



the
SELF CARE
workbook

created by
Dr Karen Singh

Dr Karen Singh



**NEUROBEHAVIOURAL CHIROPRACTOR
WELLNESS CONSULTANT**

Welcome! I am honoured to help you explore your psychology & physiology and guide you on your journey to wellness. This workbook is designed to create new neural pathways in your brain and override existing unhelpful behavioural patterns which no longer serve you. Healing takes time, consistent practice and faith in the process to create lasting changes.

I am a neuroscience nerd and have a special interest in mind-body medicine. The founding principle in healing is trust; This workbook contains the best of my clinical expertise and powerful tools to help you confront your fears, overcome objections and strive to be the best version of yourself.

Happy Healing x



Self Care

GOALS

mind

body

soul



the **POLY VAGAL** theory

DORSAL VAGAL FREEZE.FAINT.

*depression shame
collapse detached
numb depersonalisation*

SYMPATHETIC DOMINANT FIGHT.FLIGHT.FRIGHT.FAWN.FIND.

*rage aggression
panic worry
perfectionism soothing
fear attachment*

VENTRAL VAGAL REST.DIGEST.GROW.HEAL.

*joy ease
trust safety
connection mindfulness
grounded content*

terror

deactivate

danger

change

The ENDOCRINE response

how vagal tone affects brain chemistry

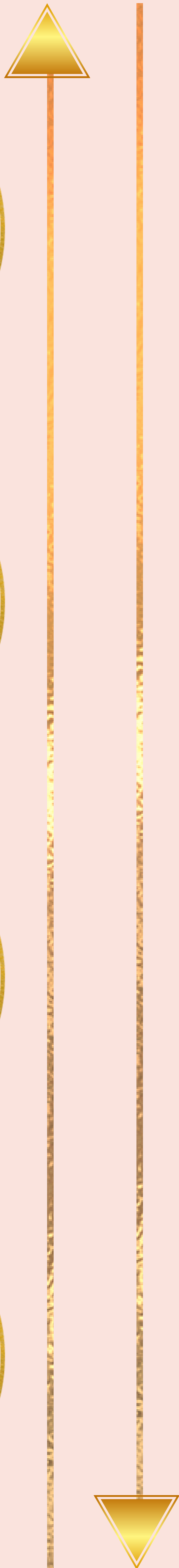
happy hormones

oxytocin
the social connector

endorphins
the pain killer

serotonin
the mood stabiliser

dopamine
the reward trigger



cortisol
stress activation

vasopressin
pressure control

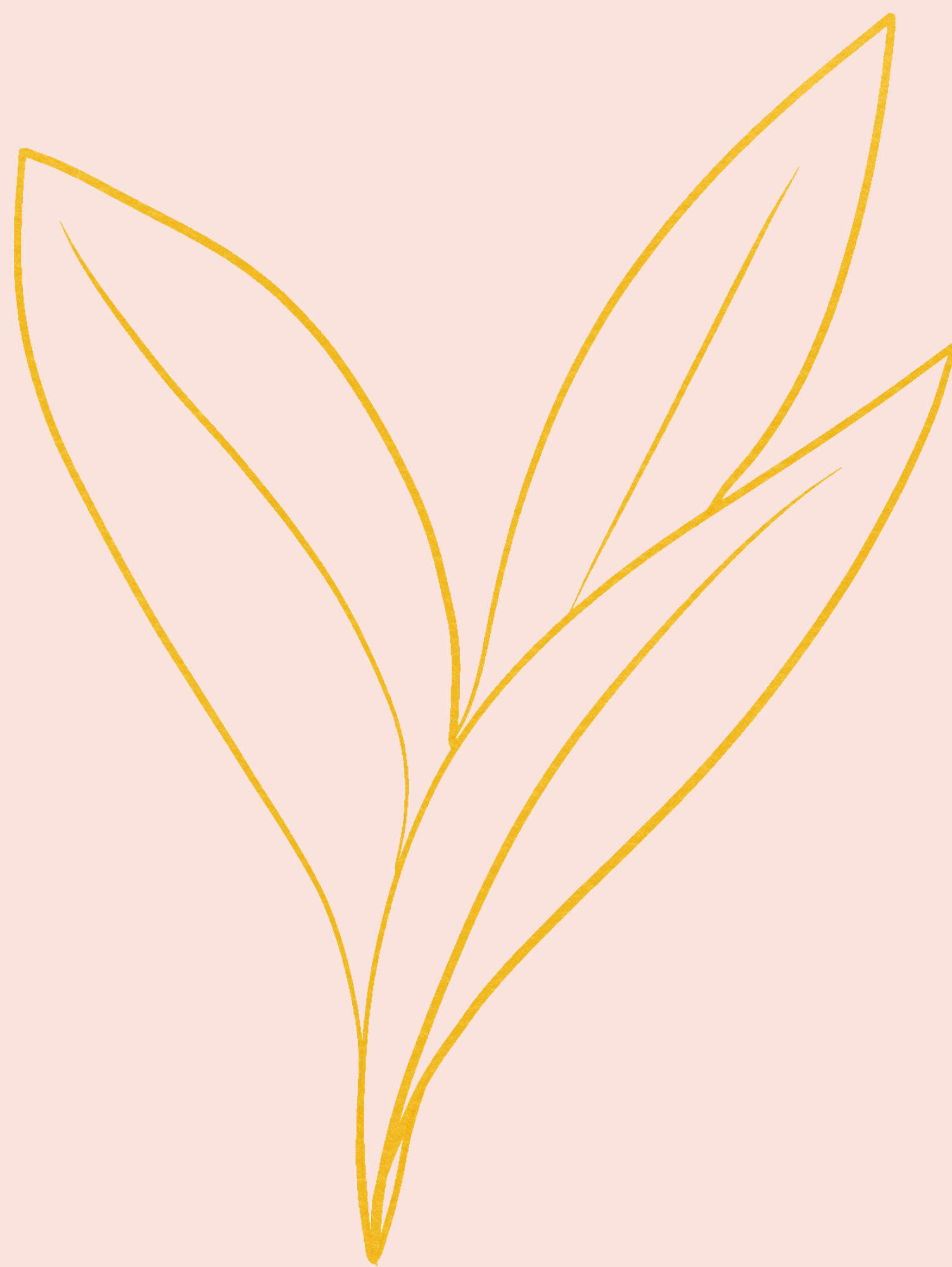
norepinephrine
physical response

adrenalin
fight flight freeze

stress hormones

wise mind is a dialectical
behavioural therapy.

you must maintain a
balance of logic and
emotion to have a healthy
perspective of life's
challenges.



the three minds

decisions based on good feelings

reactive and defensive

difficulty thinking calmly

emotional mind

logical rational thinking

matter of fact

suppression of emotions

reasonable mind

balance of emotional & rational

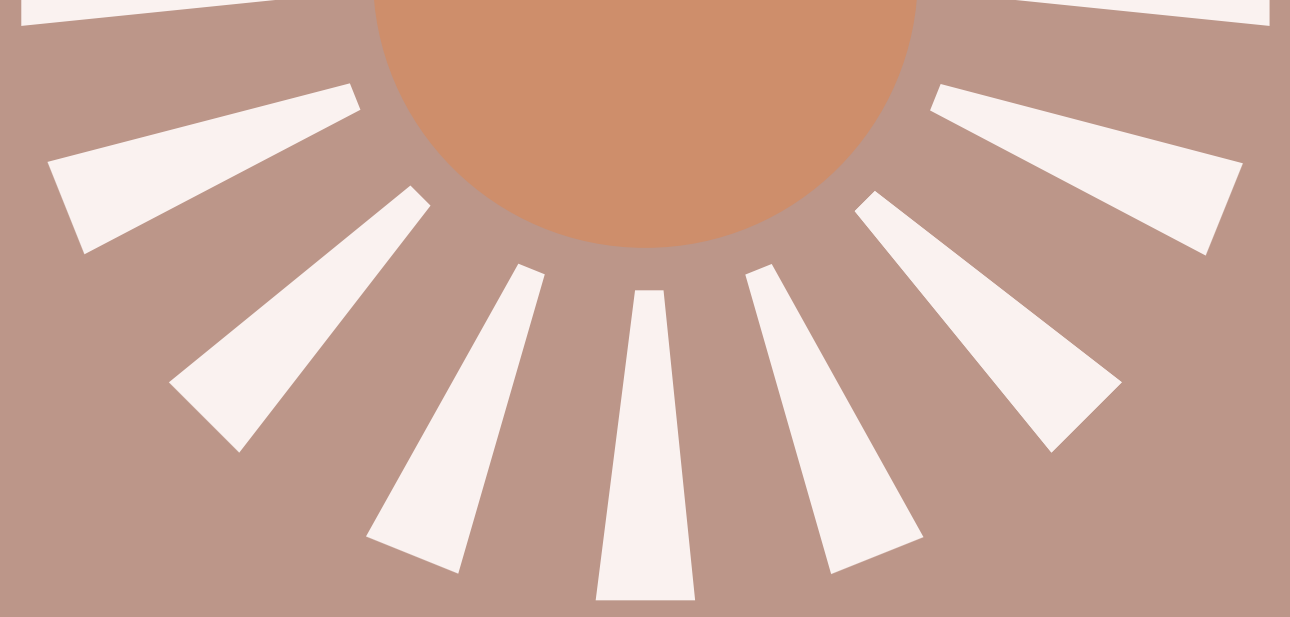
living mindfully

promotes calmness

wise mind



MIND YO' MIND

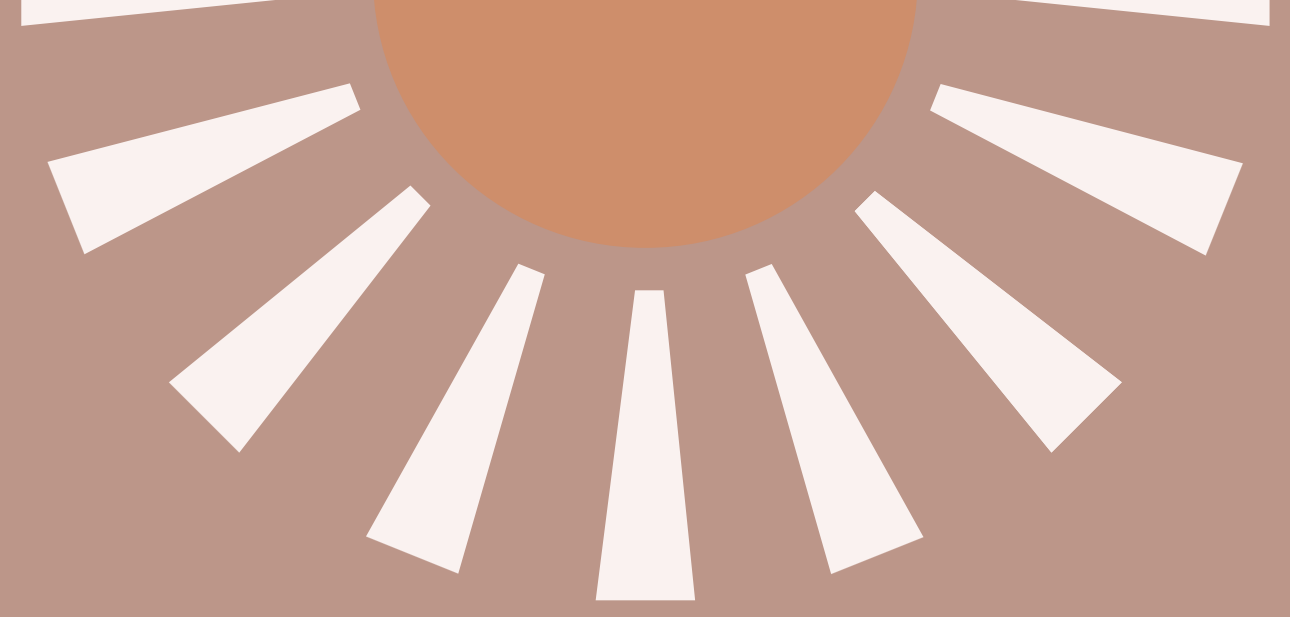


MY WORRIES

REFLECTION

Go through each point on your mind dump and add them to the following categories





PERSONAL WELLNESS

DAILY SELF CHECK IN

01

What is the state of my physical body today?

Are you carrying anything over from last week that is still impacting you?

02

How am I feeling right now?

What thoughts am I having in this moment?

03

What can I do today to support my wellbeing?

What positive predictions do I have about my day ahead?

BREATHING

activate your parasympathetic nervous system which calms you down reducing anxiety & stress

1

*hands on
your belly*

2

*inhale
5 seconds*

3

*hold
6 seconds*

4

*exhale
7 seconds*

repeat

GET TO KNOW YOUR
MIND

USE THIS PAGE TO WRITE & DRAW ANYTHING THAT INSPIRES YOU
EXPLORE YOUR CREATIVE MIND

A large, empty white rectangular area occupies the lower two-thirds of the page, intended for creative expression. The background is a light, warm brown color, featuring decorative wavy lines in a slightly darker shade of brown. One wavy line starts at the top right corner and curves downwards. Another wavy line is at the bottom left corner, curving upwards. The overall aesthetic is clean, modern, and inviting.

repeat after me

fear worry stress

fear is an illusion of the mind

i am strong and bold

i will elevate my thinking, empower myself and live my best life

anger agitation conflict

i am in control of my emotions

i let go of my anger and resentment to see clearly

i choose to be happy today and everyday

forgiveness

i forgive myself, i forgive my past and i am free

i release the burden of shame, guilt and self judgement

the challenges in my past are lessons for my future

peace wellbeing

i am content and at peace

i choose to rise above all of my personal problems

i am nurturing my mind, body and soul

all is well

GET TO KNOW YOUR

HEAD SPACE

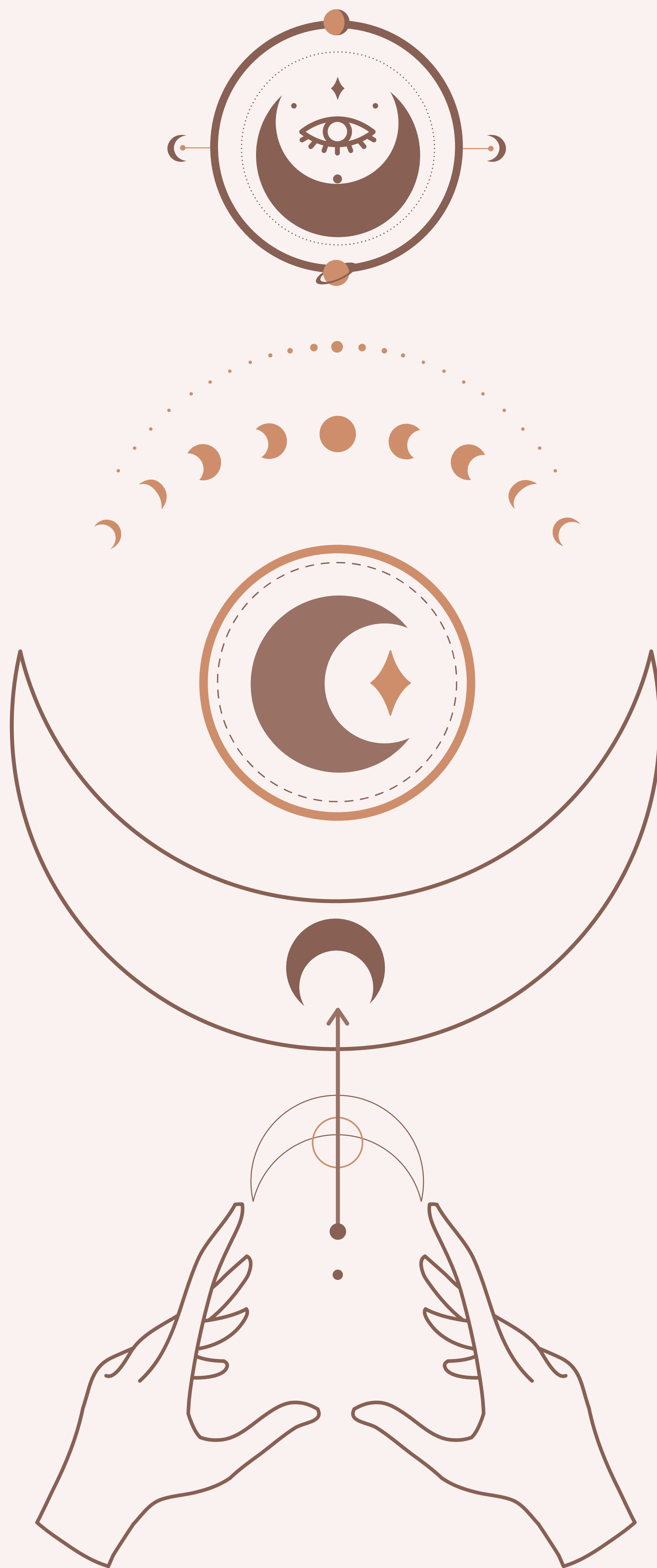
MANTRA OF THE DAY

AFFIRMATION OF THE DAY

I WOULD LIKE TO FOCUS ON

I AM GRATEFUL FOR

PERSONAL REFLECTIONS

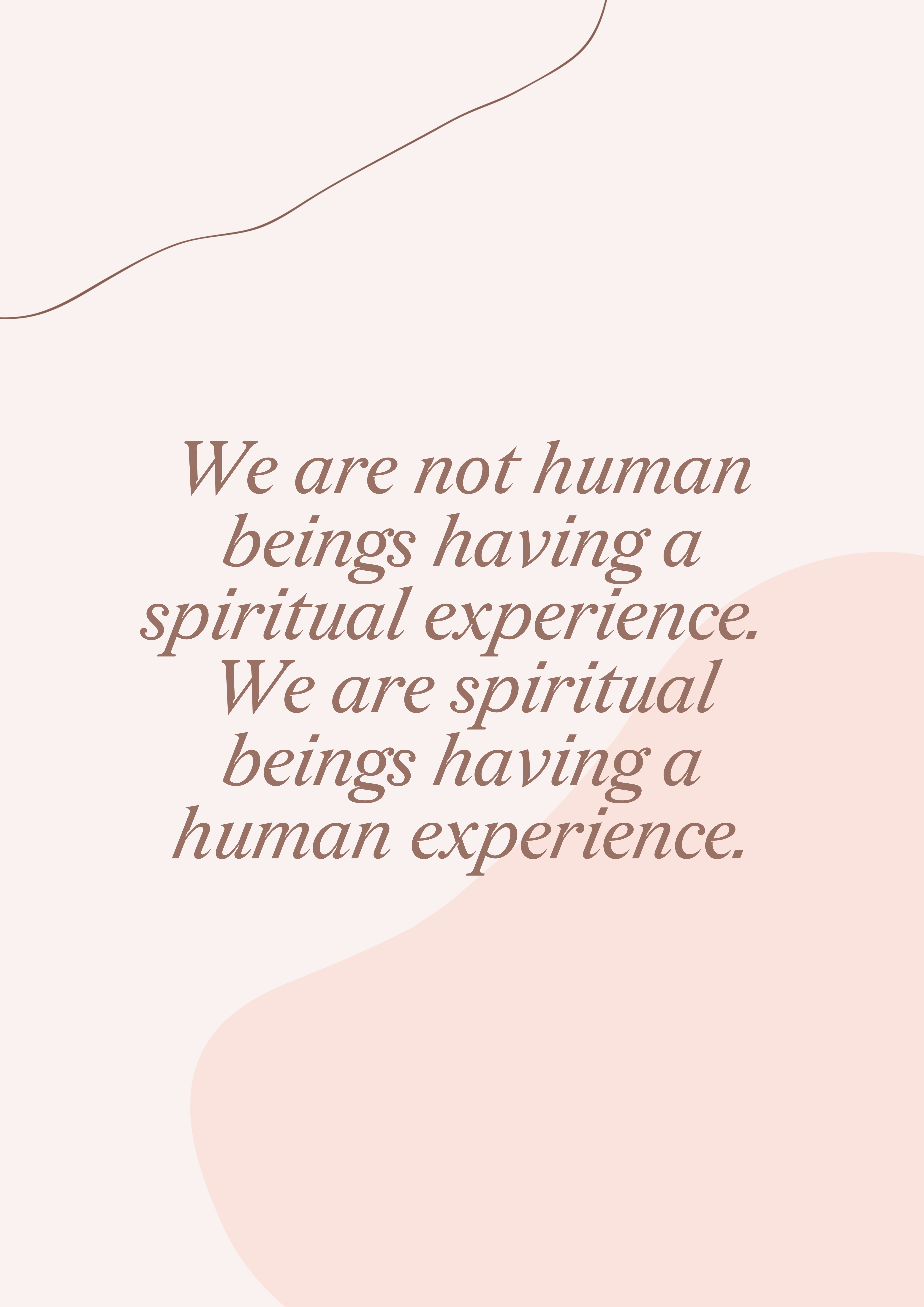


*Believe in yourself. You are braver than you think,
more talented than you know and capable of
more than you imagine.*

Self Care Checklist

- TRY SOMETHING NEW
- GO ON A NATURE WALK
- MEDITATE
- MAKE A VISION BOARD
- CONNECT WITH FRIENDS
- WATCH YOUR FAV MOVIE
- HAVE A LONG NAP
- GIVE YOURSELF CREDIT
- PRACTICE DEEP BREATHING
- TAKE YOUR MEDICATION
- PLAN A FUN DAY OUT
- CALL A FAMILY MEMBER
- WRITE IN A JOURNAL
- LISTEN TO A PODCAST
- COOK YOUR FAVE FOOD
- LIGHT A CANDLE
- WRITE DOWN THINGS
- COMPLIMENT A STRANGER
- DANCE TO MUSIC
- EAT NOURISHING FOOD
- GO TO A WORKOUT CLASS
- TAKE A BREAK
- BUY SOMETHING GOOD
- READ A BOOK
- SAY YES TO SOMETHING FUN
- CUDDLE A PET
- DECLUTTER YOUR SPACE
- HAVE A LONG NAP

NOTE



*We are not human
beings having a
spiritual experience.
We are spiritual
beings having a
human experience.*

YOUR INNATE WISDOM

INTUITION

your carry innate wisdom, lets explore it!

your **01** gut feeling

your **02** gut feeling

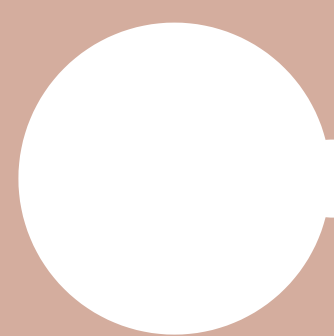
Intuitive thoughts come from a higher realm of consciousness.

trust . feel . connect

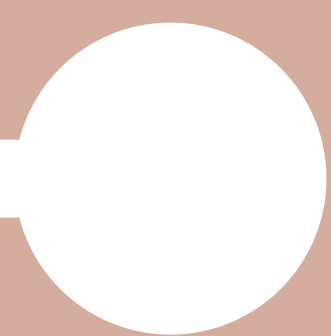
your **03** reponse

your body is present...

are you?



past



present

future

WHEN YOU GET ANXIOUS

BREAKDOWN

WHAT IS TRIGGERING MY ANXIETY?

Blank space for writing the answer to the question: WHAT IS TRIGGERING MY ANXIETY?

WHAT ARE SOME OF THE THOUGHTS THAT I AM HAVING?

Blank space for writing the answer to the question: WHAT ARE SOME OF THE THOUGHTS THAT I AM HAVING?

HOW IS MY BODY RESPONDING?

Blank space for writing the answer to the question: HOW IS MY BODY RESPONDING?

WHAT ARE 3 POSITIVE THOUGHTS TO HELP CALM MY MIND?

Blank space for writing the answer to the question: WHAT ARE 3 POSITIVE THOUGHTS TO HELP CALM MY MIND?

IMPROVE

creating healthy habits

SPIRITUAL GOALS

- BELIEFS
- COMMUNITY
- MEDITATION
- SELF CARE
- MINDFULNESS
- BALANCE

WHAT I NEED

-
-
-

INTELLECTUAL GOALS

- INTERESTS
- CONVERSATION
- EDUCATION
- STIMULATION
- BRAIN EXERCISE
- DEVELOPMENT

WHAT I NEED

-
-
-

FINANCIAL GOALS

- WORK
- RETIREMENT
- SAVINGS
- INVESTMENT
- DEBT
- OTHER

WHAT I NEED

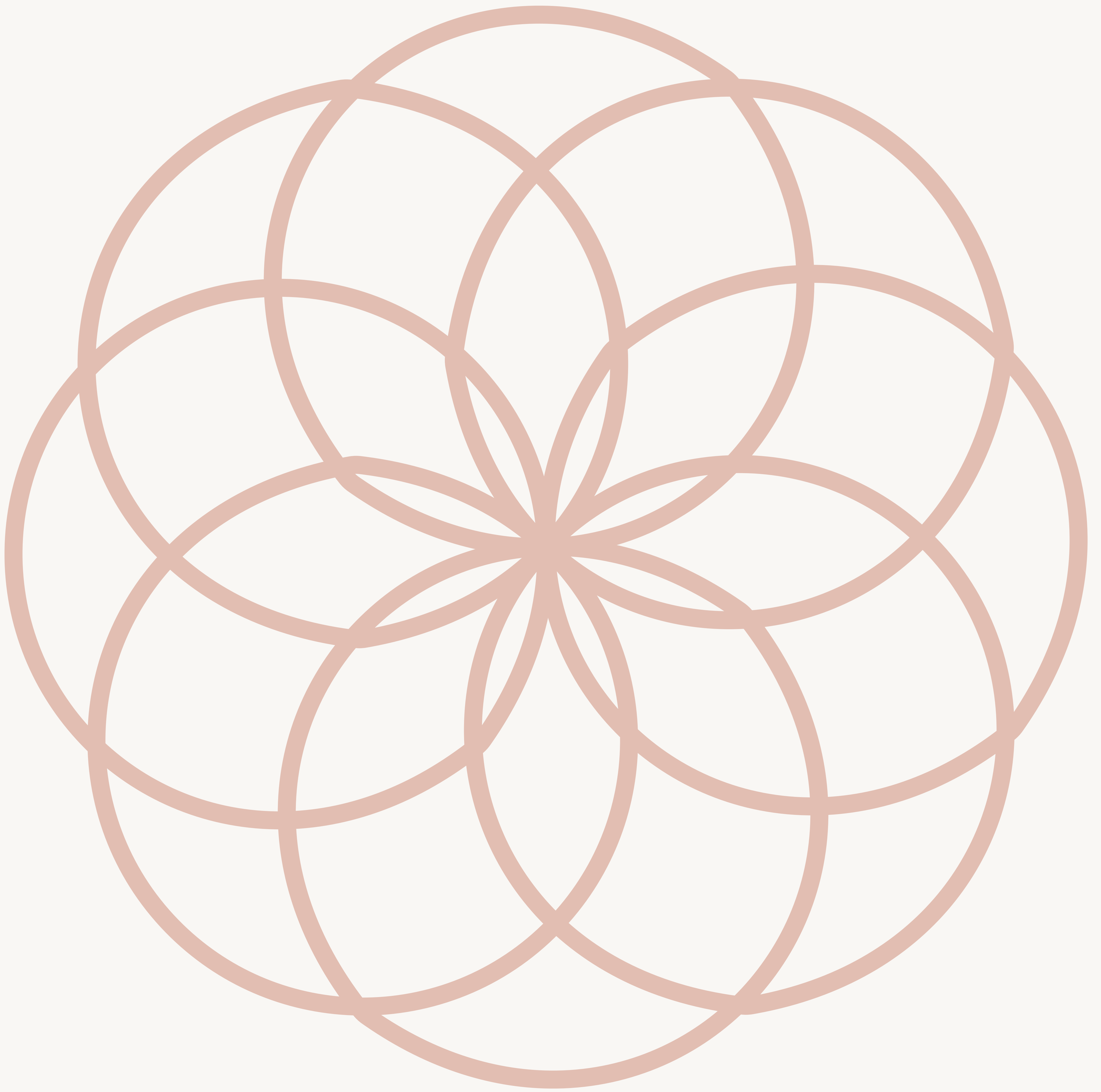
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-
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PHYSICAL GOALS

- NUTRITION
- STRETCHES
- EXERCISE
- MEDICATION
- SLEEP
- SUPPLEMENTS

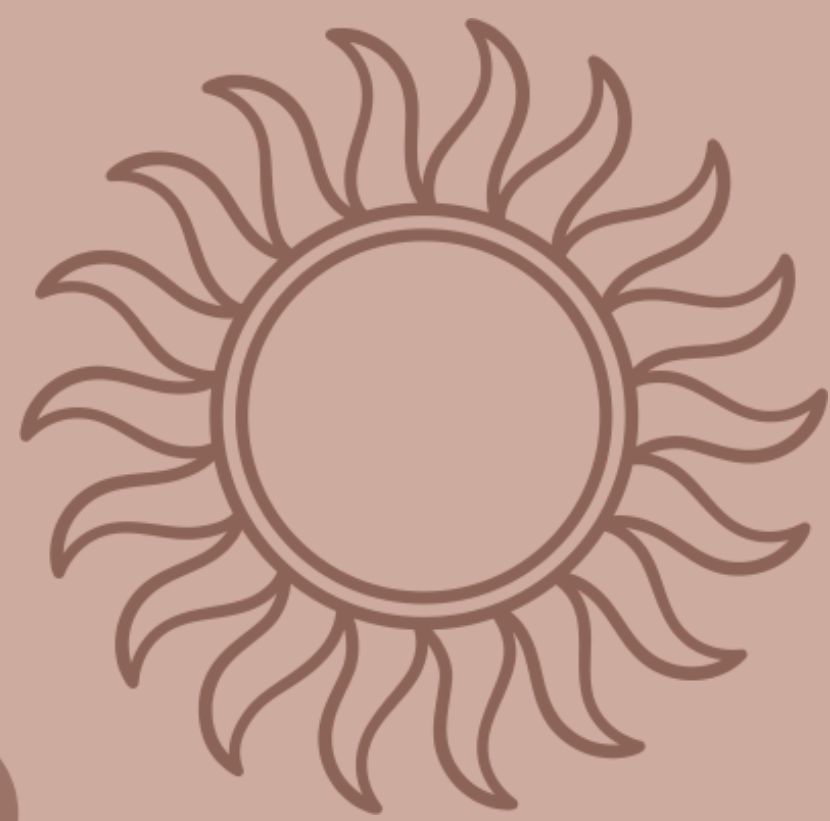
WHAT I NEED

-
-
-



COLOUR ME

IN OR OUT



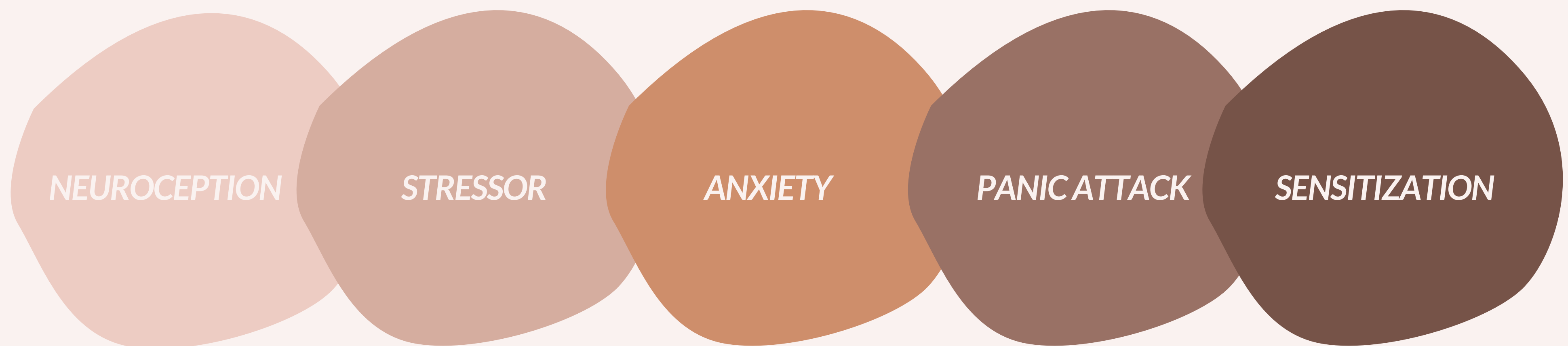
cognition. behaviours. emotions

today you are you, that is truer than true.

there is no one alive who is youer than you.

ANXIETY

EXPOSURE & DESENSITIZATION



NEUROCEPTION - The amygdala in the brain is constantly scanning for dangers

PERCEIVED DANGER - What we classify as stressful is unique to our values, beliefs & lifestyle

ANXIETY - The mind fears you do not have the ability to cope with the stressor

PANIC ATTACK - Sudden episode of intense fear triggering a physical bodily reaction

SENSITIZATION - Beliefs, trauma, behaviours, old protection mechanisms and negative outcome predictions make the amygdala more sensitive.

DESENSITIZATION - Retrain the anxiety alarms to stay calm when exposed to a trigger

EXPOSURE - A cognitive behavioural therapy skill to start doing the things we avoid due to fear or phobias. This helps desensitize the amygdala and reduce anxiety.

MY ANXIETY TRIGGERS ARE

1

2

3

4

5

6

Anxiety *and* Exposure Exercise

THE EXPOSURE FORMULA

repetition is key

Repetition is important for the brain to learn anything and anxiety is no exception. It takes consistent daily practice to adequately retrain the brain.

focus on anxious feelings

Focusing on the anxiety alarm is provoking a physiological response to a psychological situation.

We need to convince the amygdala that this trigger is not dangerous. Avoiding unpleasant feelings send a signal to the amygdala that the trigger is dangerous and we do not have the ability to cope. Focusing on the present experience during exposure exercises overrides the older neural pattern and strengthens the prefrontal cortex.

no safety behaviours

Safety behaviours are used in an attempt to prevent fears from coming true and to feel more comfortable in situations we are anxious about. Safety behaviours fuel anxiety and make it longer & stronger.

violate the expectations of the amygdala's fear

This can require the help of a trained professional. The key element is to understand what the anxiety is 'saying' and give the brain an opportunity to learn through experience that this prediction does not come true.

"I won't be able to tolerate this anxiety"

Often when this is the case, you may perceive the anxiety is more powerful than your ability to cope.

Once exposed for prolonged periods of time, you can see if this is true. Most people can tolerate their anxiety.

Exposure builds confidence and resilience which helps you with challenging future emotions and experiences.

Anxiety *and* Exposure Exercise

PICK A TRIGGER AND DESIGN AN EXPOSURE EXERCISE

| ANXIETY TRIGGER | EXPOSURE EXERCISE | ANXIETY RATING |
|------------------------|---|----------------|
| <i>Public Speaking</i> | <i>Speaking to a professional group</i> | 9 |
| | <i>Speaking to a group of friends</i> | 6 |
| | <i>Speaking to people I dont know</i> | 8 |
| | <i>Doing a speech for my mum</i> | 5 |
| | | |
| | | |
| | | |
| | | |

Positivity Hunt

THIS WEEKS GOAL

MON

TUE

WED

REVIEW

THU

FRI

SAT

Exposure Tracker

IT TAKES 21 DAYS TO FORM A HABIT AND
91 DAYS TO FORM A LIFESTYLE

one

| | | | | | | |
|--|--|--|--|--|--|--|
| | | | | | | |
| | | | | | | |
| | | | | | | |

two

| | | | | | | |
|--|--|--|--|--|--|--|
| | | | | | | |
| | | | | | | |
| | | | | | | |

CalmDown.

repeat after me

AUTOMATIC RESPONSE

I will fall apart if this happens

I cannot cause someone else pain of any kind

If I am myself, people will not like me

If I avoid that task, I won't screw it up

If I try to achieve _____ I will not be good enough

I will not be able to handle rejection

If I confront my anxiety, it will never end

If I confront it, my anxiety will be intolerable

If I confront my anxiety, I will go crazy and explode

If I experience panic, I will pass out or suffocate

LEARNING EXPERIENCE

I can hold myself together, this will help me grow

Pain is inevitable, it is not my job to protect others from pain. We can cope with pain

I will find people that like me just as I am

I make mistakes but generally things work out

Sometimes I am successful, sometimes not

I can survive rejection

Anxiety changes over time; it can be high and low

I am able to tolerate anxiety

I may feel bad, but I do not go crazy and explode

I don't actually pass out or suffocate, even if it feels like I might



make
today
magical

UNHELPFUL THINKING PATTERNS

CATASTROPHISING

Blowing things out of proportion

MIND READING

Assuming you know what others think

FUTURE PREDICTION

What If's & making predictions about what is going to happen

FILTERING

Only focusing on one part of something, usually the negative

SHOULD-ING

Being harsh or demanding of yourself; saying 'I should...'

BLACK & WHITE

Seeing only one extreme good or bad right or wrong

CHALLENGING YOUR THOUGHTS

re-write your responses in a more rational way based on fact

AM I CONFUSING THIS THOUGHT WITH A FACT AND JUMPING TO CONCLUSIONS?

AM I TAKING THIS THOUGHT TOO SERIOUSLY?

AM I OVERESTIMATING THE THREAT IN THIS SITUATION?

AM I ASSUMING I HAVE ZERO CONTROL OVER THIS?

MENTAL HEALTH WORD

SCRAMBLE

FLSE_EMTSEE

ANLETM_HEHLTA

DOBY_ENAGUGLA


RSEEVTAIS

ORPGU_HYPRAET

SGNPIKEA_LSKILS

OOINETM

GERAVIEGSS



I was doing the best
I could at the time
with what I knew

Gratitude Journal

AN OPPORTUNITY THAT YOU HAVE TODAY





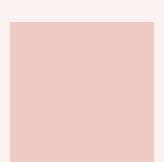
SOMETHING GREAT THAT HAPPENED OR YOU SAW YESTERDAY





AN OLD RELATIONSHIP THAT REALLY HELPED YOU





NOTE

KEEP TRACK YOUR

Routines and Health



| TRACK | MON | TUE | WED | THU | FRI | SAT | SUN |
|---------------|-----|-----|-----|-----|-----|-----|-----|
| WAKE UP | | | | | | | |
| SLEEP (HOURS) | | | | | | | |
| MOOD | | | | | | | |
| ENERGY | | | | | | | |
| BREAKFAST | | | | | | | |
| LUNCH | | | | | | | |
| DINNER | | | | | | | |
| EXERCISE | | | | | | | |
| BEDTIME | ☾ | ☾ | ☾ | ☾ | ☾ | ☾ | ☾ |



My Daily Self Care

ALIGN YOUR LIFE VALUES WITH YOUR GOALS.
PICK 5 WORKSHEETS AND DO THEM DAILY <3

1

2

3

4

5



LIFE COACHING

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