

NON-NEGOTIABLE SELF-CARE



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In case I did not make myself clear enough, self-worth, caring for yourself, and putting yourself first have to be non-negotiable. I want you to really sit and reflect on where you are at with your self-care.

I want you to come up with a 'Top 6 list' of self-care rituals that you can do throughout the week. Some people may have lots of go-to things that they do to recharge and revitalise, and others may not have the biggest list. Regardless, the 'Top 6' ideally are set in stone, they are non-negotiable in your life. This means that you do not negotiate any of them. If one cannot happen for whatever reason it is replaced with another, rather than missed entirely.

Why six? Well, why not? Six is a good number, six, I believe is achievable. Do your best to come up with six, and if this is challenging and new for you, ask yourself when you miss out on the things you need the most i.e. eating, we start to get hungry and irritable. Do you notice that difference in yourself? The same is true for our well-being when we miss out on our self-care.

Ideally, it will be a mix of things that provide and meet your needs in different ways that you really enjoy or are really crucial in helping you stay well. Play around and find what works for you, it is of course an editable list.

For example, if you are like me and jumping in the ocean weekly is a must, but in winter, there is literally no chance I will do this, then my non-negotiables change seasonally. If running is your thing, but it tends to rain a lot, have a solid alternative if running in the rain isn't for you.

My 'Top 6' Non-negotiables through the week are:

1. Going to bed at 10 pm and getting 8 hours of sleep (Daily excluding weekends)
2. Cooking a really nice planned meal for myself (Weekly)
3. Going to yoga (3 times a week)
4. Going to the gym (3 times a week)
5. Doing a meditation (5 times a week)
6. Connecting with my friends and family; face-to-face/text/call (3 times a week)

When I miss out on any of these self-care rituals, I start to notice. The routine goes out of whack, and my cup doesn't get as full. If I miss out on several of them, then it impacts different parts of my life, like my work and my relationships. When I am not good, I make mistakes, and the negative chat plays a bigger role in my life. When I am aligned, things fall into place. Life is still going to throw you curveballs but with this scaffolding and foundation behind me, it doesn't become unmanageable, instead, I just add more self-care on the days that I need it.

REFLECT, OBSERVE, REPLACE



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Reflection

I want you to reflect and think about as many as 25 things you can think of that you do or have done for you across all the domains of self-care (seen below).

Reflect on what currently exists, you would be surprised that you probably have a few key things that allow you to keep going which are positive, already existing coping strategies and effective self-care. Have a look at what is working and what is not working. Keep what is really making a difference and start reflecting on how necessary and non-negotiable they really are.

Observe

What is getting in the way of maintaining any of the positive self-care that you are doing? Look at how you can address what is getting in the way. This process will help you move towards more balance and support you to feel more authentic, present, and whole within yourself.

Replace

Below you will see a list of energisers and depleters, what you want to do is work on reducing the depleters or at least manage them more with balance by having more energisers. If you start going back to the old and negative ways of coping then it is your cue to reflect on what is missing, what non-negotiable was neglected, or negotiated out. Have a think about how the negative coping serves you and what you might replace it with that is more fulfilling and gives you more energy, that fills you up rather than eventually pours you out.

SELF-CARE DOMAINS



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Here are some different domains to think about when listing off all the things you do for you or can do for you.

PHYSICAL SELF-CARE

- Eating regularly and healthy meals
- Getting a good night sleep
- Personal care (shower, clean teeth)
- Regular exercise (sport, walking)
- Taking your meds
- Staying on top of your health
- Sit in the sun
- Drink water

PSYCHOLOGICAL SELF-CARE

- Go to Therapy
- Slow down time
- Take time out for self
- Learn something new
- Get off your phone
- Journal
- Set goals and priorities
- Connection with others and self

EMOTIONAL SELF-CARE

- Do things you enjoy engage in hobbies
- Meditate or conscious breathing
- Recognise your strengths
- Acknowledge progress
- Celebrate the wins and achievements
- Effectively communicate
- Check-in with your emotions

SPRIRITUAL SELF-CARE

- Reflection time
- Practice gratitude
- Spend time in nature
- Find your safe space
- Explore spiritual connections

RELATIONAL SELF-CARE

- Spend time with healthy people
- Get a hug or cuddle
- Make time for loved ones
- Go on date with partner or close other
- Ask for help, reach out
- New connections
- Review inner circle

PROFESSIONAL SELF-CARE

- Take breaks
- Time management
- Maintain work-life balance
- Have time boundaries
- Book leave
- Pursue meaningful work

ENERGISERS VS DEPLETERS



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One way to map out what is non-negotiable is taking a self-inventory of what are all the things that energise you and deplete you. What you can hope to find in this exercise is an increase in our overall awareness of the ins and outs of our day-to-day and week-to-week. This activity invites self-reflection on a daily basis across the week to identify what are our strengths or coping mechanisms (energisers) and what are our limitations (depleters). When we don't do what energises us, we tend to lean back toward things that are not as productive or efficient. These ways of dealing with life may provide temporary relief, like drinking or scrolling, but they eventually add to your depleters as they can come with consequences.

This activity is completed through the lens of mental energy, which fills me up and pours me out. For the strengths and energisers, think about the times you are most inspired, most motivated, and most charged up.

It is important to note that the gym, for example, may create a tired body but an energised psyche. As well as work, it may have aspects that inspire and uplift, and aspects that drain and fatigue. So, proceed with mindfulness around this exercise and get specific to clarify the strengths and limitations.

C O P I N G S K I L L S

- Deep breathing
- Listening to music
- Exercising
- Meditation
- Reading
- Connecting with others
- Engaging in a hobby

N E G A T I V E B E H A V I O U R S

- Yelling
- Smoking
- Pacing
- Skipping meals
- Drinking too much
- Avoiding/arguing with other
- Staying back at work

ENERGISERS VS DEPLETERS



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E N E R G I S E R S

D E P L E T E R S

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SELF-CARE CHECKLIST



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Am I moving my body?



Do I get mindful about what I eat and put in my body?



Am I getting to the required amount of hours of sleep my body needs?



Do I have fun and do the things that make me feel great?



Am I doing things that provide some comfort and nurture?



Do I connect with others and have quality time with those important to me?



Am I finding time where I actively and mindfully slow down (reflection, meditation, time in silence, journaling, breathwork, or a mindful-based activity)?

MY TOP 6 NON-NEGOTIABLES



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1.	2.
3.	4.
5.	6.

SELF CARE

CHECKLIST

Non-Negotiables 🕒 Frequency

	M	T	W	T	F	S	S
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When you achieve a non-negotiable, this is you setting a boundary with yourself, building self-accountability, and self-trust.

Add a narrative, when you complete a task by stating when I take this time for myself, I am proving and owning that I am worthy, or I am good enough.



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