



SELF-CARE

WORKBOOK

ROUTINES FOR AN EMPOWERED LIFE

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WHAT IS SELF-CARE?



EVERY ACT OF SELF-CARE IS A DECLARATION: I AM ON MY OWN SIDE.

I believe that self-care is a combination of the nurturing routines, conversations and relationships we have with US.

It's the capacity to love, accept, connect and care for ourselves, from the inside out, in spite of the traumas and stresses in our lives. It's about leaning into our lives, moment to moment, with trust and appreciation.

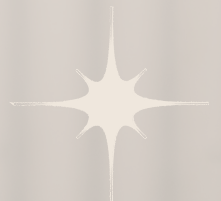
After sharing my own journey of battling mental illness, substance abuse, and eating disorders stemming from trauma, I was astounded at the number of audiences that responded with "I've been there too." It took trial and error and many years to craft the self-care practices I use today.

And now I want to share those discoveries with YOU.

So here they are. My golden nuggets. My go-to exercises when I need to get grounded. These are my favorite tools, insights and inspirations from my own life practices and learnings. Be prepared to get real, honest and down to the nitty-gritty. But most of all, be prepared to make shift happen. See what I did there?

There's an unimaginable life you hold inside, let's venture inward on the path to moving you forward!

- Britt



MORNING ROUTINE



Today, I am grateful for...

I will feel this emotion by...
(set an intention)

Today, I want to feel...
(list an emotion)

align ...

Close your eyes and take 3 deep breaths. Inhale belief, exhale fear. Visualize your perfect day unfolding. Feel calm, trusting, and grounded.

affirm ...

I let go of all negativity that rests in my mind and body. I open myself to receiving abundance from the universe. Every experience I have is perfect for my growth.



WORDS CREATE



Every word after “I am” creates. Our language creates our intentions and ultimately our reality. Below are examples of the declarations we speak. Circle the ones that resonate with you and put a line through the ones that no longer serve you.

“I’m too busy.”
“I’m annoyed with...”
“I am grateful.”

“I’m sorry.”
“I’m not good enough.”
“I will always be single.”

“I am strong.”
“I’m always tired.”
“I wont be happy until...”

“I’m beautiful.”
“I’m ugly.”
“I choose happiness.”

What stories do you have on repeat that are NO LONGER serving you? Write them down. Are you talking yourself out of life? Where does this fear and doubt come from? Can you expose the incorrect beliefs you are leaning into and creating patterns around? Bring awareness to these words and let them go!

Write a new story below, rooted in encouraging and intentional language. For example: “I AM proud of me. I AM deserving of happiness, because I AM more than enough.”



**WHEN YOU
DOUBT YOUR
POWER, YOU
GIVE POWER TO
YOUR DOUBT...**

SELF-CARE FIX



self-care: giving the best of you, not what's left of you

What activities, people, environments, habits or situations drain or irritate you?
(Ex: scrolling, messy house, uncomfortable clothes, busy schedule)

When you feel this way, it's time for some self-care.

What times during the day do you routinely have for free-time?

What self-loving acts help you to become re-centered?

- | | |
|------------------------|-------------------------|
| Clean living space | Lunch date w/ yourself |
| Running | Lunch date w/ a friend |
| Taking a nap | Social media detox |
| Watch comedy | Writing gratitude lists |
| Workout | Journaling |
| Yoga/stretch | Cooking |
| Spend time outdoors | Petting your animal |
| Bath with candles | Pampered salon visit |
| Music | Creating new goals |
| Dancing | Reading |
| Screen-free mornings | Being creative |
| Organized room | Healthy cry |
| Candles/essential oils | Call someone you love |
| Your favorite meal | Breathwork |
| Eating healthy | Comfy clothes |
| Eating dessert | Low lighting |
| Your favorite show | Open schedule |
| Positive affirmations | Cup of coffee/tea |
| Meditate | Saying NO |
| Go shopping | Saying YES |
| Driving | A stay-cation |

Try to fit in 1-3 activities a day. Bonus points if you can start a routine of practice!





Trust your gut.



Did you know that your gut and emotions are a two-way street? 90% of your serotonin is produced and stored in your gut. So, you guessed it...the healthier you eat, the happier you are! But remember...a balanced diet doesn't mean you can't treat yourself!

Foods that increase stress & anxiety

sugar	microwave popcorn
artificial sweeteners	foods with gluten
aspartame	alcohol
hydrogenated oils	coffee
trans fats	soda
shortening/margarine	fruit juice
fried foods	caffeine
frozen meals	high sodium
fast food	MSG
processed foods	corn syrup
processed meats	food dyes

Foods that reduce stress & anxiety

spinach	leafy greens
cashews	bananas
salmon	kiwi
turkey	blueberries
chamomile tea	turmeric
mushrooms	kefir
oats	kimchi
dark chocolate	tempeh
asparagus	fermented foods
avocado	brown rice
kale	whole grains

Stress Reducing Berry Smoothie:

1 cup of spinach, 1/2 cucumber
1 cup of frozen blueberries, 1 frozen banana
1 Tbsp Chia Seeds, 1 Tsp Cinnamon
1/2 cup of coconut water 1/2 cup filtered water

Meal Prepping 101

To start meal prepping, pick one day a week you want to dedicate to planning and cooking your meals for the week ahead.



LOVE LETTER



Write yourself a love letter. Dig deep. Be honest, vulnerable. Go there. Dare you. Want to go even deeper? Write a letter to your body.

dear me...



NIGHTLY ROUTINE



"Give it your best every damn day. And then don't be so hard on yourself at night."

3 (or more) positives from today...

What can I release from today that no longer serves me?

What can I do differently tomorrow? How do I want to feel?

grounding...

Close your eyes and take a few deep breaths.

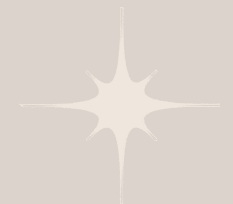
Inhale rest, exhale any negative or constricting thoughts.

Focus on what you're grateful for, in this moment.

Enjoy the calm, the stillness.

Visualize the manifestation of a new and beautiful tomorrow.

Allow yourself time for a self-care activity before bed.





GO DEEPER

Ready to dive deeper into the work?
Join us at [The Healing Hub](#), a diverse
Trauma-Informed membership
platform that offers Private & Group
Coaching, recovery tools, safe
connection, and compassionate
community!

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