



**BNMC**  
HEALTH & WELL-BEING



# 40 DAYS TO WELLNESS

*Creating Generational Wealth  
through Emotional Regulation*

A PRACTICAL GUIDE

Created by Gizelle Hinson



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Welcome to the BNMC 40 Days to Wellness Program! We're excited to guide you on this transformative journey, emphasizing both physical and mental health. Supporting mental health is crucial as it enhances every aspect of life, from relationships to productivity. BNMC has a longstanding history and partnership with The Mindful Institute, ensuring you receive expert guidance and support. Together, we'll unlock greater resilience, joy, and balance. Let's make wellness a lasting part of our lives so we all can thrive.



# 01 Introduction

The tools and techniques you'll learn in this workbook have ancient roots and are found in every major text across cultures. They are timeless, powerful, and ready to transform your life, just as they did mine. There is truly nothing new under the sun, but the way we apply these age-old practices can radically change the trajectory of our lives and those around us.

# 02 Welcome Page

Welcome & thank you for allowing me to be a part of your journey!

I once read that the most underrepresented form of generational wealth is the ability to pass down the skill of emotional self-regulation. In today's fast-paced, ever-changing world, fostering this skill in ourselves and our children is more crucial than ever. By doing so, we can promote not only individual well-being but also create a foundation for enduring generational wealth that transcends material possessions.

Emotional self-regulation equips us with the ability to manage stress, navigate challenges, and maintain healthy relationships. These skills are essential for personal success and can be passed down through generations, creating a legacy of resilience and emotional intelligence. Imagine a future where each generation is better prepared to handle life's ups and downs, leading to healthier, more fulfilling lives. This is the generational wealth we need to prioritize today.

If you are ready to embark on a journey of personal transformation and cultivate a legacy of emotional self-regulation, this guide is for you. Let us embrace these tools and create a foundation of generational wealth that will benefit not only us but also future generations.

Always Learning,

*Gizelle Hinson*



# 03 Mindfulness

## **Embracing Mindfulness**

Mindfulness, lovingly defined by Jon Kabat-Zinn, is "paying attention in a particular way: on purpose, in the present moment, and non-judgmentally." Imagine being fully present with whatever is happening around you and within you, without trying to change it or judge it. It's about gently observing your thoughts and feelings, embracing them with kindness.

## **The Heart of Mindfulness**

At its core, mindfulness is about embracing each moment with open-hearted awareness. It's the practice of bringing your full attention to the here and now, without letting the mind wander into worries about the past or future. This intentional focus helps you connect deeply with your present experiences, cultivating a sense of calm and clarity.

## **Mindfulness is Everywhere**

Mindfulness isn't confined to formal meditation sessions; it can be woven into every aspect of your daily life. Whether you're eating, walking, working, or engaging in conversation, you can practice mindfulness by simply being present. When you eat, notice the textures and flavors of your food. When you walk, feel the ground beneath your feet. When you work, bring full attention to your tasks. When you converse, listen deeply and speak thoughtfully.

# 04 Mindfulness

This practice frees you from the cycle of self-criticism and negative thinking. By accepting your experiences as they are, you cultivate a sense of peace and acceptance.

## **Mindfulness and Emotional Balance**

Regular mindfulness practice helps you stay balanced emotionally. By being present with your feelings, you can respond to situations thoughtfully rather than react impulsively. This emotional regulation helps you navigate life's ups and downs with greater ease and stability.

## **Mindfulness Enhances Focus and Clarity**

When you practice mindfulness, you train your brain to focus better. This enhanced focus can improve your productivity and decision-making. With a clear and calm mind, you're better equipped to handle challenges and make thoughtful choices.



# 05 Mindfulness

## The Science Behind Mindfulness

### 1. Nurturing the Brain:

- **Gray Matter Growth:** Regular mindfulness practice nurtures the growth of gray matter in your brain. This part of your brain is involved in muscle control, sensory perception, memory, emotions, and decision-making. More gray matter means a greater capacity to manage stress and emotions with grace.

### 2. Calming Stress:

- **Soothing the Amygdala:** The amygdala is the part of your brain that triggers the fight-or-flight response when you're stressed. Mindfulness gently soothes the amygdala, helping to lower stress levels and promote a sense of calm.

### 3. Rewiring for Resilience:

- **Embracing Neuroplasticity:** Mindfulness encourages neuroplasticity, your brain's ability to reorganize itself by forming new neural connections. This allows for better emotional regulation and improved cognitive functions, creating a more resilient mind.





# Mindfulness

## **Mindfulness: A Universal Practice**

Mindfulness is a universal practice, welcoming people of all backgrounds. It focuses on a way of thinking and being that can be embraced by anyone, regardless of their beliefs. The principles of mindfulness are about cultivating inner peace and presence, something that transcends all boundaries.

## **Mindfulness as a Daily Embrace**

Mindfulness should be a gentle, daily embrace, practiced when the body is relaxed. Here's why:

- **Building Inner Strength:** Practicing mindfulness regularly helps build inner resilience. When you practice mindfulness in a calm state, you train your mind to handle stress more gracefully.
- **Creating a Sacred Routine:** Making mindfulness a part of your daily life ensures it becomes a natural, comforting habit, making it easier to access in times of need.

# 07 Mindfulness

## **Mindfulness Fosters Compassion**

Practicing mindfulness helps you develop a compassionate relationship with yourself and others. By observing your thoughts and feelings without judgment, you learn to treat yourself with kindness, even when you face challenges. This self-compassion extends to your interactions with others, fostering empathy and understanding in your relationships.

## **Mindfulness as a Daily Embrace**

Mindfulness should be a gentle, daily embrace, practiced when the body is relaxed. Here's why:

- **Building Inner Strength:** Practicing mindfulness regularly helps build inner resilience. When you practice mindfulness in a calm state, you train your mind to handle stress more gracefully.
- **Creating a Sacred Routine:** Making mindfulness a part of your daily life ensures it becomes a natural, comforting habit, making it easier to access in times of need.

## **The Power of Non-Judgment**

A key aspect of mindfulness is non-judgmental awareness. This means observing your thoughts and feelings without labeling them as good or bad.

# Here's a gentle Mindfulness Activity

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Lügatü

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# 09 Mindfulness Practice

Activity: Body Scan




1. Find Comfort: Sit or lie down in a comfortable position. Close your eyes if it feels right.
2. Begin with Breath: Take a few deep breaths, in through your nose and out through your mouth, to settle your mind and body.
3. Focus on Your Feet: Bring your attention to your feet. Notice any sensations, such as tingling, warmth, or pressure. Simply observe without trying to change anything.
4. Move with Awareness: Slowly move your attention up through your body, part by part—feet, legs, hips, abdomen, chest, arms, hands, neck, and head. Notice the sensations in each area.
5. Breathe with Compassion: As you breathe, allow your attention to settle on any areas of tension or discomfort, and imagine breathing warmth and ease into those areas.
6. Gently Awaken: After scanning your body, take a few more deep breaths. When you're ready, gently open your eyes.



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## Mindfulness Practice

Weekly Reflection: Conduct a body scan daily and after a 7-day period, summarize what went well, what could be improved, and set intentions for the next week.



A series of horizontal dotted lines for writing the reflection.



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## Breathwork

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### **Introduction to Breathwork**

Breathwork refers to various breathing exercises and techniques designed to improve physical, mental, and emotional well-being. By intentionally changing the pattern and depth of your breathing, you can use your breath to release tension, reduce pain, and enhance your emotional state.

### **How Breathwork Rids the Body of Tension and Pain**

Breathwork helps to:

1. **Relax Muscles:** Deep breathing activates the parasympathetic nervous system, which reduces muscle tension.
2. **Lower Stress:** Controlled breathing lowers cortisol levels, the body's primary stress hormone.
3. **Reduce Pain:** Enhances the flow of oxygen to tissues, reducing inflammation and pain.
4. **Improve Circulation:** Increases oxygen intake and blood flow, which can aid in the healing process.

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## Breathwork

### **The Science Behind Breathwork**

#### Why Breathwork Works:

- **Activates the Parasympathetic Nervous System:** Deep, slow breaths signal the body to relax, counteracting the fight-or-flight response.
- **Balances CO<sub>2</sub> and O<sub>2</sub> Levels:** Proper breathing balances carbon dioxide and oxygen levels, which is crucial for maintaining pH balance and optimal function of cells.
- **Enhances Brain Function:** Increased oxygen flow to the brain can improve focus, clarity, and cognitive function.

#### Biology Behind Breathwork:

- **Diaphragmatic Breathing:** Engaging the diaphragm, the large muscle at the base of the lungs, helps to fully inflate the lungs, ensuring a greater intake of oxygen.
- **Vagus Nerve Stimulation:** Slow, deep breathing stimulates the vagus nerve, which promotes relaxation and reduces stress.
- **Endorphin Release:** Breathwork can trigger the release of endorphins, the body's natural painkillers and mood enhancers.

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## Breathwork

### **Types of Breathwork for Emotional Regulation**

Breathwork encompasses various techniques, each with unique benefits for emotional regulation. Here are five types of breathwork that can significantly improve your emotional well-being. The goal here is to breathe as slow as possible.

*Remember the breath Olympians!*

#### Diaphragmatic Breathing (Belly Breathing)

##### Description:

- Diaphragmatic breathing involves deep breaths that fully engage the diaphragm, the large muscle at the base of the lungs.
- This technique allows for full oxygen exchange, which can reduce stress and increase relaxation.

##### Benefits:

- **Reduces Stress:** Activates the parasympathetic nervous system, which helps the body to relax.
- **Improves Oxygenation:** Enhances lung capacity and oxygen delivery to the body.
- **Lowers Heart Rate and Blood Pressure:** Promotes a state of calm and reduces physical signs of stress.





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## Breathwork

### Types of Breathwork for Emotional Regulation

#### Box Breathing

##### Description:

- Box breathing, also known as square breathing, is a technique that involves breathing in a square pattern: inhaling, holding the breath, exhaling, and holding again for equal counts.
- This technique is commonly used by Navy SEALs to maintain calm under pressure.

##### Benefits:

- Promotes Focus and Clarity: Helps clear the mind and improve concentration.
- Reduces Stress and Anxiety: Regulates the autonomic nervous system.
- Enhances Lung Capacity: Trains the lungs to expand fully.



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## Breathwork

### **Types of Breathwork for Emotional Regulation**

#### 4-7-8 Breathing

##### Description:

- 4-7-8 breathing is a technique developed by Dr. Andrew Weil, based on ancient yogic practices.
- It involves a pattern of inhaling for 4 seconds, holding the breath for 7 seconds, and exhaling for 8 seconds.

##### Benefits:

- Reduces Anxiety: Calms the mind and body quickly.
- Improves Sleep: Prepares the body for rest by slowing down the heart rate.
- Balances the Nervous System: Helps to regulate the body's stress response.

**How to Practice 4 7 8 Breathing:**

1. Sit or lie down comfortably.
2. Place the tip of your tongue against the ridge of tissue just behind your upper front teeth.
3. Inhale quietly through your nose for 4 seconds.
4. Hold your breath for 7 seconds.
5. Exhale completely through your mouth, making a whoosh sound, for 8 seconds.
6. Repeat the cycle for 4 breaths initially, gradually increasing to 8 breaths.

Write down any sensation(s) that you experience in your body:

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## Breathwork

### **Types of Breathwork for Emotional Regulation**

#### Alternate Nostril Breathing (Nadi Shodhana)

##### Description:

- Alternate nostril breathing, or Nadi Shodhana, is a yogic breath control practice that involves breathing through one nostril at a time.
- This technique is believed to balance the left and right hemispheres of the brain.

##### Benefits:

- **Balances Hemispheres of the Brain:** Promotes mental clarity and emotional stability.
- **Reduces Stress and Anxiety:** Calms the nervous system.
- **Enhances Respiratory Function:** Improves lung function and efficiency.





Try these  
Breathwork  
Journal prompts!









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## Breathwork Journaling Prompts

After completing the breathwork activities, spend 10-15 minutes journaling about your experience.

Reflection Questions:

How do you plan to incorporate breathwork into your daily routine?

A series of horizontal dotted lines provided for journaling.





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## Self-Regulation & Inner Ease

Self-regulation is the ability to manage your emotions, thoughts, and behaviors in a way that aligns with your values and long-term goals. It is most effective when the body is at ease. Here's a deeper look at why and how:

### 1. Cultivating Calm:

- *Mind-Body Connection:* A relaxed body promotes a calm mind. When you are physically at ease, your mind can process experiences without the interference of stress hormones like cortisol. This calm state allows for clearer thinking and better decision-making, helping you to respond to situations with thoughtfulness and care.



# 27 Self-Regulation & Inner Ease

- *Emotional Stability:* When your body is relaxed, your emotions are more stable. This stability means you are less likely to react impulsively to stressors and more likely to approach challenges with a balanced perspective.

## 2. Embracing Balance:

- *Nervous System Harmony:* The sympathetic nervous system triggers the fight-or-flight response, while the parasympathetic nervous system promotes relaxation and digestion. When your body is at ease, the parasympathetic nervous system is more active, creating a sense of peace and balance. This state of balance helps regulate your emotions, making it easier to handle stress.



# 28 Self-Regulation & Inner Ease

- *Reduced Reactivity:* A relaxed state reduces the likelihood of overreacting to minor irritations. By staying calm, you can maintain perspective and prevent small issues from escalating.

### 3. Enhancing Focus:

- *Concentration and Clarity:* A relaxed state enhances your ability to concentrate and stay present. Improved focus means you can give your full attention to the task at hand, whether it's a conversation, a project, or self-reflection. This presence enhances your performance and helps you stay aligned with your goals.
- *Productive Response:* When focused, you can approach situations with clarity and intentionality, rather than being driven by stress or distraction.



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## Reflect with Kindness

How does practicing mindfulness regularly when you are relaxed and calm help you manage stress and emotions more effectively in challenging situations?

### Integrating Mindfulness into Your Life

Reflect on this loving practice and consider how you can weave mindfulness into the fabric of your daily routine. Regular practice can create a foundation of inner peace and emotional self-regulation. Here are a few heartfelt tips:

- Morning Blessing: Start your day with a few moments of mindfulness to set a peaceful tone.
- Mindful Pauses: Take short, mindful breaks throughout the day to check in with yourself and stay grounded.
- Evening Reflection: End your day with a calming mindfulness exercise to unwind and reflect.

By embracing these practices, you can nurture your emotional well-being and enhance your ability to handle stress with grace





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## Self Care & Self Compassion

### **Understanding Self-Compassion and Self-Care**

What is Self-Compassion?

Self-compassion, as defined by Dr. Kristin Neff, involves treating yourself with the same kindness, concern, and support you would offer to a good friend. It requires acknowledging your own suffering, being kind to yourself in moments of difficulty, and recognizing that struggles are a common part of the human experience.

What is Self-Care?

Self-care is the practice of taking actions to preserve or improve your own health and well-being. This involves quieting your internal dialogue, connecting with your intuition and purpose, and adopting a love-based perspective rather than a fear-based one for yourself and others. It's about making intentional choices to nurture your physical, emotional, and mental health.





## A Way of Thinking

# 31 Self Care & Self Compassion

Practicing self-compassion and self-care requires a significant shift in mindset. This shift involves moving away from our typical default ways of thinking and embracing a more intentional, compassionate approach to ourselves and our lives.

### The Typical Mindset Default

For many of us, the default mindset is often characterized by self-criticism, negative internal dialogue, and a focus on fear and inadequacy. Here are some common elements of this default mindset:

- **Self-Criticism:** Harshly judging ourselves for mistakes or perceived failures.
- **Negative Internal Dialogue:** Engaging in negative self-talk that undermines our confidence and well-being.
- **Fear-Based Perspective:** Making decisions and viewing situations through a lens of fear, which can lead to anxiety and avoidance behaviors.
- **Comparison:** Constantly comparing ourselves to others and feeling inadequate as a result.
- **Perfectionism:** Striving for unattainable perfection and feeling unworthy when we fall short.



# 32 Self Care & Self Compassion

## **Shifting to a Self-Compassionate Mindset**

To embrace self-compassion and self-care, we need to consciously shift our mindset from this default state to one that is more nurturing and supportive. This involves several key changes:

- **On Purpose:** Engage in self-care activities with intention and mindfulness. This means setting aside time specifically for self-care and being fully present during these activities. Intentional self-care helps to create a routine that prioritizes your well-being.
- **Without Judgment:** Approach yourself with kindness and understanding, without self-criticism or blame. This involves recognizing that everyone makes mistakes and experiences difficulties, and treating yourself with the same compassion you would offer to a friend. Instead of harshly judging yourself for your perceived flaws or failures, acknowledge them with a gentle and forgiving attitude.



# 33 Self Care & Self Compassion

- Love-Based Perspective: Focus on love and understanding for yourself and others, rather than fear or negativity. This means making choices based on what nurtures and supports you, rather than what you fear. By adopting a love-based perspective, you create a foundation of positivity and encouragement that supports your growth and well-being.
- Positive Self-Talk: Replace negative internal dialogue with positive affirmations and supportive self-talk. When you catch yourself engaging in negative self-talk, pause and reframe your thoughts in a more positive and compassionate manner. For example, instead of saying, "I always mess up," you might say, "It's okay to make mistakes. I am learning and growing."
- Embrace Imperfection: Accept that imperfection is a natural part of being human. Rather than striving for unattainable perfection, embrace your imperfections and view them as opportunities for growth and learning.



# 34 Self Care & Self Compassion

## **The Science Behind Self-Compassion Self-Care**


Why Self-Compassion and Self-Care Work:

### 1. Reducing Stress:

- Lowering Cortisol Levels: Self-compassion and self-care practices reduce the production of cortisol, the stress hormone. This reduction in cortisol helps to lower overall stress levels, promoting a sense of calm and well-being.

### 2. Enhancing Emotional Resilience:

- Boosting Oxytocin: Engaging in self-care and self-compassion boosts the production of oxytocin, the hormone associated with feelings of love and bonding. This helps to enhance emotional resilience and improve mood.



# 35 Self Care & Self Compassion

## 3. Improving Mental Health:

- **Activating the Parasympathetic Nervous System:** These practices activate the parasympathetic nervous system, which is responsible for the body's rest and digest functions. This helps to reduce anxiety and depression, promoting overall mental health.

## 4. Creating a Mindful Environment:

- **Safe Spaces:** Create spaces in your life where you can practice mindfulness and relaxation without interruption. These safe spaces can be physical, like a quiet room, or temporal, like a few minutes of solitude in the morning or evening.
- **Supportive Practices:** Integrate practices like deep breathing, gentle yoga, or nature walks to support your journey towards relaxation and mindfulness.



Here's a gentle  
Self Compassion  
Activity



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## Self Care & Self Compassion Practice

### Step 1: Find a Quiet Space

- Choose a comfortable, quiet space where you won't be disturbed.
- Sit or lie down in a relaxed position.

### Step 2: Deep Breathing

- Close your eyes and take deep breaths in through your nose and out through your mouth.
- Focus on your breath, letting go of any tension with each exhale.

### Step 3: Self-Compassion Meditation

- Place your hand over your heart and feel its warmth.
- Silently repeat phrases such as "May I be kind to myself," "May I accept myself as I am," and "May I give myself the compassion I need."
- Reflect on these phrases and allow them to resonate deeply.

### Step 4: Connecting with Intuition

- Reflect on your goals and purpose in life. Ask yourself, "What do I truly want?" and "What brings me joy and fulfillment?"
- Listen to your inner voice and jot down any insights or thoughts that arise. (Do not judge, just jot!)
- Commit to one small action that aligns with your purpose and write it down.





## Self Care & Self Compassion Practice

### Reflection Questions

1. How did practicing self-compassion and self-care make you feel?
2. What insights did you gain about your intuition and purpose?
3. How can you incorporate these practices into your daily routine to support your overall well-being?

### Integrating Self-Compassion and Self-Care into Your Life

- **Daily Routines:** Incorporate self-care rituals such as a morning prayer or meditation, evening reflection, or regular deep breathing exercises.
- **Mindful Moments:** Take mindful breaks during your day to check in with yourself and practice self-compassion.
- **Loving Actions:** Make choices that nurture your well-being, such as eating nutritious foods, exercising, and setting healthy boundaries.

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## 39

### Self Care & Self Compassion Practice

After 30 days of consistently practicing self-compassion and self-care, a person may experience several positive changes in mindset:

#### 1. Increased Self-Acceptance

- Change: A shift from self-criticism to self-acceptance.
- Impact: Reduced negative self-talk and increased appreciation of personal strengths and imperfections.

#### 2. Greater Emotional Resilience

- Change: Improved ability to handle stress and setbacks.
- Impact: Enhanced coping mechanisms, leading to quicker recovery from emotional challenges.

#### 3. Heightened Awareness and Presence

- Change: A shift from distracted thinking to mindful awareness.
- Impact: Improved focus, presence in the moment, and a deeper appreciation for daily experiences.

#### 4. Positive Outlook

- Change: Moving from a negative or neutral outlook to a more positive and optimistic mindset.
- Impact: Increased happiness, hope, and motivation to pursue goals.

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## Self Care & Self Compassion Practice

### 5. Increased Compassion for Others

- Change: Developing a more compassionate and empathetic view of others.
- Impact: Enhanced relationships, reduced conflicts, and a more supportive social environment.

### 6. Better Stress Management

- Change: Shifting from stress reactivity to proactive stress management.
- Impact: Lower overall stress levels and a calmer, more balanced emotional state.

### 7. Increased Motivation and Productivity

- Change: Moving from procrastination and low energy to higher motivation and productivity.
- Impact: Greater achievement of personal and professional goals.

### 8. Improved Problem-Solving Skills

- Change: From feeling overwhelmed by problems to approaching them with a clear and solution-oriented mindset.
- Impact: Enhanced ability to navigate challenges and find effective solutions.

### 9. Stronger Connection to Values and Purpose

- Change: From feeling disconnected or aimless to a deeper connection with personal values and purpose.
- Impact: Increased sense of direction, fulfillment, and meaning in life.

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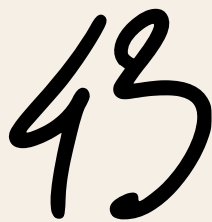
## Self Care & Self Compassion Tracking Chart

### Week 1

Daily Entries: Each day, fill in the self-compassion and self-care activities you engaged in. Reflect on how these activities made you feel.

Day	Self-Compassion Activity	Self-Care Activity	Reflections (How did I feel?)
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			





# Self Care & Self Compassion Tracking Chart

## Week 2

Daily Entries: Each day, fill in the self-compassion and self-care activities you engaged in. Reflect on how these activities made you feel.

Day	Self-Compassion Activity	Self-Care Activity	Reflections (How did I feel?)
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			



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## Self Care & Self Compassion Tracking Chart

### Week 3

Daily Entries: Each day, fill in the self-compassion and self-care activities you engaged in. Reflect on how these activities made you feel.

Day	Self-Compassion Activity	Self-Care Activity	Reflections (How did I feel?)
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			





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## Self Care & Self Compassion Tracking Chart

### Week 4

Daily Entries: Each day, fill in the self-compassion and self-care activities you engaged in. Reflect on how these activities made you feel.

Day	Self-Compassion Activity	Self-Care Activity	Reflections (How did I feel?)
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			



Self Care &  
Self Compassion  
Tracking Chart

Monthly Reflection: At the end of the month, reflect on your overall progress, challenges, and plan your next 30 days to continue on your well-being journey.

A series of horizontal dotted lines provided for writing the monthly reflection.

*I attract  
all good  
things.*

**49**

Affirmations

## **Introduction to Affirmations**

Affirmations are positive statements that you repeat to yourself to challenge and overcome negative thoughts and self-sabotaging behaviors. When you repeat them often and believe in them, you can start to make positive changes. Affirmations can empower you and help you build a positive mindset, which is essential for emotional self-regulation.

Affirmations help to:

1. **Shift Your Mindset:** They help reframe negative thoughts into positive ones, promoting a more optimistic outlook.
2. **Increase Self-Belief:** Regularly repeating affirmations can build self-confidence and self-worth.
3. **Reduce Stress and Anxiety:** Positive statements can calm the mind and reduce the impact of stress.
4. **Enhance Emotional Regulation:** Affirmations encourage mindfulness and emotional awareness, improving your ability to manage your emotions.



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## Affirmations

### Sharing Affirmations with Loved Ones:

- **Introduce the Concept:** Explain the benefits of affirmations to your loved ones.
- **Share Examples:** Provide examples of affirmations they can use.
- **Practice Together:** Spend a few minutes each day practicing affirmations with family or friends.
- **Encourage Consistency:** Remind them to incorporate affirmations into their daily routines.

### **The Science Behind Affirmations**

#### Why Affirmations Work:

- **Rewires the Brain:** Repeating positive statements can create new neural pathways, making positive thoughts more automatic.
- **Activates Reward Centers:** Affirmations stimulate the brain's reward centers, enhancing feelings of pleasure and motivation.
- **Reduces Negative Thought Patterns:** Affirmations can counteract negative self-talk and reduce its impact on your emotions.



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## Affirmations

### Biology Behind Affirmations:

- **Neuroplasticity:** The brain's ability to reorganize itself by forming new neural connections. Affirmations leverage neuroplasticity to reinforce positive thinking patterns.
- **Dopamine Release:** Positive affirmations can increase dopamine, the "feel-good" neurotransmitter, promoting a sense of well-being.
- **Cortisol Reduction:** Repeating affirmations can lower cortisol levels, reducing stress and anxiety.



# 52 Affirmations

## **The Importance of Mindset in Maintaining Emotional Regulation**

Your mindset plays a crucial role in how you manage and regulate your emotions.

What is Mindset?

- Mindset refers to the attitudes, beliefs, and thoughts you hold about yourself and the world around you. It shapes how you interpret and respond to experiences.

Why Mindset Matters for Emotional Regulation:

1. **Positive Outlook:** A positive mindset helps you view challenges as opportunities rather than obstacles. This can reduce stress and promote resilience.
2. **Self-Belief:** Believing in your ability to handle emotions gives you confidence to face difficult situations without being overwhelmed.
3. **Flexible Thinking:** A growth mindset, which embraces change and learning, helps you adapt to new circumstances and recover from setbacks.
4. **Reduced Negative Self-Talk:** Shifting from a negative to a positive mindset reduces the impact of harmful self-talk, which can amplify stress and anxiety.



# 53 Affirmations

## Common Mindset Defaults:

- Fixed Mindset: Believing that abilities and intelligence are static and unchangeable.
- Negative Self-Talk: Constantly criticizing or doubting yourself.
- Catastrophizing: Always expecting the worst-case scenario.

## Shifting Your Mindset:

- Awareness: Recognize your current mindset and how it influences your emotions.
- Reframing: Challenge negative thoughts and replace them with positive or neutral ones.
- Practice: Use affirmations and positive self-talk regularly to build a more positive mindset.
- Gratitude: Focus on what you are grateful for to cultivate a positive outlook.

By cultivating a positive and growth-oriented mindset, you can improve your ability to regulate emotions, handle stress, and maintain overall emotional well-being.



I am beautiful

## 54 Affirmation Examples

### General Well-Being and Self-Belief

1. I am worthy of love and respect.
2. I am capable of achieving my goals.
3. I believe in myself and my abilities.
4. I am growing and improving every day.
5. I am confident in my decisions and actions.

### Emotional Regulation

1. I am calm and centered.
2. I can handle any situation with grace and ease.
3. I am in control of my emotions.
4. I release all stress and tension from my body.
5. I approach challenges with a clear mind and a positive attitude.

### Gratitude and Positivity

1. I am grateful for all that I have.
2. I attract positivity and good energy.
3. I am surrounded by people who support and love me.
4. I focus on the good in every situation.
5. I choose to be happy and grateful today.



# 55 Affirmation Examples

## General Well-Being and Self-Belief

1. I am worthy of love and respect.
2. I am capable of achieving my goals.
3. I believe in myself and my abilities.
4. I am growing and improving every day.
5. I am confident in my decisions and actions.

## Emotional Regulation

1. I am calm and centered.
2. I can handle any situation with grace and ease.
3. I am in control of my emotions.
4. I release all stress and tension from my body.
5. I approach challenges with a clear mind and a positive attitude.

## Gratitude and Positivity

1. I am grateful for all that I have.
2. I attract positivity and good energy.
3. I am surrounded by people who support and love me.
4. I focus on the good in every situation.
5. I choose to be happy and grateful today.

FUTURE

56

## Affirmation Examples

### Resilience and Strength

1. I am resilient and can overcome any obstacle.
2. I am strong and capable of handling anything that comes my way.
3. I bounce back quickly from setbacks.
4. I learn from my mistakes and keep moving forward.
5. I have the power to create change in my life.

### Self-Love and Acceptance

1. I accept myself as I am.
2. I love and appreciate myself.
3. I am enough just as I am.
4. I honor my needs and take care of myself.
5. I forgive myself for past mistakes and let them go.

### Focus and Clarity

1. I am focused and productive.
2. I have clarity in my goals and the steps to achieve them.
3. I am organized and efficient.
4. I make decisions with confidence and ease.
5. I trust my intuition and inner wisdom.

YOUR

CREATE

Think  
BIG

# 57 Affirmation Examples

## Health and Wellness

1. I am healthy, strong, and full of energy.
2. I take care of my body and mind.
3. I choose foods and activities that nourish me.
4. I am in tune with my body's needs.
5. I prioritize my well-being.

## Abundance and Prosperity

1. I attract abundance and prosperity.
2. I am open to receiving all the wealth life offers me.
3. I am successful in all that I do.
4. I create opportunities for growth and success.
5. I am financially secure and stable.

Follow  
your  
heart  
♡

You are  
stronger  
than you  
think

Create your own  
Affirmations

YOU ARE  
AMAZING  
*remember*  
*that*



### Activity 1: Morning Affirmation Routine

- Duration: 20 minutes
- Instructions:
  - a. Find a quiet space where you won't be disturbed.
  - b. Write down 5 positive affirmations that resonate with you (e.g., "I am capable of achieving my goals").
  - c. Stand in front of a mirror, take a deep breath, and repeat each affirmation out loud three times.
  - d. Reflect on how these affirmations make you feel and visualize them becoming a reality.
  - e. Repeat this routine every morning.

### Activity 2: Affirmation Meditation

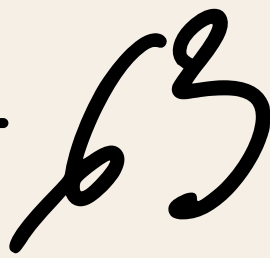
- Duration: 20 minutes
- Instructions:
  - a. Sit comfortably in a quiet space with your eyes closed.
  - b. Take a few deep breaths to center yourself.
  - c. Choose a positive affirmation (e.g., "I am calm and centered").
  - d. Repeat the affirmation silently in your mind, synchronizing it with your breath.
  - e. If your mind wanders, gently bring your focus back to the affirmation.
  - f. After 20 minutes, slowly open your eyes and take a moment to notice how you feel.











# Affirmation Journaling Activity

After completing the affirmation activities, spend 10-15 minutes journaling about your experience.

Reflection Question:

How do you plan to incorporate affirmations into your daily routine?

A series of horizontal dotted lines for journaling.