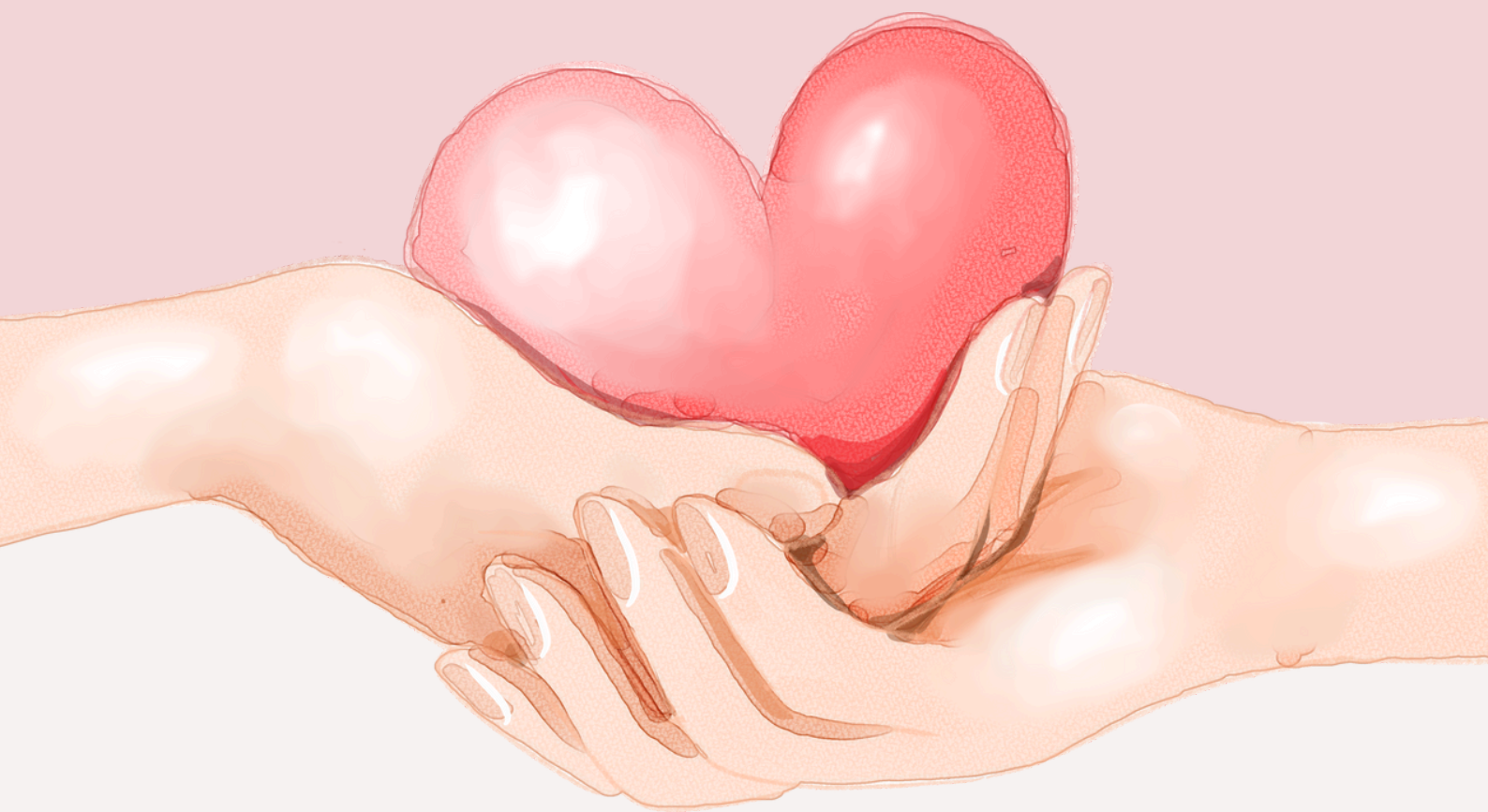


MAKING
Self Care
SIMPLE



T O O L K I T

by Benaisha Kharas Dongre



A Pocketful of *Positivity*

Self-care isn't just something we sprinkle into life; it's the whole road trip of life! Every decision you make should scream, "Hey, numero uno, I got you!" Because, as I love to remind us all, an empty cup can't pour, right? It's about keeping your cup full so you feel good enough to fill up others' cups too. It's those healthy decisions, good thoughts, and energizing activities that are like a shot of espresso for your soul.

But we all know life gets crazy busy, like, "I can't even find my left sock!" Just like we keep a first-aid kit for those unexpected boo-boos, sometimes we need a quick fix for life's immediate challenges so we can bounce back and keep going.

Now, while the book gently introduces self-care into your life until it feels as natural as breathing, think of this toolkit as your pocket-sized superhero, ready to swoop in and save the day when you need instant relief.

Whether it's not being able to relax, feeling anxious, not being able to focus on those days when your brain is on fire, or feeling emotionally drained, I've got some quick fixes for you in this tool kit.

Remember, we all have our struggles. It's about finding joy in the process, not perfection—just like building sandcastles in the summer sun and listening to the waves. When you look back, do you remember how your sandcastles looked, or do you remember how you felt while building them?

Stressed Out or Anxious?

Try This:

5-4-3-2-1 TECHNIQUE






It's popularly known as Mindfulness Meditation but it's not a full-blown meditation.

It's just a 2-3 minute activity that engages your five senses to bring your attention to the present moment. It helps you feel grounded and reduces stress.

It can be conveniently practiced anywhere, at any time and requires nothing but you.

ACTIVITY

Engage your senses with these 5 steps:

-  **5 Things You See** Look around and name five things nearby. It could be anything from a comfy chair to a quirky art piece.
-  **4 Things You Feel** Pay attention to the sensation of touch. Notice four textures around you. Feel the fabric of your clothes, the breeze on your skin, or the solidity of the ground beneath you.
-  **3 Things You Hear** Listen closely and identify three sounds. Maybe it's birds chirping, a clock ticking, or the faint hum of appliances.
-  **2 Things You Smell** Take a whiff of two scents around you. It might be coffee brewing or a hint of flowers in the air.
-  **1 Thing You Taste** Finally, notice one taste in your mouth. Is it the lingering flavor of a snack or a hint of freshness?

Benefits:

- Immediate anxiety relief by diverting your mind from anxious thoughts.
- Brings your attention to the present moment where joy lies.
- It makes you more aware of your surroundings and your body.
- Engaging your senses relaxes your nervous system and reduces stress.

Feeling restless? Having sleepy troubles?



Try This:

GUIDED MEDITATION

Ever tried guided meditation? It's like having a meditation buddy to do it with, right? Start with shorter sessions and work your way up. Here are some links to my favorite channels and resources:

Guided Meditation
By B.K Shivani,
English version



Guided Meditation By
B.K Shivani, Hindi
version



Benefits:

- Meditation calms your mind, amps up your mood, and boosts your emotional well-being, which is key.
- It sharpens your focus and memory.
- It builds up your patience and resilience to take on whatever life throws your way.
- And it boosts your immune system by dialing down stress.
- And guess what? Meditation sparks your creativity by clearing out mental clutter and letting ideas flow freely. It's like giving your brain a turbo boost for tackling tricky problems and making savvy decisions.

Feeling angry, resentful, guilty, or sad? Struggling with any difficult emotions?

Try This:

HO'OPONOPONO

Ho'oponopono is an ancient Hawaiian practice rooted in reconciliation and forgiveness. Its name, "ho'oponopono," translates to "to make right" or "to rectify an error." The practice Ho'oponopono involves repeating four key phrases, directed either at yourself or others that promotes healing and forgiveness. Originally employed by Hawaiian healers to resolve conflicts within families and communities, today it's evolved into a tool for personal healing and self-growth. It's about forgiving, taking ownership, and transforming yourself through healing vibes.



Benefits:

- Ho'oponopono helps heal you emotionally by releasing negative emotions, which makes you feel lighter and happier every time you practice it. Regular practice helps resolve unresolved feelings or conflicts that need attention.
- It's awesome for relationships because it encourages forgiveness and understanding between people.
- Releasing negativity and focusing on gratitude really helps reduce stress and anxiety too.
- Just saying "I love you" regularly can boost how you feel and help you accept and love yourself.
- It also nudges you to take responsibility for your actions.
- And through this journey of healing and forgiveness, it can lead to spiritual growth as well.

Ho'oponopono

ACTIVITY

FIND A QUIET SPACE

Get comfortable, sit or lie down where you won't be disturbed.

SET AN INTENTION

Choose a specific issue, person, feeling or emotion you want to heal like stress, a relationship, a past mistake, or anything causing distress.

REPEAT THE PHRASES

Slowly and mindfully repeat these phrases, aloud or silently:

"Please forgive me"

Request forgiveness from yourself, others, or the universe for any harm caused.

"Thank you"

Show gratitude for the opportunity to heal and for the lessons learned from the experience.

"I love you"

Send love to yourself, others involved, or the situation to foster healing and positive energy.

FOCUS ON YOUR BREATH

Maintain steady, deep breaths while repeating the phrases to stay present and calm.

VISUALIZE HEALING

Envision a comforting light or wave of healing energy surrounding you and the situation, promoting forgiveness and peace.

Want a happiness boost?

Try This:



Gratitude Journaling

Gratitude is like putting on magical glasses to see all the good stuff in life. Instead of focusing on what's missing, you appreciate what you have. It lifts your spirits, makes you stress-free, and helps you feel more content. When you start paying attention to the good things, you attract more happiness and better relationships.

I started keeping a gratitude journal during a tough time in my life. Slowly but surely, my outlook started to shift, and I felt much happier. The things I was grateful for started flowing into my life even more smoothly.

Trust me, you've got to try it too. It's like a magic wand mantra for a happier life!

ACTIVITY

1. FIND A QUIET SPACE & GET COMFORTABLE

Choose a spot where you won't be disturbed. Sit or lie down in a relaxed position and close your eyes if it feels right.

2. FOCUS ON YOUR BREATH

Take deep breaths, inhaling through your nose and exhaling slowly through your mouth. Let your body relax with each breath.

3. SET AN INTENTION

Begin with Intention like cultivating gratitude for something or appreciating the present moment.

4. RECALL POSITIVE MOMENTS

Think of three to five things you are grateful for. These can be recent events, people in your life, personal qualities, or simple pleasures.

Gratitude Journaling

5. FEEL THE GRATITUDE

As you focus on each gratitude, visualize all of its details and relive how it made you feel. Embrace the warmth, joy, and appreciation.

6. EXPRESS GRATITUDE

Mentally or verbally say “thank you” for each item. Acknowledge its significance in your life.

You can go further...

7. EXPAND YOUR GRATITUDE

After focusing on specific things, expand your gratitude to your overall life. Appreciate the present moment, your health, and your ability to experience life.

8. RETURN TO YOUR BREATH

Slowly bring your awareness back to your breath. Take a few more deep breaths and feel the sense of calm and contentment.

9. GENTLY CONCLUDE

Open your eyes if they are closed. Take a moment to notice how you feel before getting up slowly.

Gratitude Journaling

Also Try...

GRATITUDE WALKS

Intentionally look for things in nature or your surroundings to be grateful for. This turns a simple walk into a journey of appreciation.

WRITE THANK-YOU NOTES

Express appreciation to the people in your life through thank-you notes or messages. It's a great way of spreading and sharing your sense of gratitude.

Benefits:

- Gratitude makes you feel happier and more satisfied with life.
- It reduces stress and boosts relaxation.
- You feel more positively connected with people and have better relationships.
- It helps you handle life's ups and downs with greater ease and a neutral perspective.
- You sleep better and wake up feeling refreshed.
- Gratitude boosts confidence and self-worth.
- It improves your overall health and vitality.

Looking to get stuff done? Feel Motivated? Want to stop Procrastinating?

Try This:

THE POMODORO TECHNIQUE

The Pomodoro Technique is a time management hack cooked up by Francesco Cirillo back in the late 1980s. You work in short bursts, typically 25 minutes, then take quick breaks. These work intervals are called 'pomodoros'—Italian for 'tomatoes,' named after the timer Cirillo used in college! So you too set up timers for short bursts of work and then take breaks of 5 to 10 minutes. You'll be surprised how much you can get done!

HOW TO DO THE POMODORO TECHNIQUE

1. PICK YOUR TASK

Choose what you want to tackle.

2. SET YOUR TIMER

Set it for 25 minutes—just one pomodoro!

3. DIVE IN:

Work on your task without distractions until the timer dings.

4. TAKE A QUICK BREAK

Enjoy a 5-minute breather to recharge.

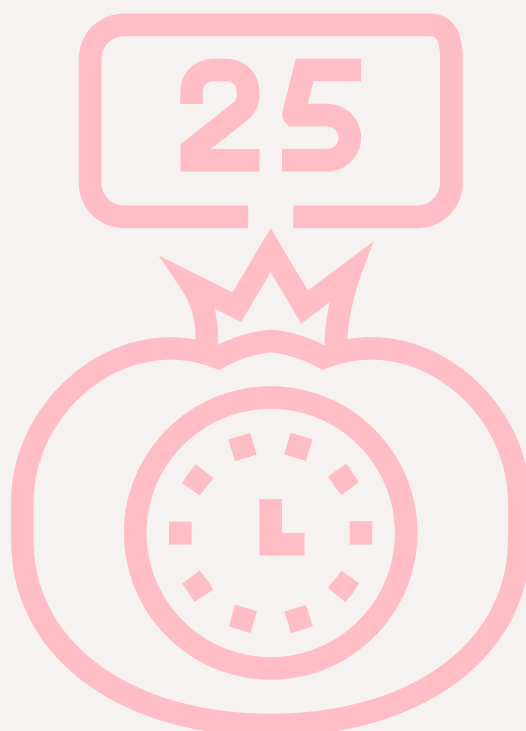
5. REPEAT

Do this cycle again. After four pomodoros, treat yourself to a longer break of 15-30 minutes.

The Pomodoro Technique

Benefits

- With timed intervals to recharge and working in short bursts, you'll have enhanced focus and avoid distractions.
- Result? Higher productivity.
- Another advantage? Reduced procrastination. Breaking tasks into manageable intervals makes starting and completing tasks less daunting.
- It also gives you an idea of how much time different tasks take, so you can plan and schedule better.
- Pomodoro provides a sense of accomplishment and motivates you to keep going.
- Work won't feel as stressful anymore, and concentration and performance both increase.
- And woohoo, you have those dedicated breaks to really relax even in the middle of work!
- It's okay if distractions sneak in at first. Just stick to your pomodoros, and soon enough, it'll become muscle memory!



Struggling with Focus?

Try This:

THE RULE OF 1

The Rule of 1 is a productivity technique where you focus on a single task or goal at a time rather than multitasking or spreading yourself too thin across multiple objectives. You prioritize one important task or habit to work on. That way, your efforts are concentrated and more effective.



Benefits

- When you focus on one task, you give it your full attention. That leads to quality work and you complete your tasks faster.
- You won't feel overwhelmed or stressed with too many activities at once; it's like tackling one soldier at a time instead of a whole army.
- When you do one task at a time you can plan better and do it more efficiently and effectively.
- With a clear priority, decision-making becomes simpler.
- Completing a significant task or making progress on a major goal will give you a sense of accomplishment and motivate you.
- Concentrating on one goal fosters deeper thinking and enhances creativity, as your mind isn't scattered across various tasks.
- Goodbye stress!

Want to eliminate time wasters and boost productivity?

Try This:

MAKING A 'NOT-TO-DO' LIST

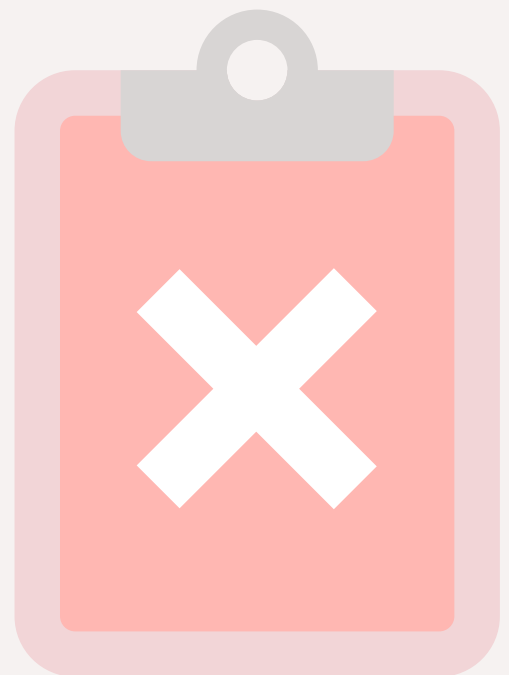
Knowing what to do is important, but knowing what not to do is equally important.

ACTIVITY

Make a list of 5-10 biggest time wasters in your life and stick them in front of you as a post it. And avoid them at all costs.

Benefits

- Your productivity boosts when you ditch time-wasters.
- You feel less stressed and more in control of your day.
- Yes, building that self-discipline and staying on track with your goals is that easy.



Prone to hasty decisions?

Try This:

HALT METHOD FOR DECISIONS

Before making any important decisions, ask yourself:

'Am I hungry, angry, lonely, or tired?'

If you answer yes to any, address those feelings before deciding.

Benefits

- HALT ensures you're thinking clearer and making smarter choices and decisions.
- It helps prevent impulsive or irrational choices that you may later regret.
- Promotes self-care by reminding you to take care of your basic needs before making important decisions. Because good self-care leads to better decisions.
- So remember to HALT before making decisions.

To better any relationship...

ASK THIS QUESTION:

“What can I do to be a better _____
to you?”

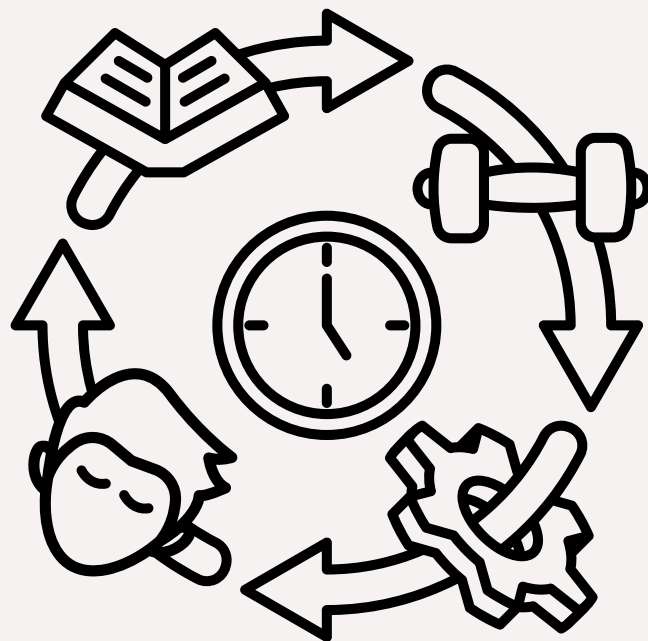
(friend, partner, son, daughter etc)



Want to remember to form new habits?

Place them in your 'watering holes'—a term for spots you visit daily like your work desk or nightstand.

For example, if you want to take a daily multivitamin, don't hide the bottle in your closet. Keep it near your watering holes so you remember to attend to it.



Feeling overwhelmed? Lost? Confused?

Try This:

ROSE, THORN, BUD CHECK.

Instead of diving deep into a lengthy gratitude list, this quick check-in can help:

ROSE

What's one thing you're grateful for right now? What's going well in your life?

THORN

What's something challenging or stressful? Where could you use some support?

BUD

What's something you're looking forward to? What gives you hope, motivation, or inspiration?

Rose, thorn, bud check promotes self reflection and self awareness.



If you're feeling...

ANXIOUS

Take deep breaths.



OVERTHINKING

Write down your feelings.



LAZY OR TIRED

Reduce screen time.



SAD

Exercise daily.



STRESSED

Go for a brisk walk.



If feelings could talk...

SADNESS

might be telling you to

CRY IT OUT

LONELINESS

might be telling you to

BUILD CONNECTIONS

SHAME

might be telling you to have

SELF-COMPASSION

RESENTMENT

might be telling you to

FORGIVE

If feelings could talk...

EMPTINESS

might be telling you to

BE CREATIVE

ANGER

might be telling you to check in with your

BOUNDARIES

ANXIETY

might be telling you to

BREATHE

STRESS

might be telling you to

TAKE ONE STEP AT A TIME

Some quotes to change your perspective

- ♥ “Positivity and happiness are not the same thing. Only one of them is up to us.”
- ♥ “You are not required to set yourself on fire to keep others warm..”
- ♥ “Every moment is a fresh beginning.”
- ♥ “Taking time to do what makes your soul happy is never a waste”
- ♥ “The grass is greener where you water it.”

Some quotes to change your perspective

- ♥ “People need to feel understood before they become ready to understand.”
- ♥ “You always, always, always have a choice. Not making one is also a choice.”
- ♥ “In meditation, the way to relaxation is through concentration..”
- ♥ “Watch what you say, not just to others but also to yourself.”
- ♥ “Self-care is giving the world the best of you, instead of what's left of you..”

How to Cope with Difficult Feelings:

STEP 1: IDENTIFY WHAT YOU'RE TRULY FEELING

- "I'm feeling frustrated."
- "I'm feeling neglected."
- "I'm noticing my heart is racing."

STEP 2: PAUSE AND ACCEPT YOUR EMOTIONS

- Take a moment to acknowledge what you're feeling without trying to change it.

STEP 3: GET CURIOUS

- "What's got me so upset?"
- "Why am I feeling this way?"
- "Why am I really angry?"

How to Cope with Difficult Feelings....continued

STEP 4: FIGURE OUT WHAT YOU NEED

- "I need more time to process."
- "I need to talk to somebody."
- "I need my Mum."
- "I need my best friend."

STEP 5: DECIDE WHAT YOU CAN DO FOR YOURSELF RIGHT NOW

- "I will ask for a quick break."
- "I will talk to my friend later."
- "I will just journal."
- "I will be quiet for a moment."

Remember, the goal isn't to eliminate all negative thoughts and feelings (that's impossible). The goal is to change your response to them. If you need help channeling your feelings, reach out for a one-on-one session with me!

4 Steps to Conflict Resolution

“When tensions rise and conflicts flare,

Remember to handle with love and care.”

1. WELL-BEING CHECK

Remember that your well-being, the other person's well-being, and of course, your relationship's well-being are the most important things during resolution. That's the foundation for a good resolution.

2. SPOT THE POINT OF PAIN

Think about how you can mend the situation. What needs to be repaired? Look at your pain and the other person's pain as well. Where are they exactly hurt? What exactly is the point of pain here?

4 Steps to Conflict Resolution

3. ASK - HOW CAN I MEND IT?

How can I mend it? Can I give it space? Can I reflect on it? Can I just listen to them? Should I communicate with them? When is the right time to communicate? Do I need to set boundaries going forward? What are the boundaries that I need to set? What actions do I need to take? What gestures should I make? All these questions will help you in this stage.

4. TAKE NOTES

Think about how you can mend the situation. What needs to be repaired? Look at your pain and the other person's pain as well. Where are they exactly hurt? What exactly is the point of pain here?

"The only real mistake is the one from which we learn nothing." - Henry Ford

Journaling Prompts

HERE ARE SOME JOURNALING PROMPTS TO INSPIRE YOU TO GET WRITING

1. What are three things from this past week for which I am grateful?
2. What accomplishments have I achieved this week, no matter how small, and what do they mean to me?
3. What were the main challenges faced this week, and what valuable lessons did I learn from them?
4. How do I envision my ideal week ahead? What goals do I want to achieve, and how will I feel once I have accomplished them?
5. What is one self-care activity I can commit to in the upcoming week, and how will this contribute to my overall well-being?
6. What positive affirmation can I create for myself for the upcoming week, and why does this message resonate with me?
7. What is one thing (be it a thought, worry, or habit) that I need to let go of as I enter the new week, and how will releasing it improve my life?

Grab your favorite diary, get comfy, and let's get this journaling party started!

Get Affected When loved ones depart?

Ever wondered why some people come and go?
Here's a thought that might bring you some peace

REASON, SEASON, OR LIFETIME?

REASON PEOPLE 🌱

Some people come into your life for a specific reason, helping you grow, but their role in your life ends with that purpose.

SEASON PEOPLE 🍂

Alternatively, those who have multiple reasons to stay become your seasonal companions. They stay longer, make a significant impact, and eventually depart when they or you can't reach the heights you're striving for. Their departure might sting, but it often leads to greater growth and new opportunities.

LIFETIME PEOPLE 🌟

Despite these changes, those who stay with you through thick and thin, profoundly touching your life and connecting with your soul, are your lifetime companions. These can be friends, family, or anyone with whom you share a deep connection.

Get Affected When loved ones depart?

TAKE A MOMENT TO REFLECT

- Who in your life was here for a reason?
- Who stayed for a season?
- Who do you believe will be there for a lifetime?

Release any sadness that lingers when someone leaves, even after you've given your all.

Appreciate the lessons, cherish the moments, and know that every connection has a purpose.

Let's Stay Connected

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