

THE CENTER FOR WOMEN AND GENDER
EQUITY PRESENTS

LOVE YOURSELF WEEK 2018

WELLNESS WORKBOOK

TABLE OF

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This workbook is meant to serve as a tool to help you practice self-care, self-love, and self-acceptance. This is yours! Make it your own, and know that LOVING yourself is a skill that takes practice! Be patient with yourself and know that you are worthy of joy!

GET MOVING

WEEKLY EXERCISE PLAN

Set a goal for each day to get your body moving for at least 30 minutes! Try new forms of exercise that excite you, make plans with a friend to hold yourself accountable, and make sure that you are having fun. Exercise can be as simple as going for a walk! Do what is right for you and remember that this time is a gift to yourself.

Exercise because you love yourself and you deserve to feel good!

WEEK OF _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TRACK IT

MONTHLY HABIT TRACKER

It takes 21 days to form a habit and 90 days to form a lifestyle. You can achieve whatever you put your mind to. Break it down. Take it one day at a time. Set your goal for the month, and then log your success each day! If you miss a day here and there, that is okay! Strive for improvement, not perfection. You have got this!

MONTH OF _____

A circular habit tracker chart designed for a 30-day month. The chart is divided into 30 numbered segments, each representing a day of the month. The segments are arranged in a circular pattern, with numbers 1 through 30 around the perimeter. Each segment contains 10 concentric rings, providing a grid for tracking daily progress. The chart is currently blank, with some horizontal lines extending from the left side of the segments, likely for writing additional notes or goals.

WHEN DID I LAST SLEEP?

SLEEP TRACKER

Consistently getting enough sleep is critical for your health. According to the cdc, adults from the ages of 18-60 need at least 7 hours of sleep a night. However, it is also important to note that too much sleep is also not good. aim for 5-9 hours a night depending on what is right for you.

tip: make an effort to go to bed and to wake up at the same times each day for improved metabolism, immune system, concentration and productivity, and emotional stability.

MONTH OF _____

| | | | | | | | | | | | | | | | | | | | | | | | | |
|----|----|---|---|---|---|---|---|---|---|---|----|----|----|---|---|---|---|---|---|---|---|---|----|----|
| 1 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 2 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 3 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 4 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
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| 8 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 9 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 10 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 13 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 14 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 15 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 16 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 17 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 18 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 19 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 20 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 21 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 23 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 24 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 25 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 26 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 27 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 28 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 29 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 30 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 31 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |

GROCERIES FOR

Eating Well!

BREAD & BAKED GOODS

VEGETABLES

MEAT

FISH

SNACKS

FRUIT

REFLECTION ACTIVITY

Directions: On the next page, you will see 4 quadrants. Begin in quadrant 1 and work your way to quadrant 4. Try to reflect on some of the things in your life that are of great importance to you, as well as some of the things that get in the way. Once you have filled in all 4 quadrants, reflect on your responses in the space below.

Sample Questions: Are there any connections that you noticed? Are there any things that you are engaging in currently that are not in alignment with your values? Do you feel like how you present yourself through your words and actions are an accurate representation of your values?

WHAT ARE SOME OF THE THINGS YOU DO TO GET AWAY FROM THOSE NEGATIVE EXPERIENCES, EMOTIONS, THOUGHTS, ETC? (GOOD AND BAD COPING BEHAVIORS?)

3

4

WHAT CAN YOU DO/START DOING TO PROMOTE YOUR VALUES?

WHAT ARE THE THOUGHTS, FEELINGS, PEOPLE, PLACES, THINGS, ETC. THAT CAUSE YOU TO STRAY FROM THE THINGS YOU VALUE?

2

1

WHAT ARE YOUR VALUES?
(PEOPLE, PLACES, ACTIVITIES, IDEAS, ETC.)

PERSONAL AFFIRMATION

COME UP WITH A PERSONAL AFFIRMATION BASED ON THE FOLLOWING QUESTIONS

What do I need to remind myself of each day?

What qualities do I want to nurture within myself?

What kind of person do I want to be?

How can I build myself up?

[illegible]

SPEAK YOUR AFFIRMATION. SHOOT FOR 3 TIMES A DAY. AFFIRMATIONS ARE STATEMENTS MEANT TO REINFORCE THE GOOD THINGS ABOUT YOURSELF! SELF-CONFIDENCE IS A LEARNED SKILL, SO MAKE TIME TO PRACTICE. YOU DESERVE THIS!

I HAVE ACHIEVED GREAT THINGS

take a minute to remind yourself of that fact

So often we feel like we are on the clock. Our dreams and goals are bound by a self-imposed expiration date. It is easy to feel like we are underachieving because our to do list never seems to end. Many of us fall into the trap of measuring our self worth by the things we have failed to achieve by the time we felt like we had to, and we are incredibly hard on ourselves. Take a second to think of the things you have achieved. Celebrate your successes and remember that you are amazing and you have done some pretty amazing thing already! Your life will never go exactly as planned. Give yourself some grace, and realize that things will unfold the way they are supposed to.

1

2

3

4

5

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

YOU CAN'T POUR FROM AN EMPTY CUP. TAKE CARE OF YOURSELF FIRST.

ABOUT MY DAY

USE THESE SENTENCE STARTERS
TO REFLECT ON YOUR DAY

TAKE A SECOND TO THINK BACK ON THE EVENTS OF THE DAY.
LEARNING FROM YOUR EXPERIENCES BEGINS WITH
ACKNOWLEDGING THEM.

TODAY WAS A GOOD/BAD DAY FOR ME BECAUSE...

I AM GRATEFUL FOR THE OPPORTUNITY I HAD TO...

ONE THING THAT I COULD HAVE DONE BETTER WAS...

TAKE A SECOND TO THINK ABOUT ALL THE GREAT THINGS YOU HAVE GOING ON IN YOUR LIFE!

INSTEAD OF A WISH FOR LIST...MAKE A WISH GRANTED LIST. NOTE THE THINGS THAT ARE GOING RIGHT IN YOUR LIFE RIGHT NOW, THE MOMENTS OF JOY, THE WAYS YOU HAVE BEEN ABLE TO MAKE A POSITIVE IMPACT.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

IN ORDER TO SAY YES....

Sometimes, we all struggle with spreading ourselves much too thin. This is often the result of a hasty 'yes.' However, when we stop to think, maybe saying 'yes' is not the right choice. Every time we agree to something, we are giving a little bit of ourselves, our time, and our energy away. So, before you sign yourself up, stop. Ask yourself a few questions. Make a check list of all the things an obligation has to entail in order for you to agree to it. For example: is this an opportunity for growth? Will it energize me? Do I realistically have enough time for this additional responsibility? Make your own check list for saying 'yes' with intentionality.

☐☐☐☐☐☐☐☐☐☐☐

SELF CARE IDEAS

mind

listen to a guided meditation
de-clutter one part of your space
write down everything on your mind
unplug from technology for an hour
unfriend negative people on social media

do one thing on your to-do list
look up a journal prompt and get to it
watch something to make you laugh
take a power nap

Listen to a calm music playlist
Go outside and stand in the sun
learn something new
read a good book

body

go for a 30 minute walk
soak up some Vitamin D
drink a healthy smoothie
diffuse or roll on essential oils
drink 8 cups of water daily
stretch

try a new fitness class
take 10 deep breaths
wear something that you feel great in
take a long, warm bath
meal prep once a week
put lotion and a face mask on
have a hot cup of tea
smile in the mirror
book a massage

soul

create a gratitude List
meet with a counselor
quality time with a quality person
do something you've always wanted to try
recite a positive affirmation 3 times

make time to do nothing
learn to say no to things that drain you
catch up with an old friend
do a random act of kindness
buy yourself flowers

30 DAY SELF-CARE CHALLENGE

Declutter
your work
space

Go for a
walk

Journal
first thing
in the
morning

Make fruit
infused
water

Do
something
creative!

Bake
something
yummy!

Watch
something
to make
you laugh

Make a list
of things
that make
you happy

Dress for
success

Spend
some time
outside

Try yoga/
spend time
stretching

Do one
random act
of kindness

Make a
sugar
scrub

Self love
spa!
Pamper
yourself

Go to
sleep early
tonight

Treat
yourself to
your favorite
dessert

Try to go a
day without
social
media

Enjoy a
cup of
tea

Make a
gratitude
list

Call a
loved one
and chat

Take a
relaxing
shower or
bath

Cook
yourself a
healthy
meal

Do something
to refresh
your energy

Clean
your
room

Identify your
stressors are
and find ways
to alleviate
them

Give
yourself an
hour
to relax

Try
something
new

Do one thing
you have
been putting
off

Move your
body.
Exercise for
30 minutes

Treat
yourself!

SPA DAY RECIPES

SUGAR SCRUB

**1 cup of
sugar,
4 tbsp of
coconut oil,
15 drops of
your favorite
essential oil,
and MIX!**

BATH BOMB

**1 cup of baking soda,
1/2 cup of citric acid,
1/2 cup of epsom salt,
3/4 cup of cornstarch, 2
tbsp of olive oil, 2 tsp of
witch hazel, 1 tsp of
water, 30-40 drops of
essential oil**

**combine dry
ingredients, then add
wet ingredients, pack
into a greased muffin
tin and let sit for 48
hours**

DETOX WATER

**lemon + mint + cucumber + water
berries + basil + water
strawberries + lemon + basil + water
Raspberries + lemon + water**

COUCH TO 5K

The couch to 5k training program is designed for beginners. You will slowly build up endurance over the course of 9 weeks with the end goal of being able to run continuously for 30 minutes, which would translate to roughly a 10 minute per mile pace for a 5k (3.1 miles). Grab a friend or go solo. Check off each workout as your complete it to track your progress. Maybe even sign up for a 5k at the end of your 9th week as something to strive for. As a tip, it is recommended that you have a day in between workouts to rest, so maybe schedule your workouts for MWF or TRS for example. For more information check out <http://www.c25k.com/>

WORKOUT 1

WORKOUT 2

WORKOUT 3

WEEK 1

Brisk 5 minute walk to warm up.
Alternate 60 sec. of jogging and
90 sec. of walking for a total of
20 min.

☐

Brisk 5 minute walk to warm up.
Alternate 60 sec. of jogging and
90 sec. of walking for a total of
20 min.

☐

Brisk 5 minute walk to warm up.
Alternate 60 sec. of jogging and
90 sec. of walking for a total of
20 min.

☐

WEEK 2

Brisk 5 minute walk to warm up.
Alternate 90 sec. of jogging and
2 min. of walking for a total of 20
min.

☐

Brisk 5 minute walk to warm up.
Alternate 90 sec. of jogging and
2 min. of walking for a total of 20
min.

☐

Brisk 5 minute walk to warm up.
Alternate 90 sec. of jogging and
2 min. of walking for a total of 20
min.

☐

WEEK 3

Brisk 5 minute walk to warm up.
2 repetitions of the following:
Jog 90 sec. Walk 90 sec.
Jog 3 min. Walk 3 min.

☐

Brisk 5 minute walk to warm up.
2 repetitions of the following:
Jog 90 sec. Walk 90 sec.
Jog 3 min. Walk 3 min.

☐

Brisk 5 minute walk to warm up.
2 repetitions of the following:
Jog 90 sec. Walk 90 sec.
Jog 3 min.. Walk 3 min.

☐

WEEK 4

Brisk 5 minute walk to warm up.
Jog 3 min. Walk 90 sec.
Jog 5 min. Walk 2.5 min.
Jog 3 min. Walk 90 sec.
Jog 5 min.

☐

Brisk 5 minute walk to warm up.
Jog 3 min. Walk 90 sec.
Jog 5 min. Walk 2.5 min.
Jog 3 min. Walk 90 sec.
Jog 5 min.

☐

Brisk 5 minute walk to warm up.
Jog 3 min. Walk 90 sec.
Jog 5 min. Walk 2.5 min.
Jog 3 min. Walk 90 sec.
Jog 5 min.

☐

WEEK 5

Brisk 5 minute walk to warm up.
Jog 5 min. Walk 3 min.
Jog 8 min. Walk 3 min.
Jog 5 min.

☐

Brisk 5 minute walk to warm up.
Jog 10 min.
Walk 3 min.
Jog 10 min.

☐

Brisk 5 minute walk to warm up.
Jog 25 minutes with no walking

☐

WEEK 6

Brisk 5 minute walk to warm up.
Jog 5 min. Walk 3 min.
Jog 8 min. Walk 3 min.
Jog 5 min.

☐

Brisk 5 minute walk to warm up.
Jog 10 min.
Walk 3 min.
Jog 10 min.

☐

Brisk 5 minute walk to warm up.
Jog 25 minutes with no walking

☐

WEEK 7

Brisk 5 minute walk to warm up.
Jog 25 minutes with no walking

☐

Brisk 5 minute walk to warm up.
Jog 25 minutes with no walking

☐

Brisk 5 minute walk to warm up.
Jog 25 minutes with no walking

☐

WEEK 8

Brisk 5 minute walk to warm up.
Jog 28 minutes with no walking

☐

Brisk 5 minute walk to warm up.
Jog 28 minutes with no walking

☐

Brisk 5 minute walk to warm up.
Jog 28 minutes with no walking

☐

WEEK 9

Brisk 5 minute walk to warm up.
Jog 30 minutes with no walking

☐

Brisk 5 minute walk to warm up.
Jog 30 minutes with no walking

☐

Brisk 5 minute walk to warm up.
Jog 30 minutes with no walking
FINAL WORKOUT!
CONGRADULATIONS!

☐

CAMPUS RESOURCE GUIDE

Our university has a wealth of resources that it provides to students. Your campus community is here to support you. Listed on this page are just a few of the incredible departments that offer services. From physical health check ups, counseling, accommodations, survivor advocacy, wellness, and more, UTC is here to help you take care of yourself.

UTC recognizes and values individual differences. Explore your options and find what is right for you. Take advantage of what UTC has to offer!

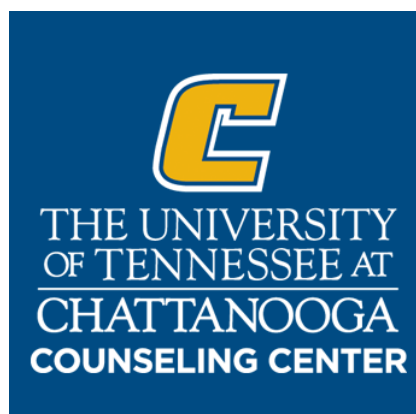
Remember, you are not alone. You don't have to go through struggles by yourself. This community wants to help you get through the hard times, celebrate the good times, and give you the tools to reach your own version of success. Don't be afraid to ask for help. You deserve to be well in every way!

Check out the UTC DOS page for more services!

<https://www.utc.edu/dean-students/index.php>

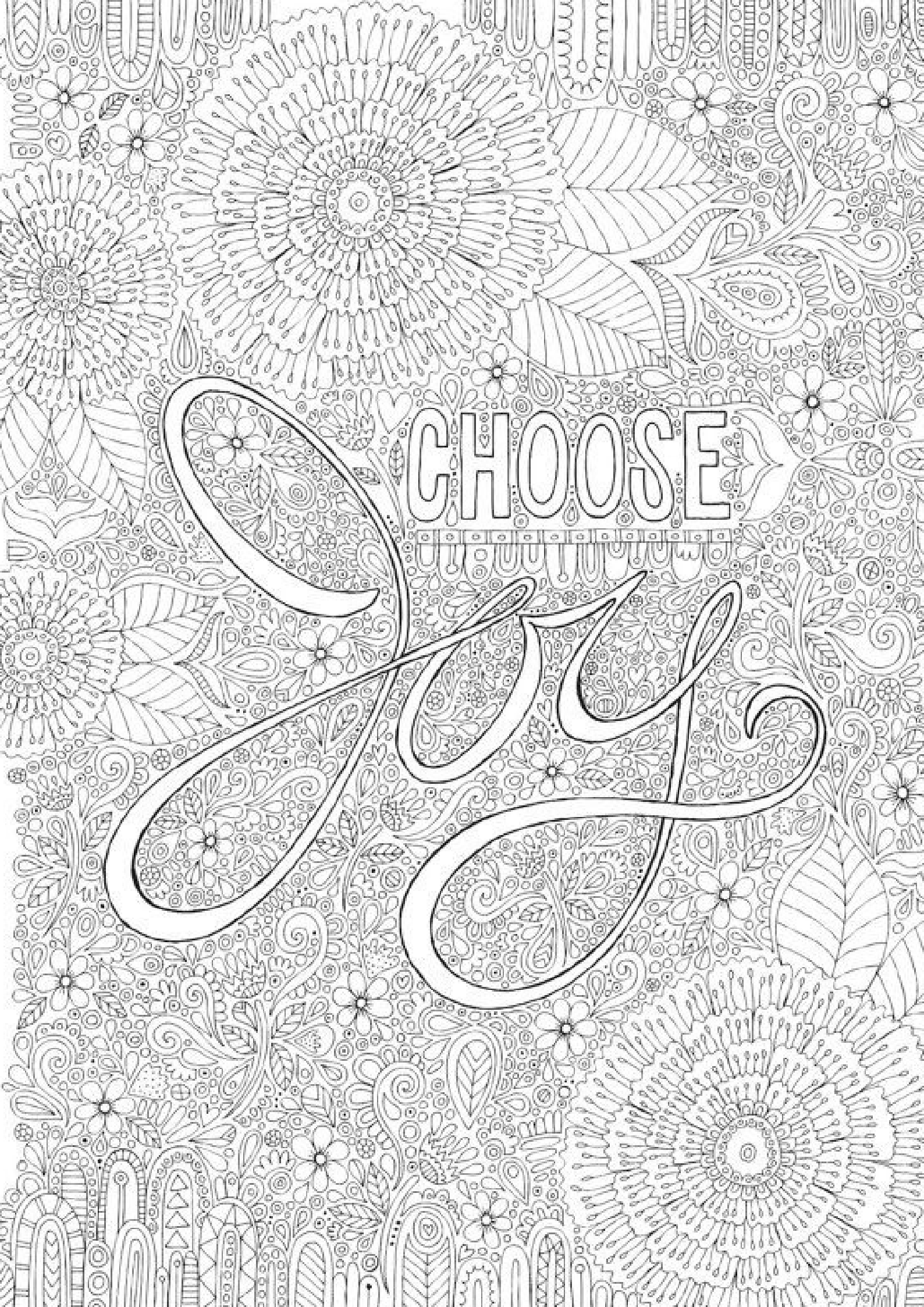


Center for
WOMEN AND
GENDER EQUITY





BE
PATIENT
WITH
YOURSELF.



CHOOSE

YOUR LIFE



Throw

KINDNESS

around like

CONFETTI



BE Kind
to
YOURSELF.

Phil. 4:8



You are strong.