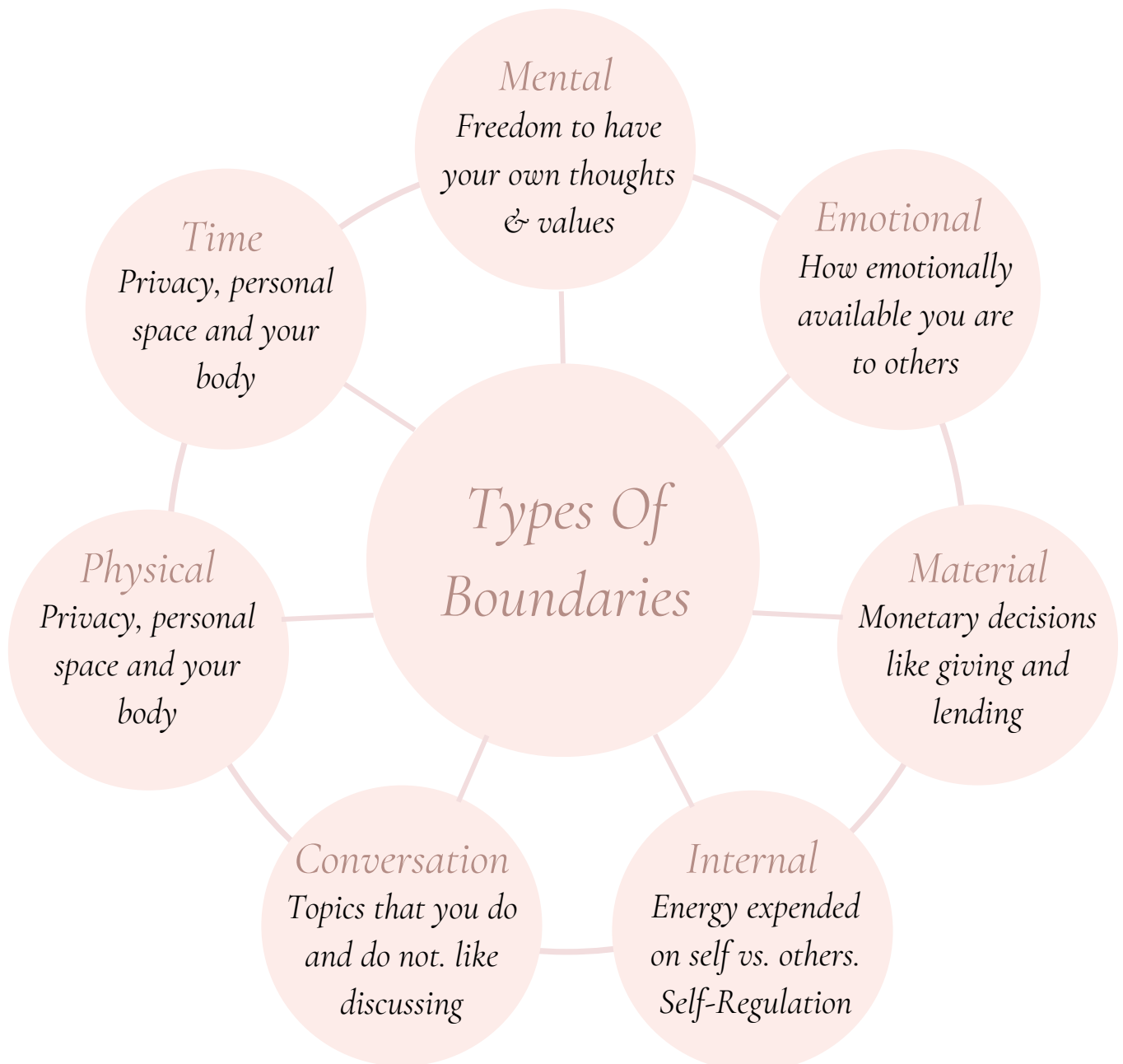
With a friend or family member take turns listing things you are grateful for

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Tool Six

UNDERSTANDING *personal boundaries*

Personal boundaries are the rules and limitations that we set for ourselves within our relationships. From childhood, we're often taught to bend and mould ourselves to make others comfortable.

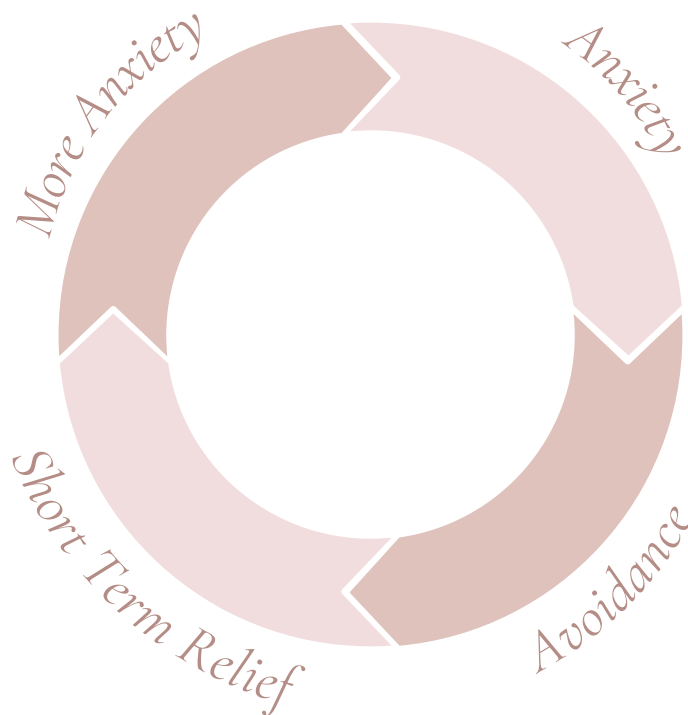


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Tool Seven

C Y C L E O F *anxiety*

Anxiety is a feeling of fear, dread, and uneasiness. It might cause you to sweat, feel restless and tense, and have a rapid heartbeat. It can be a normal reaction to stress. For example, you might feel anxious when faced with a difficult problem at work, before taking a test, or before making an important decision.



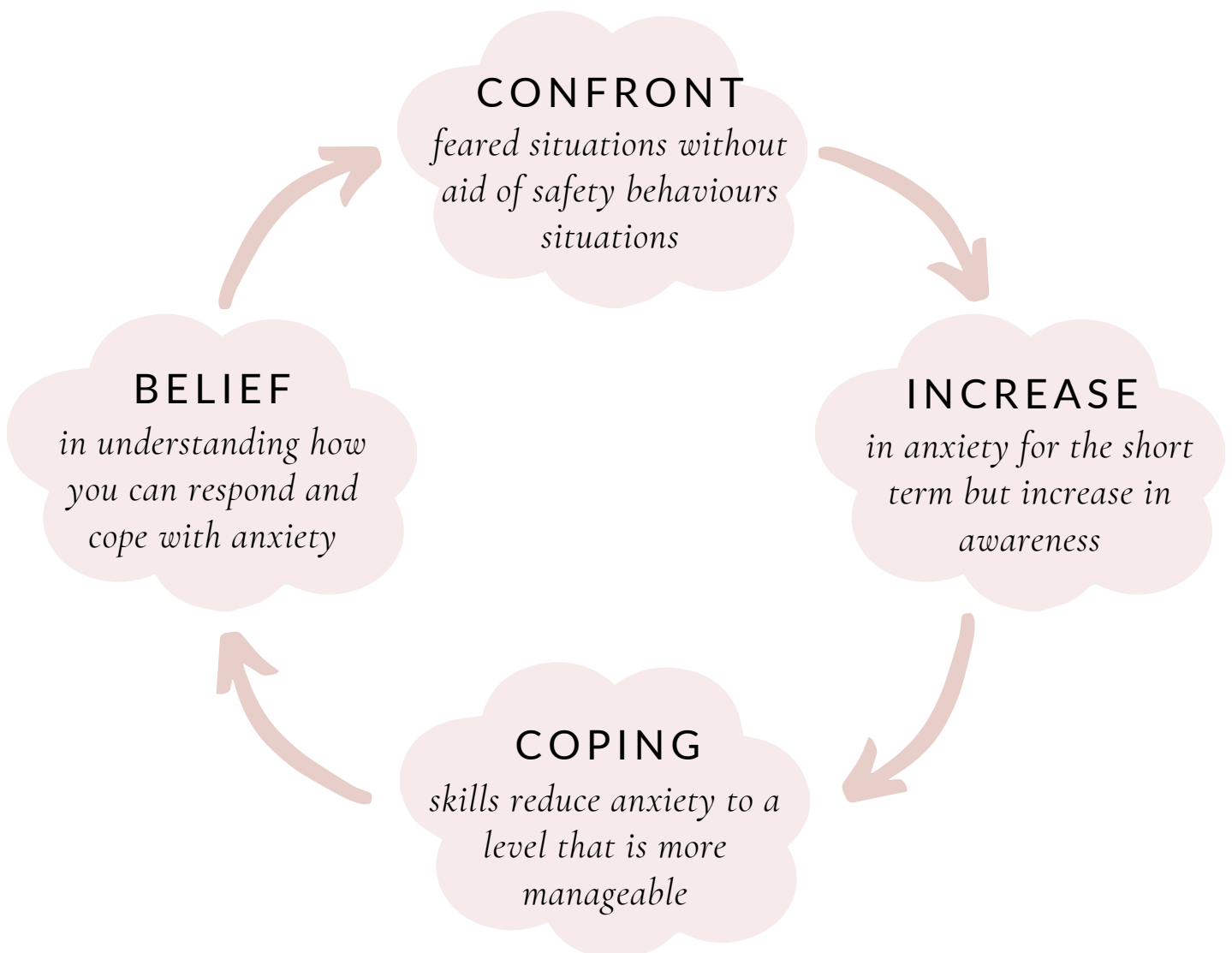
Vicious cycles play an important role in maintaining anxiety. However, you can turn this cycle around to create a positive cycle that will help you overcome anxiety. One important step in this cycle is gradually confronting feared situations. This will lead to an improved sense of confidence, which will help reduce your anxiety and allow you to go into situations that are important to you.

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Tool Eight

ESCAPING THE *cycle of anxiety*

You can reverse the vicious cycle of anxiety and create a positive cycle for yourself. One important step in this cycle is gradually confronting feared situations. This will lead to an improved sense of confidence, which will help reduce your anxiety and allow you to go into situations that are important to you.



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Tool Nine

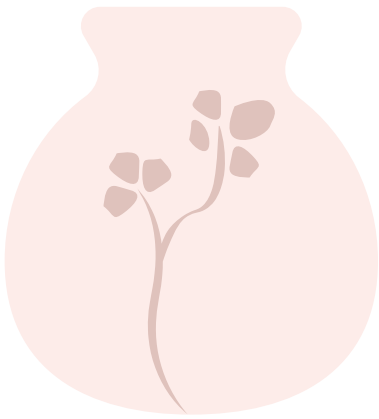
HOW TO BE *kind to yourself*



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Tool Ten

WAYS TO *practice gratitude*



Gratitude Jar

The gratitude jar is a stunningly simple exercise that can profoundly affect your well-being and outlook. It only requires a few ingredients: a jar (a box can also work); small paper cutouts and a pen. Every day, think about the 3 things that you feel grateful for & drop them in the jar.



Gratitude Rock

The secret to this exercise is that the rock is a symbol, a physical object you can use, to remind yourself of what you have. Carry this rock around in your pocket or leave it on your desk. Whenever you see it or touch it, pause to think about at least one thing you are grateful for.



Journalling

Writing down a few things you are grateful for is one of the easiest and most popular exercises. The purpose of the exercise is to reflect on the past day, few days, or week, and remember 3-5 things you are especially grateful for. This is the easiest way to practice gratitude.

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Tool Eleven

DECK OF *self-love*

This fun exercise includes the creation of self-love and self-care cards that you can use to remind yourself about your amazing qualities and reminders to take care of yourself!

Creation Time

Take your time in creating your deck with positivity & love

Materials

50 blank cards, magazine cut outs, photos, coloured pens

Content

Research and find positive quotes & affirmations online

Once you've compiled everything you need, it's time for the fun part: Decorating! Draw or stick images that make you happy on each card along with an affirmation. Once they are complete, place them in locations that will serve as daily reminders of the importance of self-love. Here are a few examples:

You, yourself, as much as anybody in the entire universe, deserve your love & affection

Buddha

No one can make you feel inferior without your consent

Eleanor Roosevelt

You're imperfect, and you're wired for struggle, but you are worthy of love and belonging

Brene Brown

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Tool Twelve

5 FINGER *breathing*

Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down. You can also do this breathing exercise using your own hand.

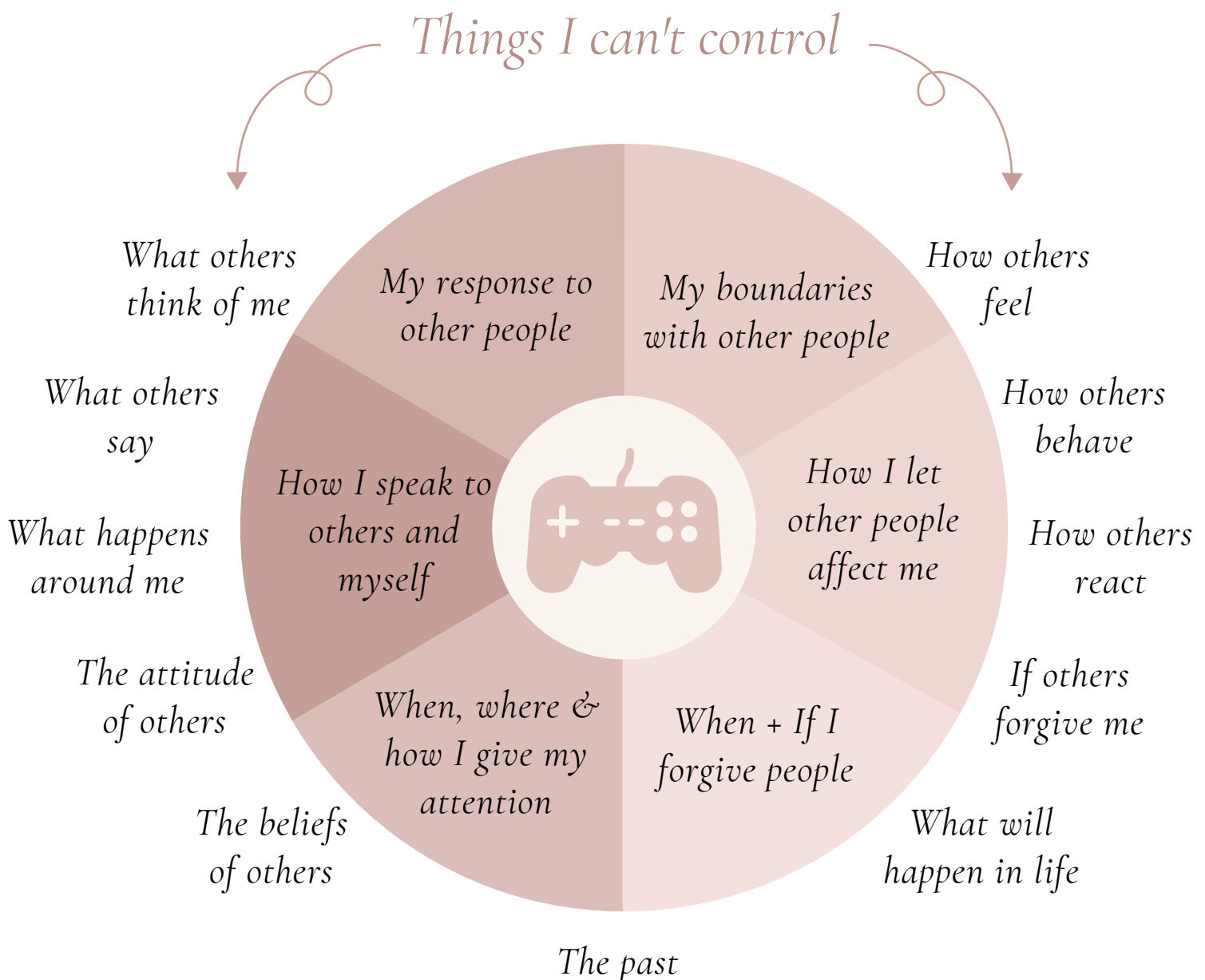


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Tool Thirteen

THINGS I *can control*

Self-control is the ability to regulate and alter your responses to avoid undesirable behaviors, increase desirable ones, and achieve long-term goals. Research has shown that possessing self-control can be important for health and well-being. A self-controlled person exhibits a great deal of willpower and personal control. They don't act impulsively and can regulate their emotions and actions effectively.



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Tool Forteen

MANIFEST *your best life*

Manifestation is the process of bringing your thoughts and desires into reality, and there are various techniques that people use to manifest their goals. Some of the most popular manifestation techniques include:



Visualization

This involves using your imagination to picture your desired outcome as if it has already happened.



Affirmations

This involves repeating positive statements to yourself, affirming that your desires have already come true.



Gratitude

This involves focusing on the things in your life that you're thankful for.



Mindful Meditation

This involves taking time to quiet your mind and focus on your breath.



Intention setting

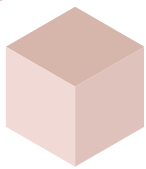
This involves writing down your goals and desired outcomes, and then setting an intention to manifest them.

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Tool Fifteen

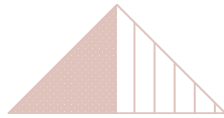
COGNITIVE *distortions*

Cognitive distortions are internal mental filters or biases that increase our misery, fuel our anxiety, and make us feel bad about ourselves. Our brains are continually processing lots of information. To deal with this, our brains seek shortcuts to cut down our mental burden.



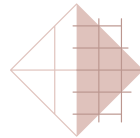
Over Generalisation

*Drawing conclusions
based on very few data
points*



Polarised Thinking

*When you think that
something can only be
right or wrong*



Mental Filtering

*Turning your positive
thoughts into negative
ones*



Minimising & Maximising

*Drawing conclusions
based on very few data
points*



Blaming

*Blaming others for
everything and feeling
like a victim*



Personalisation

*Thinking all actions are
directed towards you.
Taking everything
personally*



Labelling

*Judging yourself or
someone else based on one
event*



Emotional Reasoning

*Basing judgments on
your emotions. Anything
that feels right must be
true*



Should Statements

*Should and should not
statements are used to
create pressure*