

DAILY SELF-CARE PRACTICE GUIDE

A Practical Guide to Rest, Renewal, and Balance

Divine Love Psycho-Spiritual Counseling Centre
A Comprehensive Guide to Prioritizing Your Well-being

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INTRODUCTION

Welcome to the Daily Self-Care Practice Guide!

You hold in your hands a comprehensive resource designed to help you prioritize your wellbeing in a sustainable, accessible way.

This guide is for you if you:

- ✓ Feel constantly exhausted or overwhelmed
- ✓ Put others' needs before your own
- ✓ Feel guilty when you rest
- ✓ Don't know where to start with self-care
- ✓ Have tried self-care but struggled to maintain it
- ✓ Want practical, actionable self-care strategies
- ✓ Are a caregiver (parent, healthcare worker, religious sister, teacher)
- ✓ Are going through a difficult season
- ✓ Simply want to invest in your wellbeing

WHY SELF-CARE IS ESSENTIAL

Self-care is not a luxury. It is essential.

Imagine you're on an airplane. When oxygen masks drop, According to safety guidelines, "Put on your own mask first, then help others."

Why? Because you cannot help others if you're unconscious.

Self-care works the same way.

When you neglect self-care:

- ✗ Your physical health declines
- ✗ Your emotional resilience decreases
- ✗ Your relationships suffer
- ✗ Your work performance drops
- ✗ Your spiritual life becomes stagnant
- ✗ You become irritable and impatient
- ✗ You're more likely to experience burnout
- ✗ You become less effective at caring for others

When you practice self-care:

- ✓ Your physical health improves
- ✓ Your emotional resilience increases

- ✓ Your relationships deepen
- ✓ Your work performance improves
- ✓ Your spiritual life flourishes
- ✓ You become more patient and compassionate
- ✓ You prevent burnout
- ✓ You're MORE effective at caring for others

Here's the truth: Self-care enables you to care for others more effectively.

SELF-CARE IS NOT SELFISH

Many people believe self-care is selfish. This is a harmful misconception.

Self-care is NOT:

- ✗ Selfish or indulgent
- ✗ Only about bubble baths and spa days
- ✗ Something you do when you have extra time
- ✗ A luxury reserved for the wealthy
- ✗ A one-time thing
- ✗ "Me time" at the expense of others
- ✗ Avoiding responsibilities

Self-care IS:

- ✓ A daily practice
- ✓ Essential for wellbeing
- ✓ Accessible to everyone (free or low-cost)
- ✓ About meeting your basic needs
- ✓ An act of self-respect and self-love
- ✓ Necessary so you can care for others
- ✓ Sustainable and consistent
- ✓ Holistic (physical, emotional, mental, social, spiritual)

A quote to remember:

"You cannot pour from an empty cup."

When you take care of yourself, you're not taking away from others—you're giving MORE to others because you're replenished.

HOW TO USE THIS GUIDE

This guide is designed to be practical and accessible. Here's how to get the most from it:

1. READ THROUGH FIRST

Skim through the entire guide to see what resonates

2. START SMALL

Don't try to implement everything at once. Choose 1-3 practices to start with.

3. PRACTICE CONSISTENTLY

Self-care is about consistency, not perfection.

One hour once a month is not as good as minutes every day.

4. CUSTOMIZE FOR YOUR LIFE

Adapt the suggestions to fit your schedule, budget, and preferences.

5. TRACK YOUR PROGRESS

Use the checklists and trackers included in this guide.

6. RETURN TO THIS GUIDE REPEATEDLY

This is not a one-time read. Return to it when:

- You feel depleted
- You forget to prioritize yourself
- You need fresh ideas
- You're starting a new season of life

7. DON'T BE HARD ON YOURSELF

If you miss a day or week, don't give up. Just start again.

8. SEEK SUPPORT WHEN NEEDED

If self-care feels impossible or you're experiencing severe symptoms, consider professional counseling.

Remember: This guide complements but does not replace professional therapy.

THE 5 AREAS OF SELF-CARE

Self-care is holistic. It addresses all dimensions of your being.

THE 5 AREAS:

1. PHYSICAL SELF-CARE — Taking care of your body
2. EMOTIONAL SELF-CARE — Honoring your feelings
3. MENTAL SELF-CARE — Nurturing your mind
4. SOCIAL SELF-CARE — Nurturing relationships
5. SPIRITUAL SELF-CARE — Connecting with your spirit/God

Let's explore each area in detail.

1. PHYSICAL SELF-CARE

Taking care of your body.

Life is experienced through your body.

When your body is cared for, everything else functions better.

DAILY PHYSICAL SELF-CARE PRACTICES:

- ☐ Sleep 7-9 hours nightly
- ☐ Drink enough water (6-8 glasses daily)
- ☐ Eat nutritious meals regularly
- ☐ Move your body (walk, stretch, exercise)
- ☐ Get fresh air and sunlight
- ☐ Practice good hygiene
- ☐ Take medication as prescribed
- ☐ Rest when you're sick
- ☐ Attend regular medical checkups
- ☐ Limit alcohol and avoid drugs

SIMPLE PHYSICAL SELF-CARE IDEAS (5-15 minutes):

- ✓ Take a 10-minute walk
- ✓ When you wake up, drink a glass of water
- ✓ Eat a nutritious snack
- ✓ Take a warm bath or shower
- ✓ Stretch for 5 minutes
- ✓ Go to bed 30 minutes earlier
- ✓ Sit outside for 10 minutes
- ✓ Massage your hands or feet
- ✓ Practice deep breathing
- ✓ Take a power nap (20 minutes)

PHYSICAL SELF-CARE EXERCISE:

Check which physical self-care practices you're currently doing:

Sleep:

- ☐ I get 7-9 hours of sleep most nights
- ☐ I have a consistent sleep schedule
- ☐ I wind down before bed (no screens)

Hydration:

- ☐ I drink at least 6 glasses of water daily

- ☐ I keep water with me
- ☐ I notice when I'm dehydrated

Nutrition:

- ☐ I eat regular meals
- ☐ I include fruits and vegetables
- ☐ I don't skip breakfast
- ☐ I limit processed foods

Movement:

- ☐ I move my body daily (even 10-minute walk)
- ☐ I stretch regularly
- ☐ I exercise 3+ times per week

Rest:

- ☐ I rest when I'm tired
- ☐ I take breaks during the day
- ☐ I don't Push through exhaustion

How many did you check?

- ☐ 0-3: Physical self-care is a priority area for you
- ☐ 4-7: You're doing some, but could improve
- ☐ 8-10: You're prioritizing physical self-care well!

EXERCISE: Choose ONE physical self-care practice to start this week:

This week, I will: _____

I will do this: ☐ Daily ☐ 3x/week ☐ Whenever I remember

barrier I might face: _____

My solution: _____

2. EMOTIONAL SELF-CARE

Honoring and processing your emotions.

Emotional self-care means allowing yourself to feel emotions without judgment and expressing them in healthy ways.

DAILY EMOTIONAL SELF-CARE PRACTICES:

- ☐ Check in with yourself: "How am I feeling?"
- ☐ Allow yourself to feel emotions without judgment
- ☐ Express emotions in healthy ways (journaling, talking, art)

- ☐ Set boundaries with people who drain you
- ☐ Practice self-compassion
- ☐ permit yourself to rest
- ☐ Celebrate small wins
- ☐ Cry when you need to
- ☐ Forgive yourself for mistakes
- ☐ Acknowledge your feelings

SIMPLE EMOTIONAL SELF-CARE IDEAS (5-15 minutes):

- ✓ Write in a journal for 5 minutes
- ✓ Call a supportive friend
- ✓ Watch a comforting movie
- ✓ Cry if you need to
- ✓ Say out loud: "I'm doing my best"
- ✓ Forgive yourself for a mistake
- ✓ Acknowledge something you're proud of
- ✓ Listen to music that matches your mood
- ✓ Sit with your feelings without fixing them
- ✓ Write a letter to yourself

EMOTIONAL SELF-CARE EXERCISE:

Emotion Check-In (Do this 3x daily):

MORNING:

How am I feeling right now? _____

What do I need today? _____

AFTERNOON:

How am I feeling right now? _____

What do I need right now? _____

EVENING:

How am I feeling right now? _____

What do I need to release before sleep? _____

JOURNAL PROMPT:

What emotions am I currently experiencing?

Which emotions am I avoiding?

What would it feel like to allow myself to fully feel these emotions?

3. MENTAL SELF-CARE

Taking care of your mind and mental energy.

Mental self-care protects your cognitive wellbeing and prevents mental exhaustion.

DAILY MENTAL SELF-CARE PRACTICES:

- ☐ Take breaks from screens
- ☐ Learn something new
- ☐ Practice mindfulness or meditation
- ☐ Read for pleasure
- ☐ Do puzzles or brain games
- ☐ Declutter your space
- ☐ Say no to unnecessary commitments
- ☐ Take mental health days when needed
- ☐ Limit news consumption
- ☐ Practice mental boundaries

SIMPLE MENTAL SELF-CARE IDEAS (5-15 minutes):

- ✓ Put your phone away for an hour
- ✓ Read a few pages of a book
- ✓ Do a crossword or puzzle
- ✓ Organize one drawer or desk space
- ✓ Practice 5 minutes of mindfulness
- ✓ Write down 3 things you're grateful for
- ✓ Take a mental health break from social media
- ✓ Watch a comforting documentary
- ✓ Listen to a podcast
- ✓ Create a to-do list to clear your mind

MENTAL SELF-CARE EXERCISE:

Digital Declutter:

What apps/sites drain my mental energy?

- ☐ Social media (Instagram, Facebook, Twitter)

- ☐ News apps
- ☐ Email
- ☐ Work-related apps
- ☐ Other: _____

Action plan:

- ☐ Delete 1 draining app
- ☐ Turn off notifications for 1 app
- ☐ Set time limits on 1 app
- ☐ Take 1-day tech break this week

Mental Fatigue Check:

How mentally tired am I today? (1-10) _____

What's causing mental fatigue?

- ☐ Too much information
- ☐ Too many decisions
- ☐ Work stress
- ☐ Lack of rest
- ☐ Other: _____

What will I do to rest my mind?

4. SOCIAL SELF-CARE

Nurturing healthy relationships and boundaries.

Social self-care is about investing in relationships that energize you and setting boundaries with those who drain you.

DAILY SOCIAL SELF-CARE PRACTICES:

- ☐ Connect with supportive people
- ☐ Set boundaries with draining relationships
- ☐ Spend time with people who energize you
- ☐ Say no to social obligations when needed
- ☐ Ask for help when you need it
- ☐ Be honest about your needs
- ☐ Invest in quality relationships
- ☐ Attend social events that matter to you
- ☐ distance yourself from toxic relationships
- ☐ Practice vulnerability with trusted people

SIMPLE SOCIAL SELF-CARE IDEAS (5-15 minutes):

- ✓ Call a friend who makes you feel good
- ✓ Spend time with loved ones
- ✓ Join a group or community
- ✓ Set a boundary: "I can't do that right now"
- ✓ Decline an invitation without guilt
- ✓ Tell someone you trust how you're feeling
- ✓ Send a text to check on a friend
- ✓ Attend a social event that energizes you
- ✓ Unfollow people on social media who drain you
- ✓ Spend time with pets

SOCIAL SELF-CARE EXERCISE:

Relationship Audit:

People who energize me:

1. _____
2. _____
3. _____

People who drain me:

1. _____
2. _____
3. _____

Action plan:

- ✓ Spend more time with: _____
- ✓ Set boundary with: _____
- ✓ Distance from: _____

Boundary Practice:

This week, I will set this boundary:

Script I'll use:

5. SPIRITUAL SELF-CARE

Nourishing your spirit and connection with God.

Spiritual self-care deepens your connection with God, your faith, and your sense of purpose.

DAILY SPIRITUAL SELF-CARE PRACTICES:

- ☐ Pray or meditate
- ☐ Read Scripture or spiritual texts
- ☐ Attend worship or spiritual community
- ☐ Spend time in nature
- ☐ Practice gratitude
- ☐ Serve others
- ☐ Reflect on your values and purpose
- ☐ Rest in God's presence
- ☐ Listen to worship music
- ☐ Fast or create spiritual disciplines

SIMPLE SPIRITUAL SELF-CARE IDEAS (5-15 minutes):

- ✓ Read one Psalm or Bible passage
- ✓ Pray for 5 minutes
- ✓ Light a candle and sit in silence
- ✓ Practice gratitude: name 3 things you're thankful for
- ✓ Spend 10 minutes in nature
- ✓ Watch a short inspirational video
- ✓ Sing or listen to worship music
- ✓ Journal about your spiritual journey
- ✓ Serve someone (small act of kindness)
- ✓ Attend a virtual worship service

SPIRITUAL SELF-CARE EXERCISE:

Scripture Meditation (Lectio Divina):

Choose a passage (e.g., Psalm 23):

1. READ: Read the passage slowly
What word or phrase stands out?

2. MEDITATE: Reflect on that word/phrase
What does it mean to me?

3. PRAY: Respond to God
Dear God, _____

4. CONTEMPLATE: Rest in God's presence
(Sit silently for 5 minutes)

Gratitude Practice:

Name 5 things you're grateful to God for today:

1. _____
 2. _____
 3. _____
 4. _____
 5. _____
-
-

MORNING SELF-CARE ROUTINE (15-20 minutes)

A consistent morning routine sets the tone for your entire day.

STEP-BY-STEP MORNING ROUTINE:

1. WAKE UP WITHOUT RUSHING (5 min)

- Set alarm 15 minutes earlier
- Don't check phone immediately
- Stay in bed for 2 minutes, breathe
- Say: "Good morning. Today is a new day."

2. DRINK A GLASS OF WATER (2 min)

- Keep water by your bed
- Drink slowly
- This rehydrates your body after sleep

3. TAKE 5 DEEP BREATHS (1 min)

- Inhale for 4 counts
- Hold for 4 counts
- Exhale for 4 counts
- Repeat 5 times

4. AFFIRMATION (1 min)

Say out loud: "I am worthy of care today."
Or: "I choose to prioritize my wellbeing."

5. STRETCH (3 min)

- Reach arms overhead
- Touch your toes
- Roll your shoulders
- Stretch your neck
- Move your body gently

6. EAT A NUTRITIOUS BREAKFAST (5 min)

- Include protein and fruit
- Eat slowly
- No screens while eating

7. SET AN INTENTION (2 min)

Ask: "What do I need today?"

Examples:

- "I will be patient with myself."
- "I will take breaks when needed"
- "I will set boundaries"
- "I will rest when tired"

MORNING ROUTINE CHECKLIST:

Day 1:

- ☐ Wake up without rushing
- ☐ Drink glass of water
- ☐ Take 5 deep breaths
- ☐ Say affirmation
- ☐ Stretch for 3 minutes
- ☐ Eat breakfast
- ☐ Set intention

Day 2:

- ☐ Wake up without rushing
- ☐ Drink glass of water
- ☐ Take 5 deep breaths
- ☐ Say affirmation
- ☐ Stretch for 3 minutes
- ☐ Eat breakfast
- ☐ Set intention

Day 3:

- ☐ Wake up without rushing
- ☐ Drink glass of water
- ☐ Take 5 deep breaths
- ☐ Say affirmation
- ☐ Stretch for 3 minutes
- ☐ Eat breakfast
- ☐ Set intention

[Continue for 7 days]

HOW I FELT AFTER 7 DAYS:

CUSTOMIZING YOUR MORNING ROUTINE:

If you only have 5 minutes:

- ✓ Drink water
- ✓ Take 3 deep breaths
- ☐ Say one affirmation

If you only have 10 minutes:

- ✓ Drink water
- 5 deep breaths
- ✓ Stretch
- Set intention

If you have 20+ minutes:

- ✓ Full routine above

EVENING SELF-CARE ROUTINE (20-30 minutes)

An evening routine helps you wind down, process the day, and prepare for restful sleep.

STEP-BY-STEP EVENING ROUTINE:

1. WIND DOWN 1 HOUR BEFORE BED (10 min)

- Turn off screens (phone, TV, computer)
- Dim lights
- Change into comfortable clothes
- Create calming atmosphere

2. WRITE 3 THINGS YOU'RE GRATEFUL FOR (5 min)

- Journal or mental list
- Big or small—both count
- Examples: "I'm grateful for my bed, my health, a friend's call"

3. REFLECT: "WHAT WENT WELL TODAY?" (5 min)

- One accomplishment (even small)
- One thing you're proud of
- One positive interaction

4. RELEASE WHAT DIDN'T GO WELL (5 min)

- Acknowledge what was hard
- Say: "I release this. I did my best."
- Write it down and tear it up (optional)
- Pray: "God, I release this to You."

5. PRACTICE 5 MINUTES OF DEEP BREATHING OR PRAYER (5 min)

Deep breathing:

- Inhale 4 counts, hold 4, exhale 4, hold 4
- Repeat for 5 minutes

Or prayer:

- Pray for peace
- Rest in God's presence
- Say a calming prayer

6. READ A FEW PAGES OF AN UPLIFTING BOOK (10 min)

- Choose fiction or inspirational
- Avoid work-related or stressful content
- Read in bed or comfortable chair

7. SLEEP 7-9 HOURS (Variable)

- Go to bed at consistent time
- Keep room cool and dark
- No screens 1 hour before bed
- Use earplugs or eye mask if needed

EVENING ROUTINE CHECKLIST:

Day 1:

- ☐ Wind down 1 hour before bed
- ☐ Write 3 gratitudes
- ☐ Reflect on what went well
- ☐ Release what didn't go well
- ☐ Practice 5 min breathing/prayer
- ☐ Read uplifting book
- ☐ Sleep 7-9 hours

Day 2:

- ☐ Wind down 1 hour before bed
- ☐ Write 3 gratitudes
- ☐ Reflect on what went well
- ☐ Release what didn't go well
- ☐ Practice 5 min breathing/prayer
- ☐ Read uplifting book
- ☐ Sleep 7-9 hours

Day 3:

- ☐ Wind down 1 hour before bed
- ☐ Write 3 gratitudes
- ☐ Reflect on what went well
- ☐ Release what didn't go well
- ☐ Practice 5 min breathing/prayer
- ☐ Read uplifting book
- ☐ Sleep 7-9 hours

[Continue for 7 days]

HOW I FELT AFTER 7 DAYS:

SLEEP HYGIENE TIPS:

- ✓ Keep consistent sleep schedule (even weekends)
 - ✓ Keep bedroom cool (65-68°F / 18-20°C)
 - ✓ Keep bedroom dark (blackout curtains or eye mask)
 - ✓ Keep bedroom quiet (earplugs or white noise)
 - ✓ No screens 1 hour before bed
 - ✓ Avoid caffeine after 2 PM
 - ✓ Avoid heavy meals before bed
 - ✓ Use bed only for sleep (not work or TV)
 - ✓ If you can't sleep after 20 min, get up and do something calming
 - ✓ Wind down with calming activity (reading, bath, prayer)
-

SELF-COMPASSION EXERCISES

What Is Self-Compassion?

Self-compassion means treating yourself with the same kindness, care, and understanding you would offer a good friend.

Self-compassion has 3 components:

1. SELF-KINDNESS vs. SELF-JUDGMENT
 - Be gentle with yourself
 - Don't criticize when you struggle
 - Offer yourself comfort
2. COMMON HUMANITY vs. ISOLATION
 - Recognize that struggle is part of being human
 - You're not alone in your pain
 - Everyone makes mistakes
3. MINDFULNESS vs. OVER-IDENTIFICATION
 - Notice your pain without being consumed by it
 - Balance acknowledging pain with perspective
 - Don't exaggerate or minimize

Self-compassion is NOT:

- ✗ Self-pity
- ✗ Making excuses
- ✗ Avoiding responsibility
- ✗ Weakness

Self-compassion IS:

- ✓ Strength
- ✓ Healing
- ✓ Realistic
- ✓ Empowering

EXERCISE 1: SELF-COMPASSION BREAK (3-5 minutes)

When you feel pain, stress, or struggle, say:

STEP 1: ACKNOWLEDGE

"This is a moment of suffering."

(Acknowledge pain without judgment)

STEP 2: REMEMBER HUMANITY

"Suffering is part of the human experience."

(Remember you're not alone)

STEP 3: OFFER KINDNESS

"May I be kind to myself."

(Offer yourself compassion)

STEP 4: ACTIVATE

"May I give myself the compassion I need."

(Actively offer care)

Practice this 3 times today:

Morning:

Afternoon:

Evening:

EXERCISE 2: COMPASSIONATE LETTER TO SELF (15-20 minutes)

Write a letter to yourself from the perspective of an unconditional lover (God, a compassionate friend, your future self).

Instructions:

1. Think of a struggle you're having

2. Imagine someone who loves you unconditionally
3. Write what they would say to you
4. Be kind, gentle, and understanding

Dear [Your Name],

How did it feel to receive this compassion?

What will you carry forward from this letter?

EXERCISE 3: SELF-COMPASSION MANTRAS (Daily)

Repeat these mantras when you're struggling:

Morning:

"I am worthy of love and care."

"I choose to be kind to myself today."

"I am doing the best I can."

When making a mistake:

"I am human. Mistakes are part of learning."

"I forgive myself and move forward."

"This doesn't define my worth."

When feeling overwhelmed:

"I don't have to do it all."

"I can rest without guilt."

"I am enough as I am."

When feeling unworthy:

"I am worthy of love."

"I deserve to have my needs met."

"I am enough."

Before bed:

"I did my best today."

"I release what I couldn't control."

"I am worthy of rest."

My favorite mantra:

I will repeat this when:

EXERCISE 4: LOVING-KINDNESS MEDITATION (10 minutes)

Instructions:

1. Sit comfortably, close your eyes
2. Take 3 deep breaths
3. Bring to mind someone you love
4. Say silently: "May you be happy. May you be healthy. May you be safe. May you be at ease."
5. Repeat for yourself: "May I be happy. May I be healthy. May I be safe. May I be at ease."
6. Repeat for someone neutral
7. Repeat for someone difficult (if comfortable)
8. Repeat for all beings

May I be happy.

May I be healthy.

May I be safe.

May I be at ease.

May I be free from suffering.

May I be free from anxiety.

May I be free from pain.

May I be at peace.

How did this meditation feel?

BOUNDARY-SETTING TOOLKIT

Why Boundaries Are Essential

Boundaries are not walls that push people away. They are healthy limits that protect your wellbeing and define your needs.

Without boundaries:

- X You become depleted
- X You resent others
- X You say yes when you mean no
- X You neglect your needs
- X You become bitter
- X You experience burnout

With boundaries:

- ✓ You honor your needs
- ✓ You respect yourself
- ✓ You show others how to treat you
- ✓ You have more energy for what matters
- ✓ You reduce resentment
- ✓ You prevent burnout

Boundaries are an act of love, for yourself AND for others.

TYPES OF BOUNDARIES

1. TIME BOUNDARIES

"I can't meet today. I'm available tomorrow."

2. ENERGY BOUNDARIES

"I need to rest now. I'll call you later."

3. PHYSICAL BOUNDARIES

"I don't like hugs. I prefer handshakes."

4. EMOTIONAL BOUNDARIES

"I'm not comfortable discussing this."

5. FINANCIAL BOUNDARIES

"I can't lend you money."

6. SEXUAL BOUNDARIES

"I'm not comfortable with that."

7. INTELLECTUAL BOUNDARIES

"I respect your opinion, but I think differently."

SCRIPTS FOR SAYING NO

Use these scripts when you need to set a boundary:

General:

- ✓ "I appreciate you thinking of me, but I can't commit to this."
- ✓ "I need to prioritize my wellbeing right now."
- ✓ "I'm not available for that, but I wish you the best."
- ✓ "Thank you for asking, but that doesn't work for me."
- ✓ "I need to check my capacity and get back to you."

For Social Events:

- ✓ "I'd love to see you another time. I need to rest today."
- ✓ "That sounds fun, but I can't make it."
- ✓ "I'm taking a break from social events right now."

For Work:

- ✓ "I have a full plate right now. I can't take this on."
- ✓ "I need to prioritize my current commitments."
- ✓ "I can't stay late today."
- ✓ "I'm available during work hours, but not after."

For Family:

- ✓ "I love you, but I can't do that right now."
- ✓ "I need some space right now."
- ✓ "I'm not comfortable with that request."

For Requests for Help:

- ✓ "I wish I could help, but I can't right now."
- ✓ "I'm not in a place to help with that."
- ✓ "Have you considered [alternative]?"

When Someone Pushes:

- ✓ "I understand this is important, but my answer is no."
- ✓ "I've already made my decision."
- ✓ "I'm not going to change my answer."

BOUNDARY-SETTING EXERCISE

Step 1: Identify where you need a boundary:

Step 2: What boundary do you need?

Step 3: Script you'll use:

Step 4: When will you set this boundary?

Step 5: What's the worst that could happen?

Step 6: What's the best that could happen?

Step 7: What resources do you need to support this boundary?

HANDLING BOUNDARY VIOLATIONS

When someone violates your boundary:

1. REMIND THEM

"I mentioned I can't do that. I need you to respect my boundary."

2. RESTATE THE BOUNDARY

"My boundary is still [X]. Please honor that."

3. SET CONSEQUENCES

"If you continue this, I will need to [consequence]."

4. FOLLOW THROUGH

If boundary is violated again, implement consequence.

5. RE-EVALUATE THE RELATIONSHIP

If violations continue, consider distancing yourself.

30-DAY SELF-CARE CHALLENGE

This challenge is designed to help you build sustainable self-care habits over 30 days.

WEEK 1: PHYSICAL SELF-CARE

Day 1: Drink 8 glasses of water

Day 2: Walk 15 minutes

Day 3: Sleep 8 hours

Day 4: Eat a nutritious meal
 Day 5: Stretch for 10 minutes
 Day 6: Take a warm bath
 Day 7: Rest day (do nothing guilt-free)

WEEK 2: EMOTIONAL SELF-CARE

Day 8: Journal for 10 minutes
 Day 9: Call a supportive friend
 Day 10: Cry if you need to
 Day 11: Say "I'm doing my best"
 Day 12: Watch a comforting movie
 Day 13: Forgive yourself for a mistake
 Day 14: Acknowledge one accomplishment

WEEK 3: MENTAL SELF-CARE

Day 15: No phone for 2 hours
 Day 16: Read 10 pages
 Day 17: Do a puzzle
 Day 18: Declutter one drawer
 Day 19: Practice 5 min mindfulness
 Day 20: Say no to one commitment
 Day 21: Digital detox (no screens)

WEEK 4: SPIRITUAL SELF-CARE

Day 22: Read Scripture 10 minutes
 Day 23: Pray for 10 minutes
 Day 24: Light a candle and sit silently
 Day 25: Name 5 things you're grateful to God for
 Day 26: Spend 15 minutes in nature
 Day 27: Listen to worship music
 Day 28: Journal about your spiritual journey
 Day 29: Serve someone
 Day 30: Celebrate your commitment!

REFLECTION QUESTIONS (Complete at end of 30 days)

What was the most challenging part of this challenge?

What self-care practice will you continue after the challenge?

How have you changed during these 30 days?

What would you encourage others to know about self-care?

SELF-CARE CHECKLIST

QUICK SELF-CARE CHECKLIST (Use anytime you feel depleted)

Physical:

- ☐ I've eaten today
- ☐ I've drunk enough water
- ☐ I've moved my body
- ☐ I'm getting enough sleep
- ☐ I'm taking my medication (if applicable)

Emotional:

- ☐ I've acknowledged my feelings
- ☐ I've expressed emotions in healthy way
- ☐ I've practiced self-compassion
- ☐ I've set a boundary
- ☐ I've done something I enjoy

Mental:

- ☐ I've taken a screen break
- ☐ I've done something mentally stimulating
- ☐ I've practiced mindfulness
- ☐ I've decluttered my space
- ☐ I've said no to something

Social:

- ☐ I've connected with someone supportive
- ☐ I've set a boundary with someone draining
- ☐ I've asked for help
- ☐ I've spent time with loved ones
- ☐ I've Unfollowed someone who drains me online

Spiritual:

- ☐ I've prayed or meditated
- ☐ I've read Scripture or a spiritual text
- ☐ I've practiced gratitude
- ☐ I've spent time in nature
- ☐ I've served someone

How many did you check? More than 10 = You're doing well!

WEEKLY SELF-CARE PLAN

Plan your self-care for the upcoming week:

Physical Self-Care This Week:

Emotional Self-Care This Week:

Mental Self-Care This Week:

Social Self-Care This Week:

Spiritual Self-Care This Week:

SELF-CARE EMERGENCY KIT

When you're in crisis mode, use your emergency self-care kit:

Physical Emergency:

- ☐ Drink water
- ☐ Eat something
- ☐ Rest 20 minutes
- ☐ Take a warm shower
- ☐ Go outside for fresh air

Emotional Emergency:

- ☐ Cry if needed
- ☐ Call supportive friend
- ☐ Journal for 5 minutes
- ☐ Say: "I'm doing my best"
- ☐ Watch comforting video

Mental Emergency:

- ☐ Put phone away for 1 hour
- ☐ Take 10 deep breaths
- ☐ Do something calming

- Declutter one small space
- Listen to calming music

Spiritual Emergency:

- Pray for 5 minutes
- Read one Psalm
- Light a candle
- Sit in silence
- Ask God for strength

RESOURCES

CRISIS SUPPORT

If you're in crisis:

-  Nigeria Emergency: 112
-  Divine Love Psycho-Spiritual Counseling Centre:
+234 913 660 4441
-  Email: psychospiritualcounselingcentr@gmail.com
-  Website: ddpsychospiritualcounseling.org.ng

-  Emergency: 767 (Nigeria)

RECOMMENDED READING

Books:

- "Self-Compassion" by Kristin Neff
- "The Body Keeps the Score" by Bessel van der Kolk
- "It's OK That You're Not OK" by Megan Devine
- "Set Boundaries, Find Peace" by Nedra Glover Tawwab
- "The Gift of Imperfection" by Brené Brown

FREE RESOURCES

Download more free resources:

-  ddpsychospiritualcounseling.org.ng/healing-resources/

- ✓ 5-Step Emotional Healing Workbook
- ✓ Anxiety Management Toolkit
- ✓ Christian Prayer & Meditation Guide
- ✓ Mindfulness & Meditation for Beginners
- ✓ Grief & Loss Support Guide
- ✓ Healthy Relationships Workbook
- ✓ Spiritual Growth Journal

FINAL THOUGHTS

Self-care is not selfish. It's not a luxury. It's essential.

You are worthy of care. You deserve to have your needs met.
Taking care of yourself is an act of self-respect, and it
enables you to care for others more effectively.

Start small. Be consistent. Be patient with yourself.

"Your body is a temple. Keep it holy." - 1 Corinthians 6:19

You've got this.

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