

THE BEGINNER'S SELF-CARE GUIDE

What is self-care and how to
practice it in your daily life!

INTRODUCTION



If you're new to Self-Love Rainbow you might not know what self-love is or why you need it and how it relates to self-care. It is my pleasure to tell you! (The concept is simple, putting it into action can be hard, but that's okay, I'm pretty sure you can

do it!)

Self-love is giving yourself the same amount of love, time, and energy that you give to the people around you. It means loving yourself just as much as you love your spouse, your children, or your best friend. Along with that comes all of the things that you do for the ones that you love.

Affection. Attention. Comfort. Compassion. Giving. Unconditional love.

And that's self-care. It's the actions you take to show love but you turn them toward yourself.

How are you at giving yourself the above things?

Are you able to listen to your needs?

If it's a struggle, believe me, I understand, I've been there, but it's not an impossible task.

◆◆INTRODUCTION◆

You can learn to love yourself.

You've just got to take a deep breath and put yourself first, even if it's only in teeny tiny ways in the beginning.

Self-love blossoms from acts of self-care. Self-care means taking the time and energy to do the things you need when you need them. It doesn't mean yoga and spa days and beach vacations. It is the deliberate act of taking care of yourself and your emotions and doing the things that are for your greater good.

It means honoring your emotions and being honest with where you are in life and what you want and if you are doing the things to get you there.

It means making time for yourself when you have a hundred other things to do and you're stressed out and overwhelmed and about to lose it.

It means being honest with who you are as a person.

And sometimes it's incredibly hard things like walking away from toxic relationships and facing self-destructive tendencies and admitting that you need help sometimes.

At the end of the day, it's giving yourself the best life possible. Self-care is hard, but it's also worth it.

INTRODUCTION

My Story

Growing up, I never really knew how to make myself happy. I knew what to do to make my mother happy and then I moved out and I learned what things to do to make my boyfriend happy. I got lost in the shuffle. I didn't feel like I was important enough to warrant any effort. It never occurred to me to think that I should do things to make myself happy.

Looking back, it honestly felt like I was on standby mode, like some sort of robot that was activated when it needed to go to work or be useful to another person.

I didn't know how to be happy. I expected other people to make me that way. I didn't know that I had the power to do it myself.

When I broke up with my boyfriend, I was depressed, lonely, and extremely unhappy. It was so tempting to throw myself into a new relationship. I wanted to find someone else to devote my time, love, and energy to.

My days felt incredibly empty. All of my hobbies had less to do with what I truly enjoyed, and more to do with things that filled up my day and allowed me to avoid my own troubled thoughts.

◆◆INTRODUCTION◆

I spent my days eating my feelings, playing video games, and going to work. Wash. Rinse. Repeat. I kept hoping for someone to fall madly in love with me so that I could pamper them and care for them, I would have purpose again, and that would make me happy.

My depression got worse and eventually, I realized that there was no way I could have a healthy relationship. My depression manifested itself in extreme anger toward the people around me. I tried to push them away while alternatively fearing their abandonment of me.

I decided that I needed to change that. I didn't want to live in a space of dysfunction. One of the first steps I had to take was to finally begin to find out exactly who I was and why (the real, honest, raw) reason that I was unhappy.

Until that point, I had been a secondary character in my own story. Like any sort of character development, I had to figure out what things I liked, what dreams I had (that were for me and me alone and not created to appeal to other people), and what my reason for being here was.

It's easier said than done, right?

◆◆INTRODUCTION◆

It took almost a year before I really started to make progress.

I decided to stop hating my body. I let go of all the standards that I was always trying (and failing) to meet. My body was for *me* - not for someone else. I stepped out of my comfort zone and allowed myself to experience little things that I'd never done before. I went to the movies by myself, I took a yoga class, I spent many hours walking and stopping in the park while eating cotton candy. I flew a kite, had picnics, meditated in the early morning sunrise, and stayed out late to watch the moon and the stars. I listened to new music and found inspirational heroes. I did things I'd always wanted to do but had saved for "someone special". I stopped putting my life on hold.

These things just didn't happen. I created them. I made them happen by making the time. It was such a beautiful act of creation for someone who felt steeped in self-destruction.

There were other, less pleasant aspects of trying to figure out who I was. I put myself in situations that ended with people taking advantage of me and I had no understanding of boundaries or what was healthy.

INTRODUCTION

I pushed people away on purpose because it was validation that they were going to leave anyway.

It was a challenge to recognize those situations and behaviors and change them.

I had to learn the ability to say no, and that was by far the hardest thing I've ever learned in my life.

I also had to learn how to manage my emotions. I had severe anger issues and emotional outbursts that were unhealthy for myself and those around me. Learning how to communicate instead of lashing out was another thing I needed to learn before I was able to truly love and appreciate myself.

I had to recognize that blowing up helped me feel better in the moment but it wasn't healthy.

The last thing I had to learn was forgiveness toward myself.

The beauty of that whole process was that it started with the simple decision to put myself first, to figure myself out, and actually try to understand who I was.

Instead of expending so much time and effort to find someone to love and care for, I needed to reflect that to myself.

INTRODUCTION

I can't tell you how self-love will change your life, but I can show you what it did for me. I am here, writing this because I made the decision to love myself. In doing that, I realized my gifts and my dreams. I discovered that I had worth.

Anything that can do that and comes from inside of you is worth it. It's worth nourishing and giving it the room to grow.

It all begins with deciding that you are worth the time and effort. And I know sometimes it's hard to believe it, but you are.

Your needs are important.

They are important even when they conflict with what someone else wants from you.

You should not disregard what you need, what you want, or what will nurture you in the effort to please anyone else. I really want you to believe deep down in your bones that you deserve to be loved and cared for.

You do not have to do it all and you shouldn't be expected to!

As for your needs?

Honor them.

INTRODUCTION

Types of Self-Care

I like to break self-care into categories just because those categories help me see which areas of my life I might be neglecting. Self-care is such an individual thing that everyone needs something different and this list is definitely not exhaustive!

Physical <ul style="list-style-type: none">-Moving your body-What you eat-Taking care of your physical health-Drinking water-Getting enough sleep	Emotional <ul style="list-style-type: none">-Understanding your emotions-Good coping skills-Expressing yourself-Positive self-talk-Therapy-Journaling	Interpersonal <ul style="list-style-type: none">-Setting boundaries-Meeting social needs-Community-Support systems-Good communication-Love languages
Practical <ul style="list-style-type: none">-Budgeting-Household Chores-Safety and security-Organization-Stability-Grocery shopping	Spiritual <ul style="list-style-type: none">-Inner peace-Having a purpose-Meditation-Daily Practice-Prayer-Belief systems	Professional <ul style="list-style-type: none">-Work boundaries-Positive work environment-Continued learning-Breaks-Vacations
Social Media <ul style="list-style-type: none">-Boundaries-Positive feeds-No doom scrolling-Unplugging-Taking breaks-Blocking/unfollowing	Personal <ul style="list-style-type: none">-Core values-Hobbies-Life goals-Time alone-Identity-Authenticity	

★ PHYSICAL ★

Physical Self-Care is anything that you do to take care of your body and your physical self. When we think of all of the things our bodies have been through in our lifetimes we can't help but feel the need to pamper ourselves just a little.

Here are some great ways to practice physical self-care.

Try them out, experiment, and add the things that nourish you to your daily, weekly, or monthly, self-care routine.

♥ Get enough sleep! Find out what's a good number of hours for you per day and try to reach that.

♥ Wear clothes that make you feel confident and beautiful. If you don't yet have the confidence to wear your dream outfit in public, then buy it anyway and wear it around the house.

♥ Take time to be appreciative of your body and find new ways to enjoy it.

♥ Find a physical activity that you enjoy. Swimming, walking, jogging, dancing, yoga, or even VR games! There are all sorts of activities out there and the key is to find one that brings joy, not a feeling of punishment. Enjoy the feeling of moving your body.

★ PHYSICAL ★

- ♥ Get a massage or go to a spa every few months (or if you're like me, create an at-home spa day!). It's great medicine for the body and the soul.
- ♥ Don't push yourself when you are sick or under the weather. Learn when to rest.
- ♥ Get medical or dental care when you need it. Waiting for health problems to go away on their own is not the best strategy!
- ♥ Eat nourishing food. You don't need to go vegan or vegetarian to be good to your body, any food that makes you feel good is a win. And try new foods too!
- ♥ Buy a scrumptious lotion to pamper your body with.
- ♥ Stay in bed and relax on a lazy morning or allow yourself to sleep in.
- ♥ Walk barefoot on the earth. Let your worries sink into the ground.
- ♥ Buy some sexy underwear. No one needs to see them but you.
- ♥ Get your hair done or do your hair yourself. Find a hairstyle to fall in love with.

★ PHYSICAL ★

- ♥ Soak your feet in hot water and Epsom salt after a long day.
- ♥ Paint your fingernails or toenails in your favorite color.
- ♥ Have a play date with your kids, friend's kids, or your nieces and nephews. It's a fun way to get active!
- ♥ Drink something new and exciting, like an exotic herbal tea or a new smoothie.
- ♥ Take a nap, in the middle of the day.
- ♥ Go on a shopping spree and buy things that make you feel cute and good about your body.
- ♥ Play loud music and dance around your living room.
- ♥ Experiment with perfumes and body sprays and discover a scent that you absolutely love.
- ♥ Look in the mirror and love and admire every inch of your face and body. Find something nice to say about a part of your body that you don't like.
- ♥ Create a practice of gratitude around your body.

♥EMOTIONAL♥

Emotional self-care is about honoring your emotions and your feelings and being good to yourself on an emotional level. This is where you swoop in to be your own best friend.

- ♥ Practice forgiveness for yourself and your past.
- ♥ Know what (and who) triggers strong and destructive emotions and keep your distance.
- ♥ When you feel like you need to cry, give yourself permission to cry.
- ♥ Watch funny movies and shows and allow laughter to bubble forth.
- ♥ Don't ignore your emotions. Feel what you need to.
- ♥ Surround yourself with inspiration, let it fill you up, and make you shine.
- ♥ Stop being so hard on yourself. Learn from the experience and move on.
- ♥ Take a leap of faith. Do something that you've been afraid to do.
- ♥ See your mistakes as valuable lessons. Those mistakes deepen your wisdom.
- ♥ Don't spend so much time trying to work on and improve your weaknesses that you forget to honor and appreciate your strengths.

♥EMOTIONAL♥

- ♥ Look at the simple joys in your life, the things that you usually take for granted. Appreciate them with your whole heart.
- ♥ Nurture your dreams, even if they don't seem possible right now, it doesn't mean they won't ever happen. Reach for them.
- ♥ Stop apologizing for who you are. Be strange, wild, colorful, shy, quiet... whatever makes you happy!
- ♥ Realize that it's okay to ask for help when you need it. You don't have to be or do it all. Asking for help doesn't make you weak.
- ♥ Pick one fear that you have, just an itty bitty one, and work on being unafraid.
- ♥ Pay attention to how you treat your friends. Look at how you treat yourself. Make sure you're being kind to yourself as well.
- ♥ When you are angry or upset (with yourself or others) try responding lovingly and see how it changes the situation.
- ♥ Find a healthy outlet for your emotions. This can be learning how to talk it out, journaling, or just going to therapy.
- ♥ Make your mental health your #1 priority.

PERSONAL[☆]

Sometimes you just gotta have some personal “You Time”. It’s a very important part of self-care!

♥ Plan a morning or afternoon to spend by yourself. Read, put together a puzzle, or spend your time in deep meditation.

♥ Look up places online that you’ve always wanted to visit and daydream. (or plan!)

♥ Take an internet or media break. See how you spend your time without interweb distractions.

♥ Have a negative-free day, surround yourself with positivity and happiness.

♥ Write the future-you a letter and then stash it away in someplace you’ll find it later.

♥ Learn a new skill! Play an instrument, sew, knit, or crochet, or take up art journaling.

♥ Buy yourself flowers.

♥ Discover something new about yourself. Try a new food, place, or type of music.

♥ Have a cup of tea in bed, relax, and read a good book.

♥ Give yourself Sanctuary Time. Relax, meditate, or relax to good music.

- ♥ Make a list of 5 things you love doing, and do them frequently. Integrate them into your daily and weekly life.
- ♥ Make plans to watch the sunrise/set and let yourself bathe in the energy.
- ♥ Take twenty minutes out of your day to meditate. You can sit in silence, listen to a guided meditation, calming music, whatever relaxes you.
- ♥ Re-evaluate your spirituality. Are you happy with where you are and what you believe? Do something to spiritually nourish yourself.
- ♥ Do something to make your living space a little bit more sacred to you. Clean, redecorate, smudge, or create a special spot where you can relax.
- ♥ Pull out your calendar and pick a day in the next week to do something special just for you.
- ♥ Sit in silence. Let the world rush on around you while you savor the moment and just be.
- ♥ Create a nourishing morning routine. Stretch, do yoga, journal, whatever makes you feel good.
- ♥ Don't be afraid to celebrate your achievements, even the little ones.

Social self-care means tending to your social circle and your social needs as well as making sure you're surrounded by healthy relationships.



Stay away from those that belittle you or make you feel like you aren't good enough.



When you feel uncomfortable about something or someone, acknowledge it, and then create boundaries.



Spend time with people who lift you up.



Learn your love language and other people's so that you're speaking each other's languages.

There's sexual self-care, spiritual self-care, social media self-care, and financial self-care. Self-care falls into every single category of your life.

Find out what nourishes you! It's different for everyone.

There's no right or wrong way to practice self-care, that's the beauty of it. It's specifically tailored to you and what makes you feel good.

It is the practice of allowing yourself to feel wonderful things and knowing that you are the source of it.

LOVING YOURSELF

How to Love Yourself

Right now I could tell you that you should love and accept yourself just how you are, and that's true. You are deserving of love just as you are in this moment, no matter how flawed or broken you perceive yourself to be.

But...

To really love yourself, you gotta be someone worth loving, in your own opinion. Remember, this is not an overnight process. You can't just unravel years and years of feelings and sum it up to "accept yourself". Well, you can, but there's more to it.

Before I started my self-love journey I was extremely depressed, I had so many anger issues, and I had terrible impulse control. I was terrible to the people I loved. Was I worth loving? Absolutely. But I couldn't do it because while I was worthy of love, I was also a toxic person in a lot of ways and I had to face that.

So I healed what I needed to heal. I really focused on finding healthy coping skills, I researched anger management, I did the work and when I started to see the results and the subtle changes not only did I feel proud, but I felt the love. I'm not saying that you need to change yourself to love yourself by any means. I think the first step is to look at yourself and look at your life and ask yourself:

LOVING YOURSELF

What's stopping you?

Sit with that answer, feel it out, and ask yourself if what happens next is change or acceptance. There's no 'right way'. I have tons of flaws, believe me, they are there and sometimes they are glaring, but none of them stop me from loving myself. I accept them as part of who I am. I know that I am not perfect and I know that I don't need to be.

Realize that you don't have to be perfect to be loved.

If you wait until you are perfect to love yourself you will be waiting forever.

You probably have someone in your life that you love unconditionally, don't you?

Why do you love them? Because it's worth it, because they are worth it. Not because they are perfect. Reflect that back to yourself. No matter what, you're worth loving. You hold so much awesomeness right inside of you, so much love for other people, so many big dreams and hopes, and if all that isn't worth loving, then I don't know what is.

Get to know yourself.

Seriously! Figure out who you are and what you want. Discover what you believe and know what your values are. It's just like dating someone new, you really have to figure out who they are before you fall in love.

LOVING YOURSELF

So often when we don't love ourselves we kinda just take on the things we love about the people around us – like a chameleon. We see what they like and because we want to please them we decide that's what we like. We're not living our lives for ourselves but to please someone else.

Discover who YOU really are.

Forgive yourself.

Let go of the past, let go of your bad deeds, let go of your shame, let go of those things that you think about in the middle of the night when you can't sleep. Live your amends. If you've done something bad, then live your life in a good way, in a positive way. Putting that out into the world does more good than hating yourself ever could.

Letting go of that baggage is so (very very) hard, but it's worth it. Cross my heart.

Practice Self Care.

Make time to do things for yourself. Making time for the things that you love and the things that make you feel good is so important. It's putting into action what you are already feeling.

Self-love and Self-care go hand in hand, one is the feeling and one is the action. It's the equivalent of a big ol' hug to yourself. You wouldn't love someone who never showed you affection or did anything nice for you now would ya!?

LOVING YOURSELF

Don't give up.

Rome wasn't built in a day. If you're just now starting your journey, it might be rough going for a little while. You might get frustrated, you might feel like giving up, or that it's too much work, or it's stupid, or you'll never be good enough, or it's not important enough but let me tell you a secret:

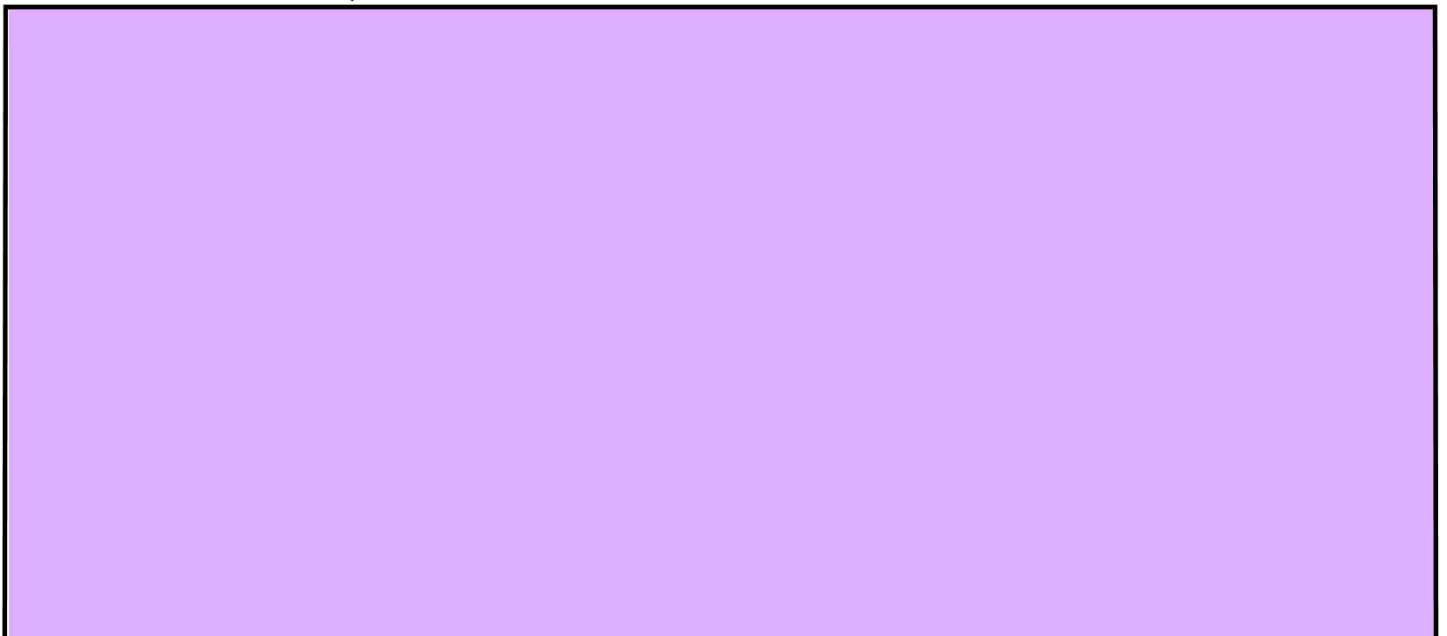
If you don't give up, you WILL start loving yourself.

It's worth your time.

You are so worth the time and the effort.

Therapy is often an invaluable part of helping you navigate through a lot of these things and I recommend it if it's a resource that's available to you.

What part do you have the most trouble with?



★SELF-CARE★

Pick One Activity From Each Color to Do Today

- Massage
- Walk
- Workout
- Nap
- Swim
- Pedicure
- Stretch
- Yoga
- Journal
- Music
- Meditate
- Laugh
- Relax
- Art
- Get Outside
- Give Back
- Gratitude
- Forgive
- Sing
- Bubble Bath
- Read
- Go Out
- BFF Date
- Try Something New
- Bake
- Cook a meal
- Have a Snack
- Take a Break
- Unplug
- Set Boundaries
- Go to Bed Early
- To-Do List
- Deep Breaths
- Tidy Up
- Drink Water
- Ask for Help
- Vent
- Cuddles
- Positive Self-Talk
- Hot Shower
- SelfLoveRainbow
- Dance

What sounds good to you right now?

Difficult Acts of Self-Care

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Learning that your worth is more than just what you can do for other people or give to other people.

Going to therapy and getting help when you need it.

Breaking toxic family/generational cycles.

Setting healthy boundaries and realizing not everyone will like you & that's okay.

Accepting that it's okay to make yourself a priority and that you don't have to earn the right to meet your needs. You are important.

Unlearning damaging coping skills that used to help you.

Standing up for what you believe in even when other people disagree.

Learning how to process feelings in healthy and productive ways.

What things have you struggled with?

★The Self-Love Languages

Physical Touch	Things that make your body feel good and focus on your physical wellbeing.	Massages Spa Days Soft Blankets Moving Your Body Skin Care
Acts of Service	Doing things for yourself that make life easier and more structured.	Therapy Organizing Cleaning Scheduling Delegating Planners
Receiving Gifts	Buying gifts for yourself & spending money on things that bring you joy.	Going Out Makeup Vacations Clothes Craft Investing in Supplies Yourself
Words of Affirmation	Giving yourself pep talks & encouraging words by being your biggest cheerleader.	Positive Self-Talk Daily Affirmations Journaling Self-Improvement
Quality Time	Spending time alone, time with your hobbies, and doing what you love.	Meditation Reading Hobbies Art Taking yourself on dates



@SelfLoveRainbow | Inspired by the Five Love Languages by Gary Chapman

What one resonates with you the most?

Choose Two Today!

Curl up
with a warm
blanket and
a good book.

Naps and
extra time
spent in
rest and
relaxation.

High energy
movement
with loud
music and
sweat.

Reach out
and connect
with your
favorite
person.

Say "yes"
to doing a
thing that
will make
you happy.

Schedule
time to be
alone and
recharge.

Popcorn,
snacks, &
watch your
favorite
movie.

Get creative
or spend
time with a
hobby you're
missing

Say "no" to
something
that will
emotionally
drain you.

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Which two do you choose?

Weekly Self-Care Review

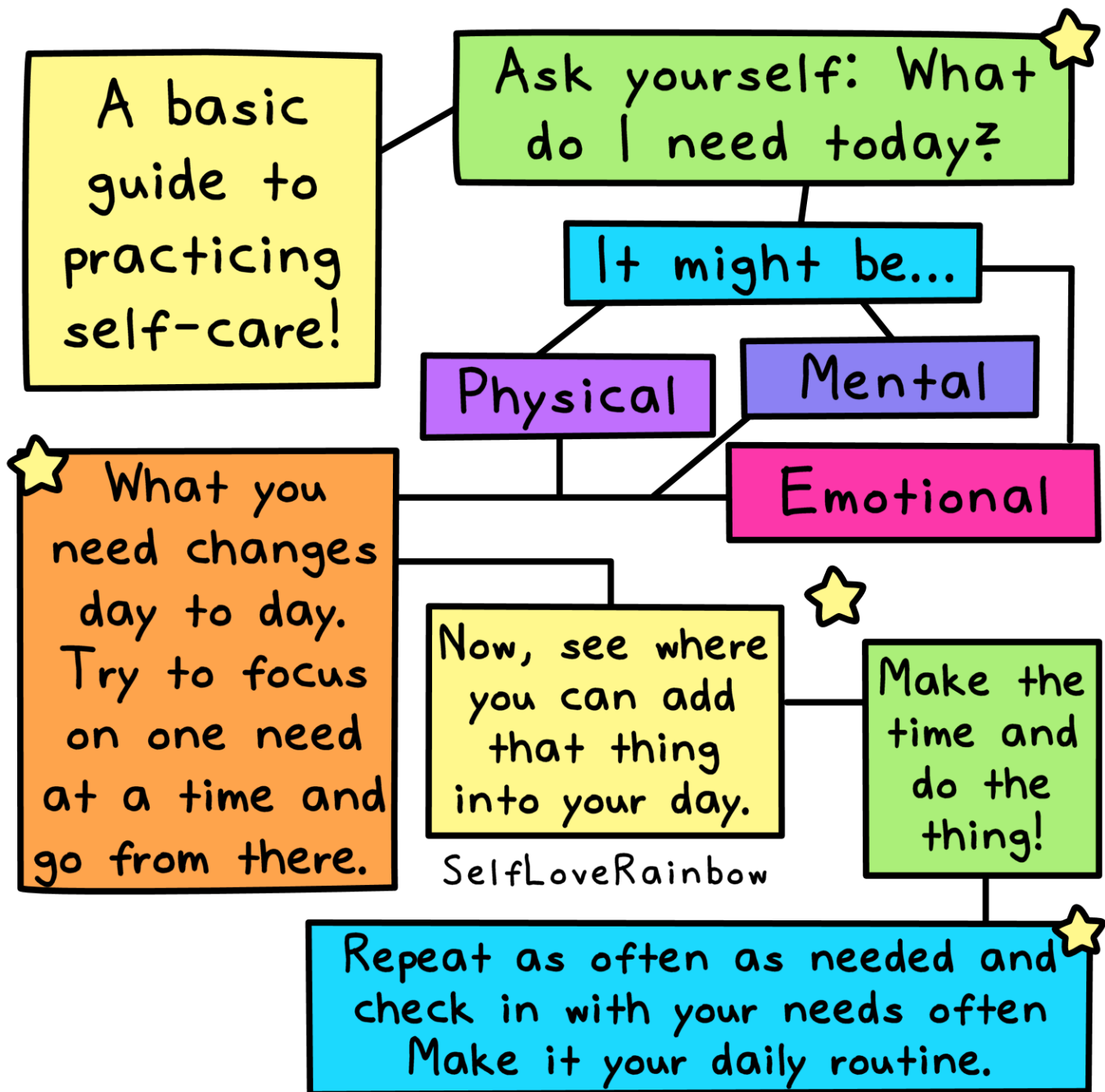
Check in with how things have been going so far this week! ★

		Terrible			Great	
Self-Care Check-In		♥	♥	♥	♥	♥
1	How was your mental health?					
2	How was your hydration?					
3	How did you sleep?					
4	What was your stress level?					
5	What was your energy level?					
6	How are your boundaries?					
7	What was your overall mood?					

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How was your self-care this week?

★SELF-CARE★



What do you need today?

Self-Soothing

Self-soothing is a quick and effective way to reduce the intensity of emotions and anxiety.

Sight: Low lighting. Soothing colors. Nature views. Sleeping masks. Coloring books. Art. Pinterest collages. Favorite movies. Video games.

Sound: Calming noises. ASMR videos. Headphones. Nature sounds. Guided meditations. Binaural beats. Laughter. Your favorite music. Audiobooks.

Touch: Massage. Soft cuddly things. Stress ball. Hot/cold showers. Heated/weighted blankets. Slime. Fidget spinners. Kinetic sand.

Smell: Aromatherapy. Fresh air. Candles/incense. Comforting smells. Herbal pillows. Scented lotion.

Taste: Eating slowly. Nostalgic flavors. Warm drinks. Strong flavors. Your favorite sweets. Trying New foods. Letting candy melt in your mouth.

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Whats your favorite way to self-soothe?

★ How To Show Yourself Love

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Create and enforce your boundaries

Practice positive self-talk

Be your biggest cheerleader

Massage your neck, shoulders, & hands

Give yourself what you need when you need it

Buy yourself little gifts or treats

Invest in your future

Create time in your day that's just for you

Pamper your body

Make time for the things that you love

Take yourself out on dates



How can you show yourself some love today?

Self-Care Bingo

Got a chore done	Spent a little time outside	Made a to-do list	Used a healthy coping skill	Put my needs first
Focused on my breathing	Drank a full glass of water	Listened to what my body needed	Made my spirit feel happy	Set an important boundary
Talked to a friend	Had a nourishing meal	Spent time relaxing	Did something I loved	Let myself feel my feelings
Made time to have fun	Got a decent amount of sleep	Made myself proud	Practiced positive self-talk	Focused on my daily routine
Stood up for myself	Had a long laugh	Took a 15 minute break	Took my meds	Talked about my feelings

What things have you done today?



THE END

Your support is everything.

Seriously, Self-Love Rainbow would be nothing without you.

Thank you for sharing your stories, thank you for your comments, and for your suggestions.

An extra special thank you to my supporters on Patreon. You all are seriously the best.

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SELF-LOVE RAINBOW

Creating resources for self-care, mental health, and living a happy life.



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Self-Care Planners, Self-Love, Mental Health Worksheets

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Speedy replies
Has a history of replying to messages quickly.



Rave reviews
Average review rating is 4.8 or higher



Dominee Calderon

Contact

- 💙 Drink your water today.
- 💚 Remember how awesome you are.
- 💛 Things get better.
- 💖 You're an amazing human being.
- 💜 Believe in yourself.

If you need any clarity about anything, feel free to drop me a note at Dominee@SelfLoveRainbow.com

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