

THE CENTER FOR WOMEN AND GENDER
EQUITY PRESENTS

LOVE YOURSELF WEEK 2018

WELLNESS WORKBOOK

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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 grid. The outer ring contains numbers 1 through 31, representing the days of the month. The inner grid consists of 10 rows, each representing a habit. The grid is divided into segments by radial lines, creating a circular pattern of cells for tracking progress. The grid is currently blank, with no data entered.

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.

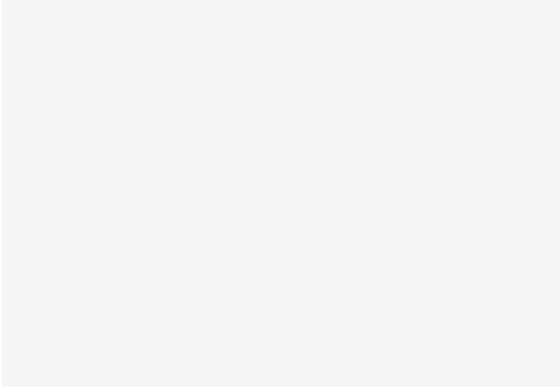
MONTH OF _____



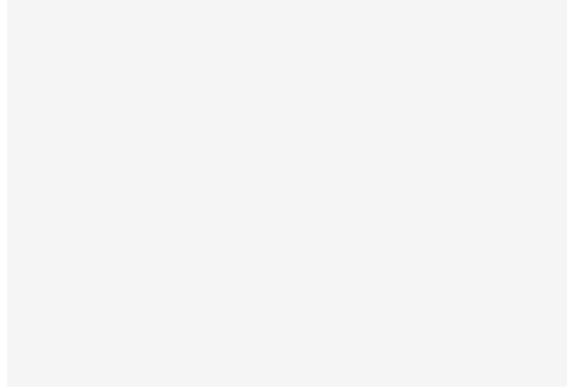
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31	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11

GROCERIES FOR
Eating Well!

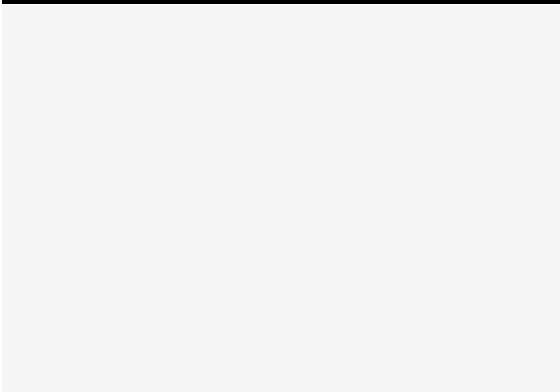
BREAD & BAKED GOODS



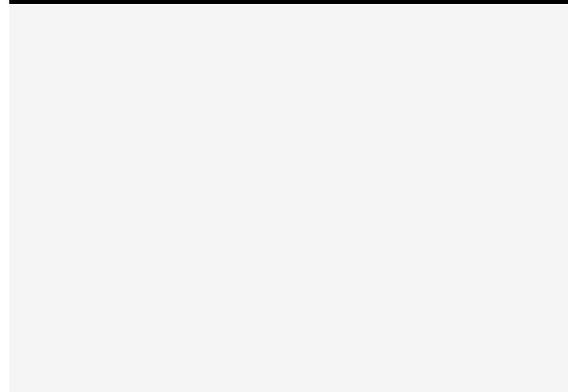
VEGETABLES



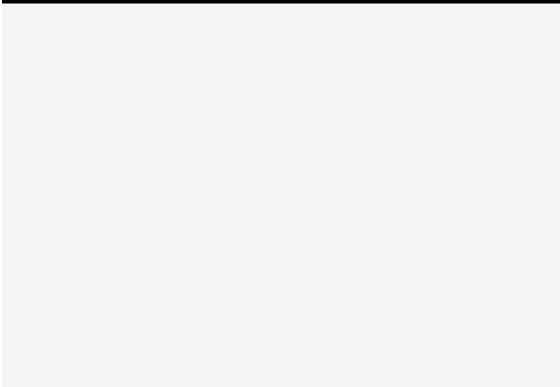
MEAT



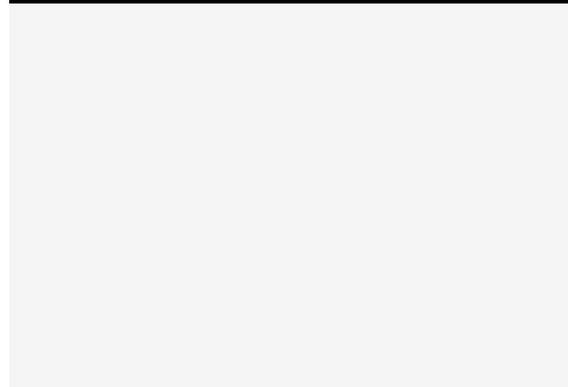
FISH



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.)

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

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...

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.

-
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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 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

	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. <input type="checkbox"/>	Brisk 5 minute walk to warm up. Alternate 60 sec. of jogging and 90 sec. of walking for a total of 20 min. <input type="checkbox"/>	Brisk 5 minute walk to warm up. Alternate 60 sec. of jogging and 90 sec. of walking for a total of 20 min. <input type="checkbox"/>
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. <input type="checkbox"/>	Brisk 5 minute walk to warm up. Alternate 90 sec. of jogging and 2 min. of walking for a total of 20 min. <input type="checkbox"/>	Brisk 5 minute walk to warm up. Alternate 90 sec. of jogging and 2 min. of walking for a total of 20 min. <input type="checkbox"/>
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. <input type="checkbox"/>	Brisk 5 minute walk to warm up. 2 repetitions of the following: Jog 90 sec. Walk 90 sec. Jog 3 min. Walk 3 min. <input type="checkbox"/>	Brisk 5 minute walk to warm up. 2 repetitions of the following: Jog 90 sec. Walk 90 sec. Jog 3 min.. Walk 3 min. <input type="checkbox"/>
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. <input type="checkbox"/>	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. <input type="checkbox"/>	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. <input type="checkbox"/>
WEEK 5	Brisk 5 minute walk to warm up. Jog 5 min. Walk 3 min. Jog 8 min. Walk 3 min. Jog 5 min. <input type="checkbox"/>	Brisk 5 minute walk to warm up. Jog 10 min. Walk 3 min. Jog 10 min. <input type="checkbox"/>	Brisk 5 minute walk to warm up. Jog 25 minutes with no walking <input type="checkbox"/>
WEEK 6	Brisk 5 minute walk to warm up. Jog 5 min. Walk 3 min. Jog 8 min. Walk 3 min. Jog 5 min. <input type="checkbox"/>	Brisk 5 minute walk to warm up. Jog 10 min. Walk 3 min. Jog 10 min. <input type="checkbox"/>	Brisk 5 minute walk to warm up. Jog 25 minutes with no walking <input type="checkbox"/>
WEEK 7	Brisk 5 minute walk to warm up. Jog 25 minutes with no walking <input type="checkbox"/>	Brisk 5 minute walk to warm up. Jog 25 minutes with no walking <input type="checkbox"/>	Brisk 5 minute walk to warm up. Jog 25 minutes with no walking <input type="checkbox"/>
WEEK 8	Brisk 5 minute walk to warm up. Jog 28 minutes with no walking <input type="checkbox"/>	Brisk 5 minute walk to warm up. Jog 28 minutes with no walking <input type="checkbox"/>	Brisk 5 minute walk to warm up. Jog 28 minutes with no walking <input type="checkbox"/>
WEEK 9	Brisk 5 minute walk to warm up. Jog 30 minutes with no walking <input type="checkbox"/>	Brisk 5 minute walk to warm up. Jog 30 minutes with no walking <input type="checkbox"/>	Brisk 5 minute walk to warm up. Jog 30 minutes with no walking FINAL WORKOUT! CONGRADULATIONS! <input type="checkbox"/>

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>

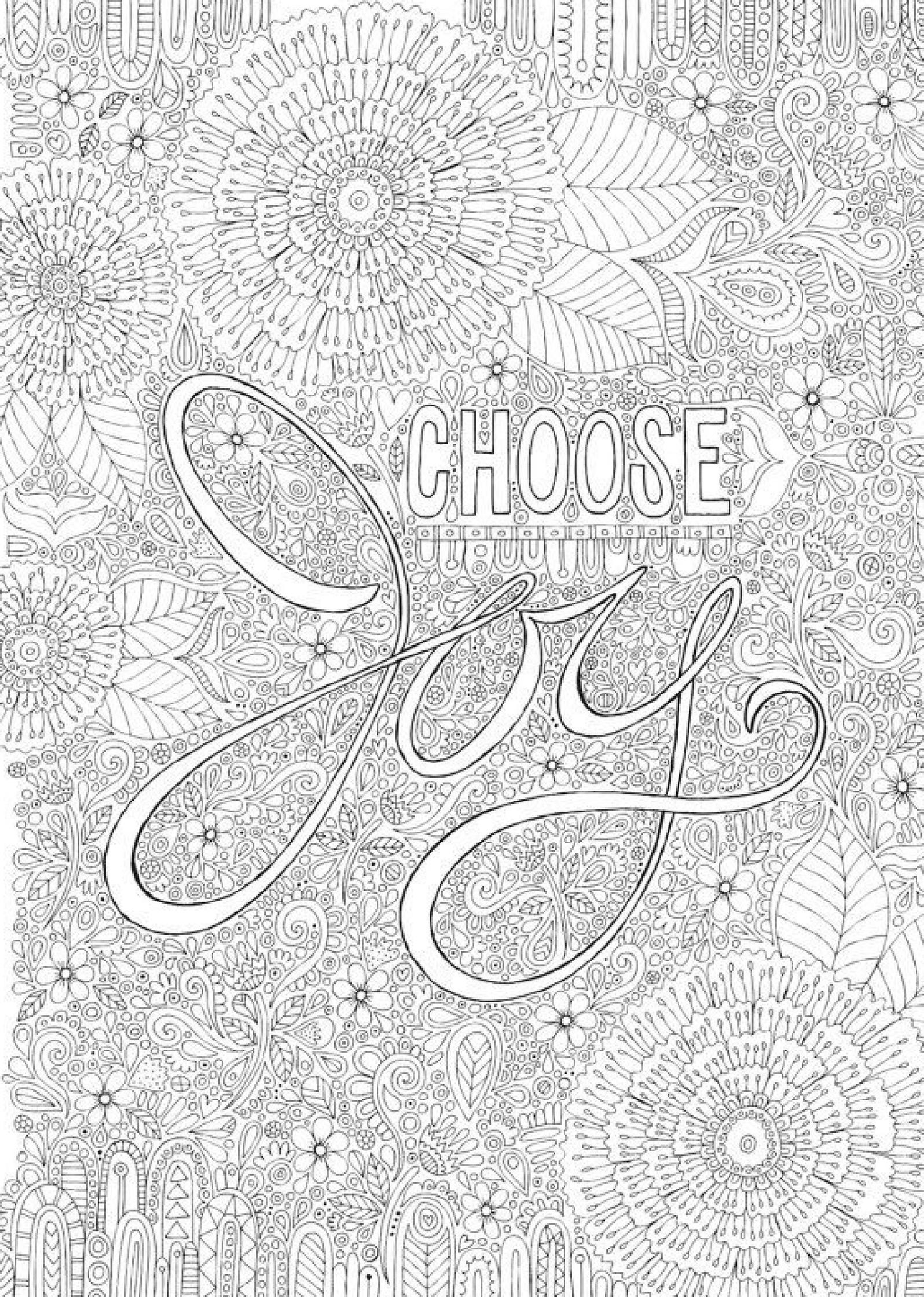


Center for
WOMEN AND
GENDER EQUITY





BE
PATIENT
WITH
YOURSELF.



CHOOSE

YOUR
OWN
PATH



Throw

KINDNESS

around like

CONFETTI



BE KIND TO
YOURSELF.

Phil. 4:8



You are strong.