JONQUIL REIKI

# SELF-CARE HABIT TRACKING GUIDE

JONQUILREIKI.COM



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### My Approach

I believe that we all contain the ability to heal and to find selfawareness. Often, it takes help to activate these abilities and to direct the healing energy that already exists in your body. An alternative healer provides various methods for harnessing and using this life energy.

### My Story

After I became a widow at age 37, I realized how little services are available for grieving through alternative healing. It is my desire to provide energy healing and services for those experiencing grief and suffering of any kind, be it emotional, physical, or spiritual.

Certifications: Usui Reiki Master/Teacher Crystal Reiki Master/Teacher Grief Reiki ® Healer Shamanic Practitioner Aromatherapist

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## Introduction to Whole-Self Care

The primary purpose of Self-Care is to keep yourself healthy on all levels. Taking care of yourself is necessary in order to take care of others!

I always relate to the metaphor of putting your own oxygen mask on first before helping others. It is such a powerful way to understand why Self-Care is important. If you constantly give and give to others with no downtime for yourself, like a candle you will eventually burn out. This can occur as physical illness, mood swings, extreme fatigue, anxiety, depression, etc.

Myth: Self-Care is selfish.

Are you doing this? Self-Sacrifice – It is good and noble for me to suffer.

**STOP** Long-term self-neglect can have a negative impact on our bodies, our health, and our well-being!

## Truths

Self-Care is a daily, lifelong practice.

Self-care involves taking care of the whole Self: physically, mentally, emotionally, and spiritually.

## Physical Self-Care

#### Love Your body

Learning to love your body is an important part of celebrating your physical life, whatever physical shape you are in.

### Body Heals Itself

No matter who you visit to help you with your healing and no matter what treatments they suggest, there is really only one healer of your body, and that is you.

Your body copes with potential hazards every day. These hazards can become illness if there is another reason your immune system is not operating effectively.

## Physical Self-Care Ideas

Physical Self-Care	
🗆 Sleep hygiene	🗆 Enjoying your work
Drink water	Spending time outside
Exercise/movement	Pampering your body
Healthy foods	🗆 Unplugging
□ Sex	Stretch & take breaks
Relaxation	🗆 Walking
Doctor/Dental visits	🗆 Self-Reiki

## Mental Self-Care

#### Consciousness

Your thoughts are energy, constantly creating your reality, and what you think about yourself is what you become.

How you view life is how it will unfold for you. Each person's reality is slightly different from every other person, so your perception of reality is unique to you.

#### Power of Words

The words we say to ourselves and about ourselves have an effect on our health, whether positive or negative.

Practice saying positive things about yourself. Be as kind to yourself as you would be to a close friend or family member.

Don't own or become your fears. Remind yourself of the positive ways in which you are overcoming what is affecting you.

Ex: I've got anxiety. I am mentally ill. vs. I feel anxious, but I am taking care of myself.

## Mental Self-Care Ideas

Mental Self-Care	
🗆 Journaling	🗆 Goal planning
🗆 Learning	Daily Card
🗆 Teaching	Money Care
🗆 Hobbies	Digital Detox
□ Gratitude practice	$\Box$ Listening to music
🗆 Mindfulness	Introvert/Extrovert needs
Meditation	🗆 Self-Reiki

## Emotional Self-Care

#### Source of Emotions

Emotions are an internal reaction to an external event. This is why different people react in different ways to the same situation.

Emotions result when our physical sensations are filtered through our beliefs. This is when we begin judging ourselves and our actions.

#### Handling Negative Emotions

Repressed feelings become blocked energy, which can then become harmful. Allowing ourselves to express feelings can create health and well-being.

It's important to find a way to safely release your emotions, without harming yourself or anyone else.

## Emotional Self-Care Ideas

Emotional Self-Care	
🗆 Work-Life Balance	🗆 Intimacy
$\Box$ Family connection	Looking at old photos
Social events	Forgiving yourself
Date nights	Setting boundaries
□ Support groups	□ Jar of Inspiration
Community involvement	Ask for help
$\Box$ Trust and Acceptance	🗆 Self-Reiki

## Spiritual Self-Care

### Basis of Spirituality

Healing your spiritual self is about developing your spiritual awareness and connecting with your inner guidance.

### Steps to Heal

Being Present - The most important part of spiritual self-healing is being present with yourself, focused on the now.

Grounding Yourself - Grounding is not only an excellent way to focus on the present, but it is also important to keep you rooted to the Earth.

Connecting with Your Higher Self - There are many ways to connect to your Higher Self, so you can experiment to find the one that works best for you.

## Spiritual Self-Care Ideas

Spiritual Self-Care	
Morning ritual/devotion	Forgiving others
Evening ritual/devotion	Personal retreat
Daily practice	$\square$ Send healing to others
□ Tell yourself "I love you" in	$\square$ Seek Nature in the everyday
the mirror	
List what you love about	Review spiritual beliefs
yourself	
Affirmations	Enjoying Art
Meditation	🗆 Self-Reiki

## Tracking Your Habits

#### Conclusion

Self-Care is important for your body, your health, and your wellbeing.

Self-care involves taking care of the whole Self: physically, mentally, emotionally, and spiritually.

## I call this whole-Self Healing.

### To create your habit tracker:

- 1. Go through the previous sections and choose up to seven ideas from each of the self-care lists.
- 2. Distribute these into the Daily Self-Care Habit Tracking chart on the next page.

## Track for 14 days!

### At the end of 14 days, you will be able to answer:

- Which level of Self-Care seems to be the most important to you?
- Are there any ideas you want to change in this area?
- Which level of Self-Care seems to be the least important to you?
- What steps can you take to improve your focus in this area?

#### Daily Self-Care Habit Tracking

Weeks of: \_\_\_\_\_

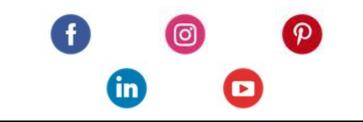
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## what's Next

- 30-Day whole-Self Healthy Challenge on Instagram
- Chakra Check-up

Follow Us on Social Media for the latest announcements and resources!



Please send appointment requests, questions, or other comments from <u>http://jonguilreiki.com/contact/</u>.

You may also text, call, or email to the information below!

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