

# Self-Care Thrive Guide



## Definition:

### EMOTIONAL WELLNESS

(noun) ability to manage emotional stress and distress while maintaining an attitude of hope, optimism, persistence and faith.

- Emotional Self-Care is engaging in activities to help you connect with, process, and manage your feelings and emotional states.

## Benefits of Emotional Self-Care:

- Strengthens resilience and the ability to cope with stress
- Increases positive affect and mood states
- Strengthens mental health and sense of hope, happiness and optimism

## Practices that promote emotional self-care

### COGNITIVE

- **Reframe:** stress, set-backs, mistakes, failures, challenges, problems, perceived rejection.
- "It's not what happens to me but what happens for me"
- View rejection as redirection
- View pain and disappointment as tools for developing my character- make me wiser, and more resilient
- **Reframe Challenges:** View them not as obstacles but as opportunities for growth

### BEHAVIORAL

- Write down things you are grateful for each day
- Create art, music, sing, dance, exercise, journal, write poetry or song lyrics
- Meditate, read inspirational literature, listen to soothing music, pray, worship, serve others
- Talk to a friend or therapist for support, guidance and fresh perspective
- Practice deep breathing or grounding

# ABC's of Emotional Self-care

## A | Awareness

- How am I feeling emotionally? What is my current mood? What is my typical mood?
- What internal & external factors are contributing to my stress or emotional state? What are my emotional triggers?
- How are my emotional states impacting my peace of mind, relationships, decision-making abilities and work performance?
- How are my thoughts and self-talk contributing to my emotional states and wellbeing?
- How are my nutrition, sleep, rest and exercise habits contributing to my emotional states and wellbeing?
- What are my physical symptoms of stress? Emotional symptoms? Behavioral symptoms?
- Who and/or what am I allowing to steal my joy, peace, happiness and enjoyment of life?
- What strategies am I using to cope with the stress and challenges in my life? Are they healthy/effective?
- What would my life look like & feel like if I managed my emotional self-care more effectively?

## B | Balance

- What social, emotional and/or work-related boundaries do I need to establish in order to restore/maintain my joy, happiness, peace of mind, and sense of well-being?
- What physical activities can I engage in to help me relax and center myself?
- How will I prioritize my emotional self-care? What will I stop doing? What will I start doing?
- What limits will I place on the people, places or things causing me to feel anxious, stressed, depressed, discouraged, mad or sad?
- What emotional self-care goals will I set? When and how will I evaluate and monitor my well-being?

## C | Connection

- Who can I reach out to for emotional support or who can I connect with to gain a different perspective on what's causing me stress/emotional distress?
- What will I do to reach out for the help and accountability I need to prioritize my emotional wellness? What specific action will I take?
- Who can I serve and show kindness to?

## Action

What 3 strategies will I commit to practicing to manage my stress & improve my emotional wellbeing?

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