SNEHA®

RAISING HEALTH FOR ALL

Self-Care Workbook for

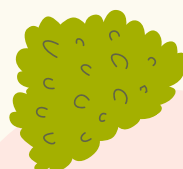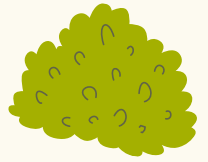# ADOLESCENTS

This book belongs to

_____

Table of
CONTENTS

Understanding the Meaning
SELF-CARE

HELLO FRIENDS !!

We know and understand days and situations become difficult with us growing rapidly with the environment around. We understand that this journey needs a space of companion helping us sail through the ups and downs. This self care workbook is filled with many activities and ways to support you through your ups and down. Let's dive in this new friend and support in your ways.
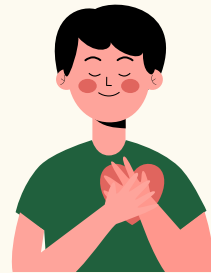
What are the different types of self-care?

HEALTH

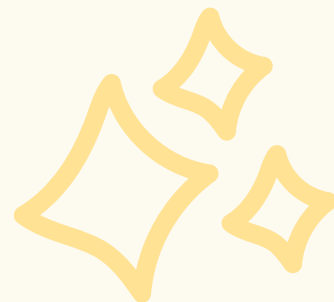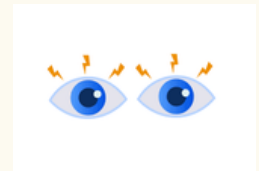**SPIRITUAL**

EMOTIONAL

EXERCISE/PLAY

SOCIAL SUPPORT
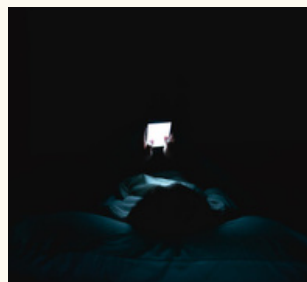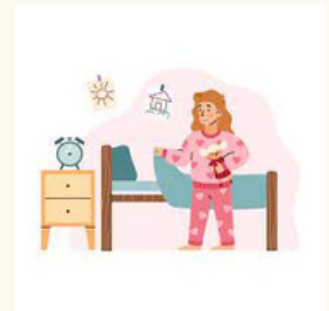
How to connect with

YOUR SLEEP

Fix a time to go to sleep
Let's try to stick to it!

Create a night routine/
Make your bed

Reduce Phone usage/
Put your phone to
sleep

e.g. Using phone at night in dark puts pressure on your eyes as the bright phone light forces your eyes to stay alert and focused and hence it sends signals to brain to stay active which makes falling asleep difficult.

Write down Behaviors/Ideas that you would like to use to achieve better Sleep!

1. _____

2. _____

3. _____

Life Balance
HACKS

Ghar ke kaam

Hobbies

Khudke liye time milna

Homework

Padhai

Mummy ki daat

Doston ke saath time spend karna

SAB KAISE HO PAAYEGA?

Pomodoro Method:
The Pomodoro Technique is a time management method based on 25-minute stretches of focused work broken by five-minute breaks. Longer breaks, typically 15 to 30 minutes, are taken after four consecutive work intervals. Each work interval is called a pomodoro, the Italian word for tomato.

Time-Table/ Scheduling:
Make a plan of things to be done. Then divide your day into parts, and assign what is to be done to each part. Make sure to schedule in enough breaks!
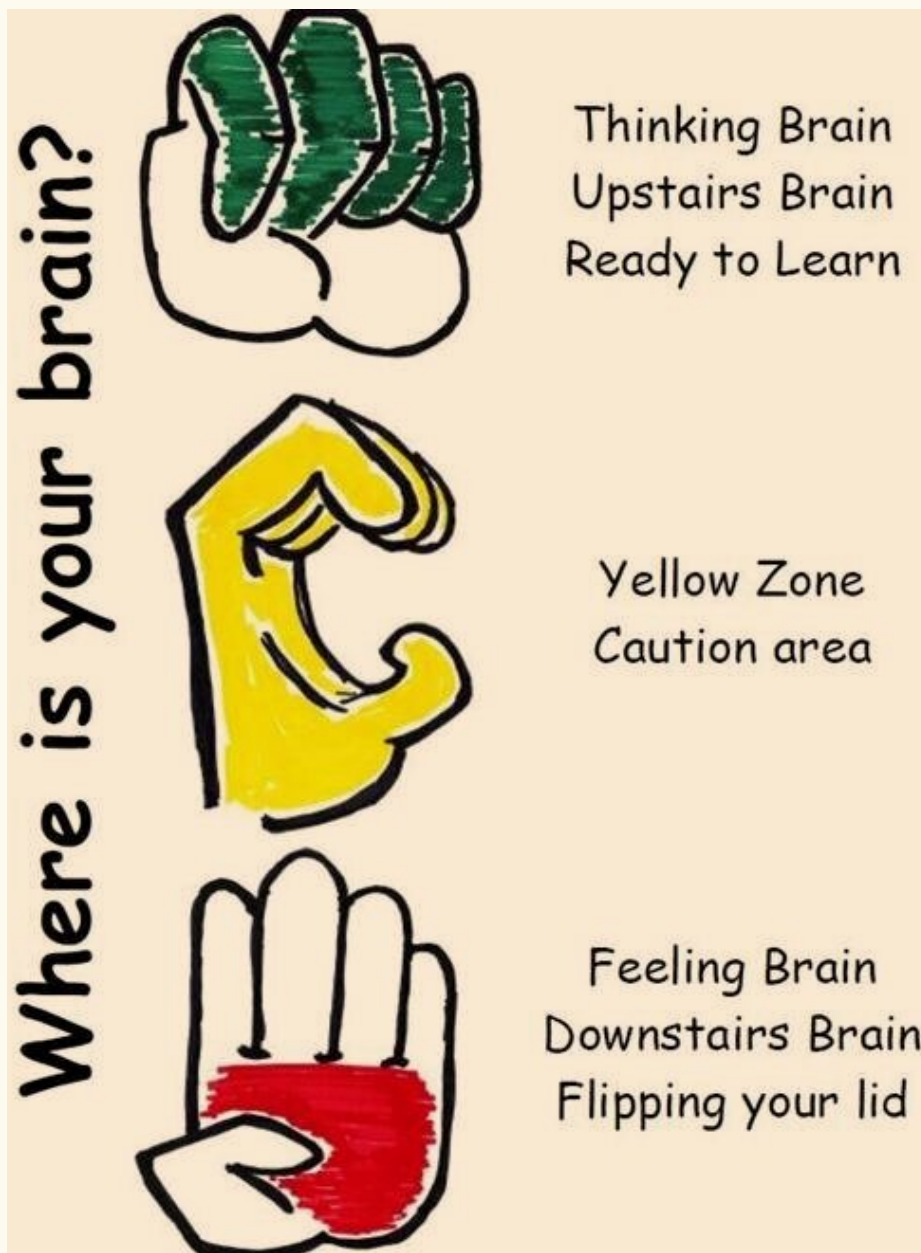
Chores as a measure of time:
Sometimes making a schedule is not possible, or you may find it too hard to consistently stick to a time table. Using real-life events as a measure of time, instead of planning your schedules like a time table might help. It's easier to forget that a certain amount of time is gone, but it is easier to see that the milk has come to a boil, or to see that the bus you need to catch is here!
For example, I will fold clothes ONLY until the milk comes to a boil, and then I will do some other work.
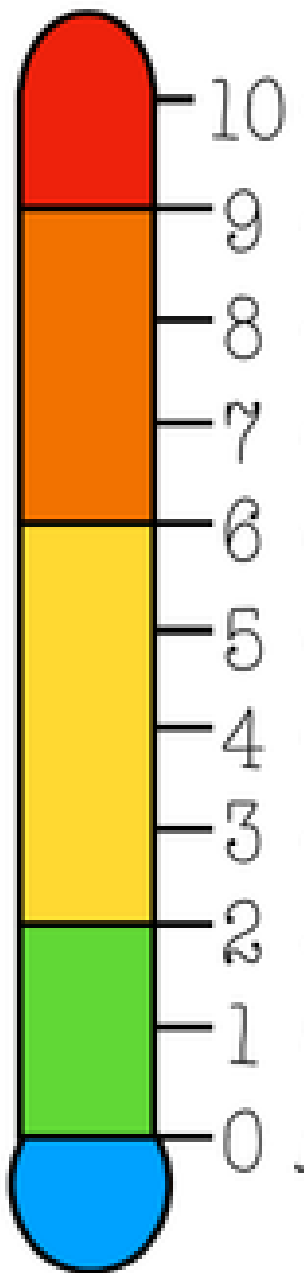
Know Your Brain

Let's assume our hand as brain, there are three parts to brain. Let's notice by colour and their functions

Where is your brain?

Thinking Brain
Upstairs Brain
Ready to Learn

Yellow Zone
Caution area

Feeling Brain
Downstairs Brain
Flipping your lid

WHERE AM I RIGHT NOW?

FEELINGS THERMOMETER

10
9
8
7
6
5
4
3
2
1
0

Where am I on the thermometer?

Point out with your finger where you are on this thermometer.

What am I feeling in the body?

Notice what you are feeling in the body. Try to scan your body from top to bottom and note what you are feeling.
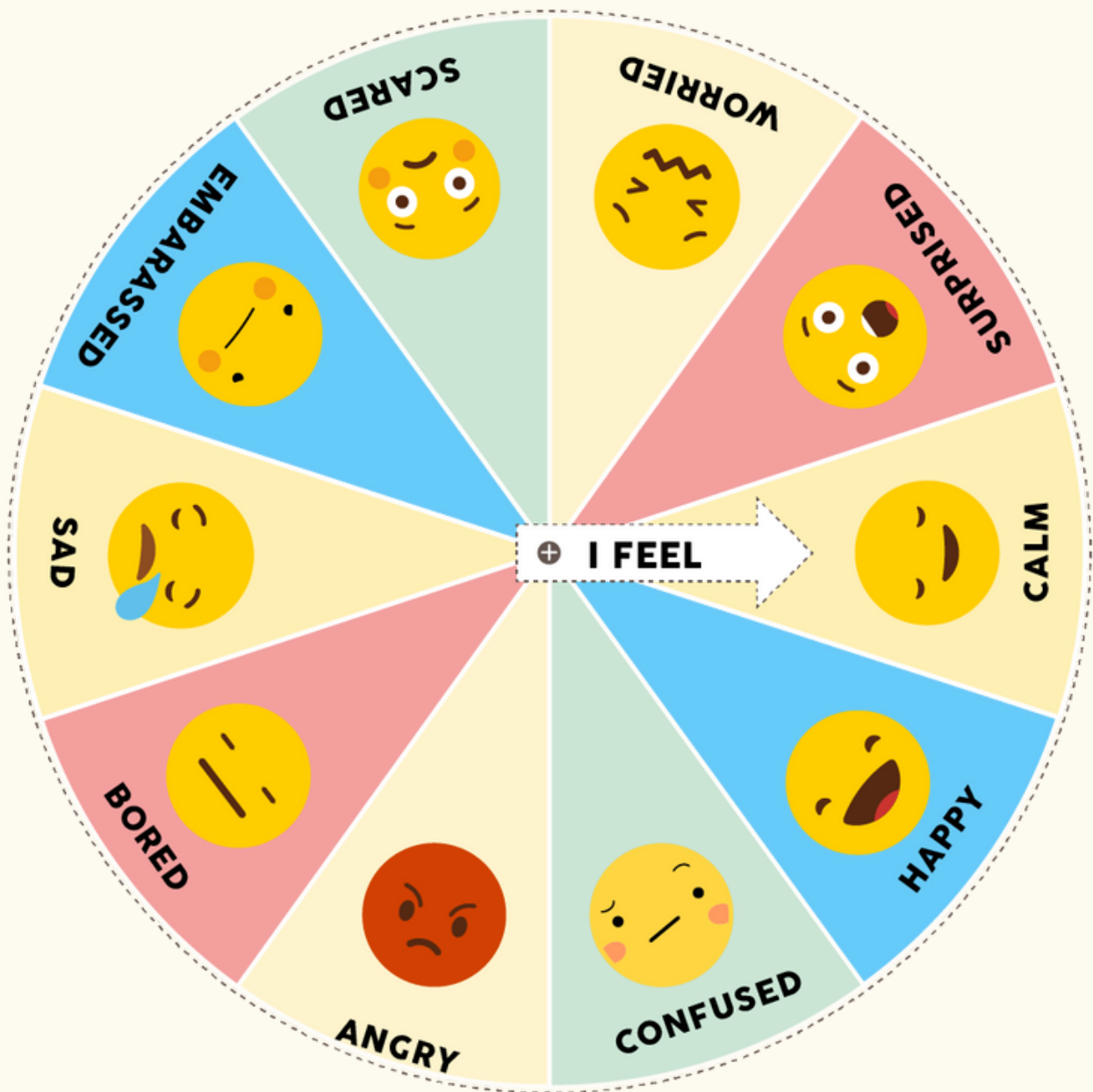
What would you like to name it?

Think about what you would like to name what you are feeling.

If you need help naming your emotions, please take help from the emotion wheel on the next page.

What can I do?

EMOTION WHEEL

Identify how you are feeling:

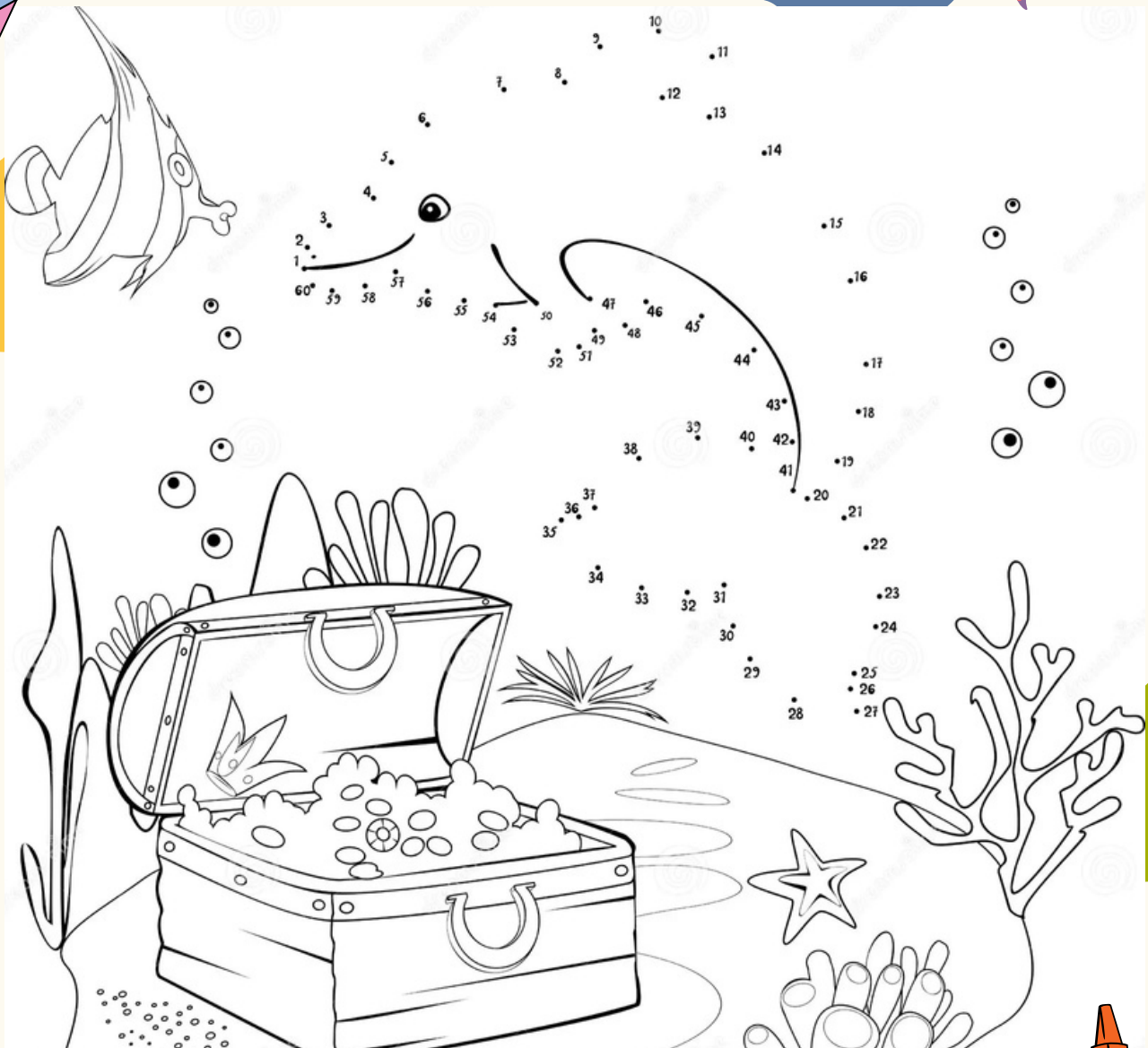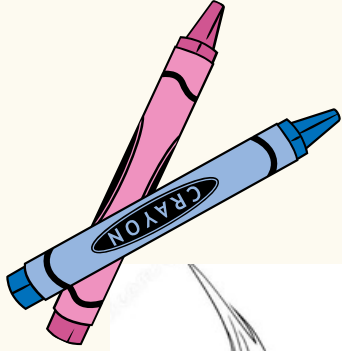# AB KYA AUR KAISE?
WHAT DO I DO WHEN I AM :

Angry

Sad

Confused

Irritation

Frustration

RESET

Connect the Dots and Colour the Picture

REFLECT

WHERE HAVE I REACHED?

WHAT HAVE I LEARNED?

WHAT I WANT TO CHANGE?
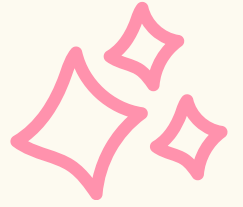
WHAT I DID AND WHAT I NEED TO DO

I started _____

I continued _____

I changed _____

I need to _____

Gratitude (आभार)

Identify your strengths .....

I am _____

I am _____

I am _____

I am thankful _____

I am thankful _____

I am thankful _____
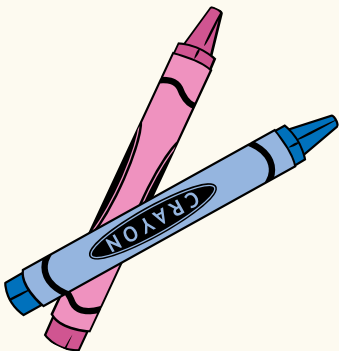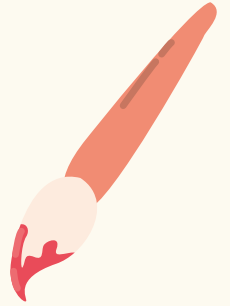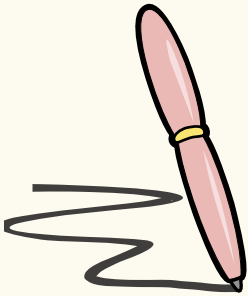

_____ makes me happy.

_____ makes me happy.

_____ makes me happy.

MY OWN SPACE

USE THIS PAGE AS YOU WOULD LIKE TO.

Self-Care
QUIZ

Answer the questions with Yes/No and see if you have been taking a good care of yourself through the number of yes in your answers!

I get enough sleep and I feel fresh while working/studying.

I eat healthy foods

I spend time with people that make me feel good.

I am able to rest when I feel tired

I am able to stick to routines and plans I make.

I take breaks often.

I ask for help when I need it.

I always make time for 'me time'

I feel happy and healthy

Self-Care
HABITS

Go out and inhale the fresh air sometimes

Eat healthy foods

Learn new skills

Take a walk in the park

Talk to a friend

Gratitude journalling

Listen to music or make some dance moves

Read a book

Hug someone

Write a letter to yourself

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