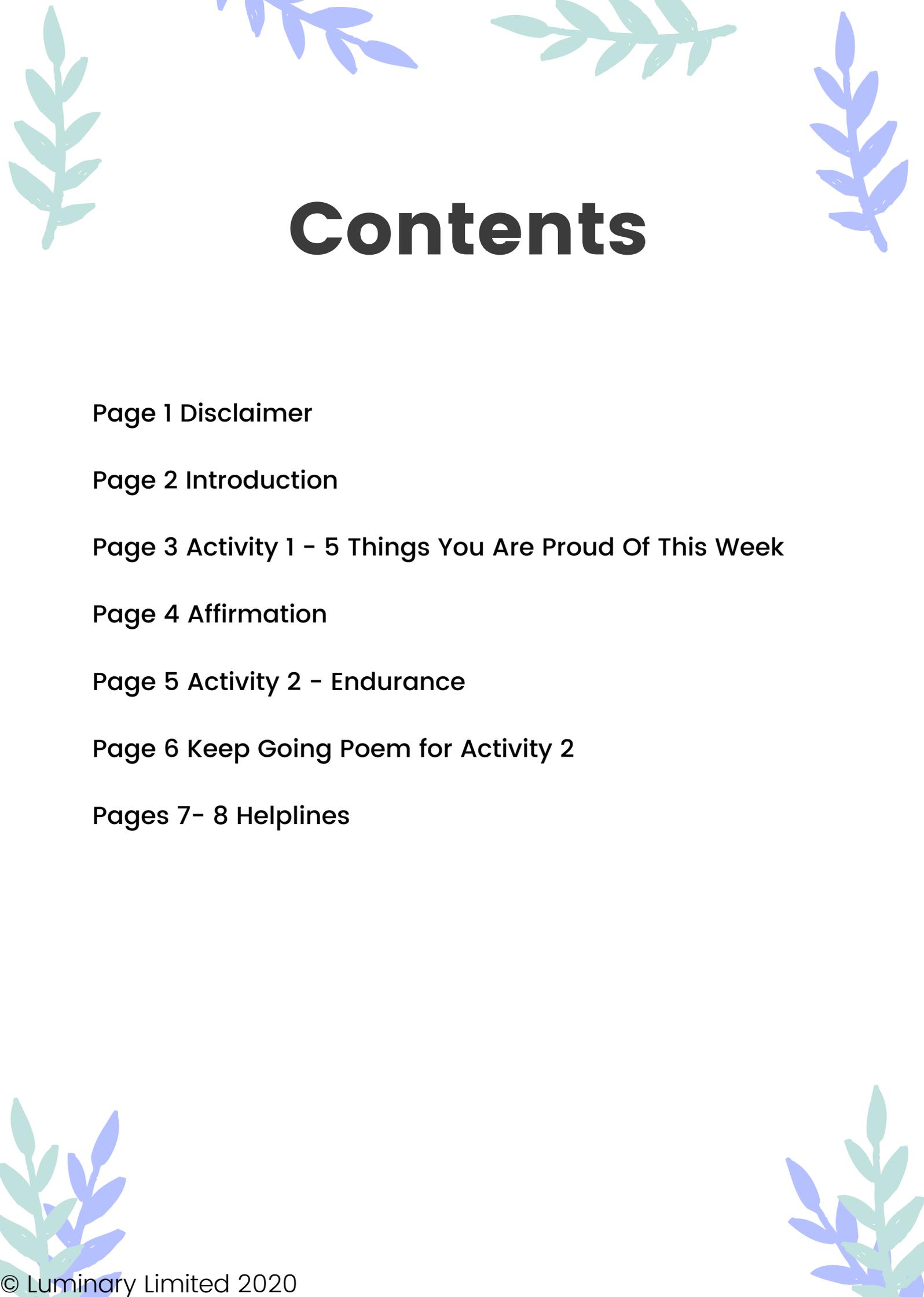




LUMINARY
BAKERY

Self-Care Pack

Week Four



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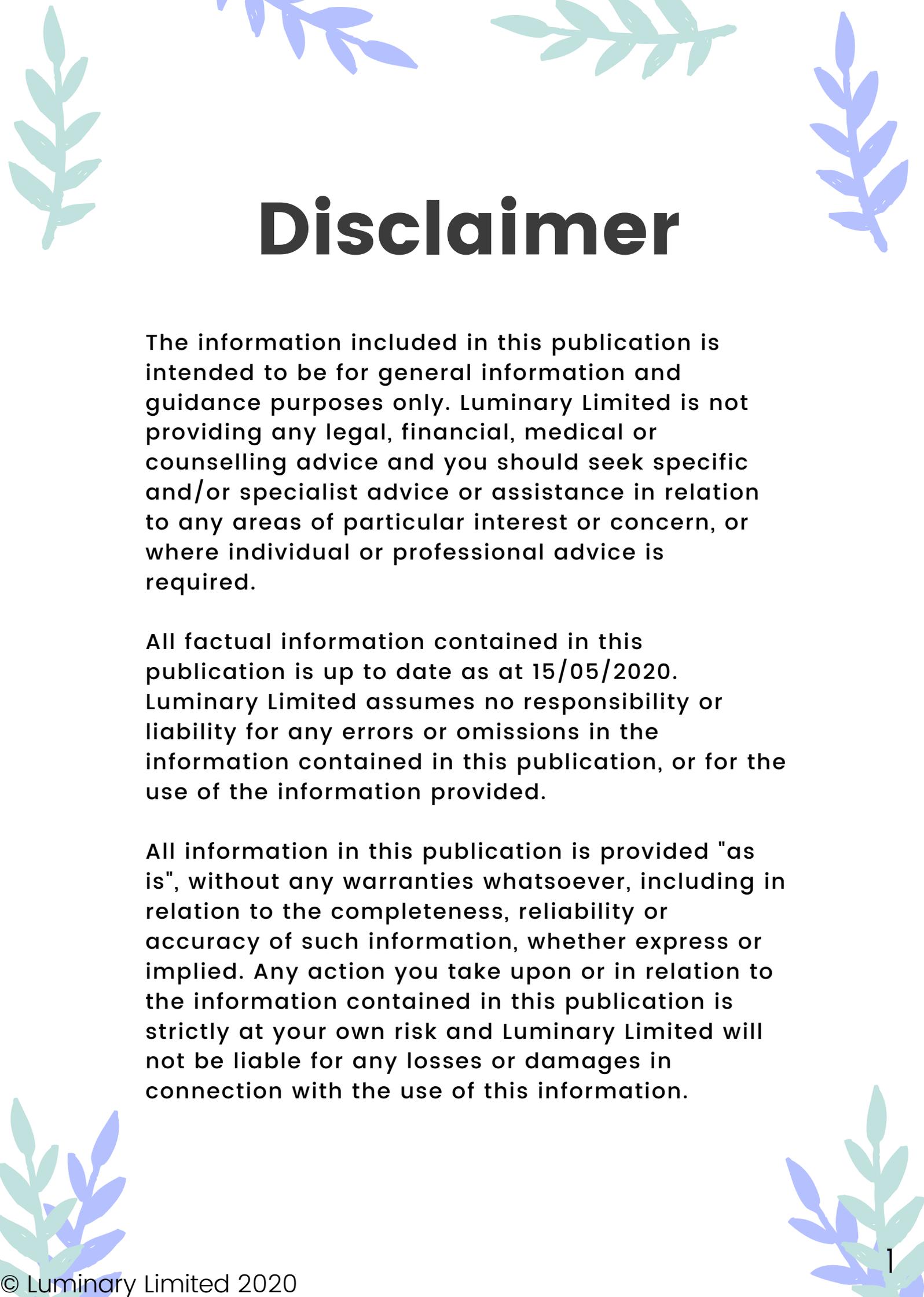
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Welcome to week four of your weekly self-care pack!

YAY! We've made it to week 4!!

In this weeks pack, we're going to briefly look at what we've covered in the last few weeks and round it up with a poem to help us reflect on our resilience and strength.



LOOK AT HOW FAR YOU'VE COME!

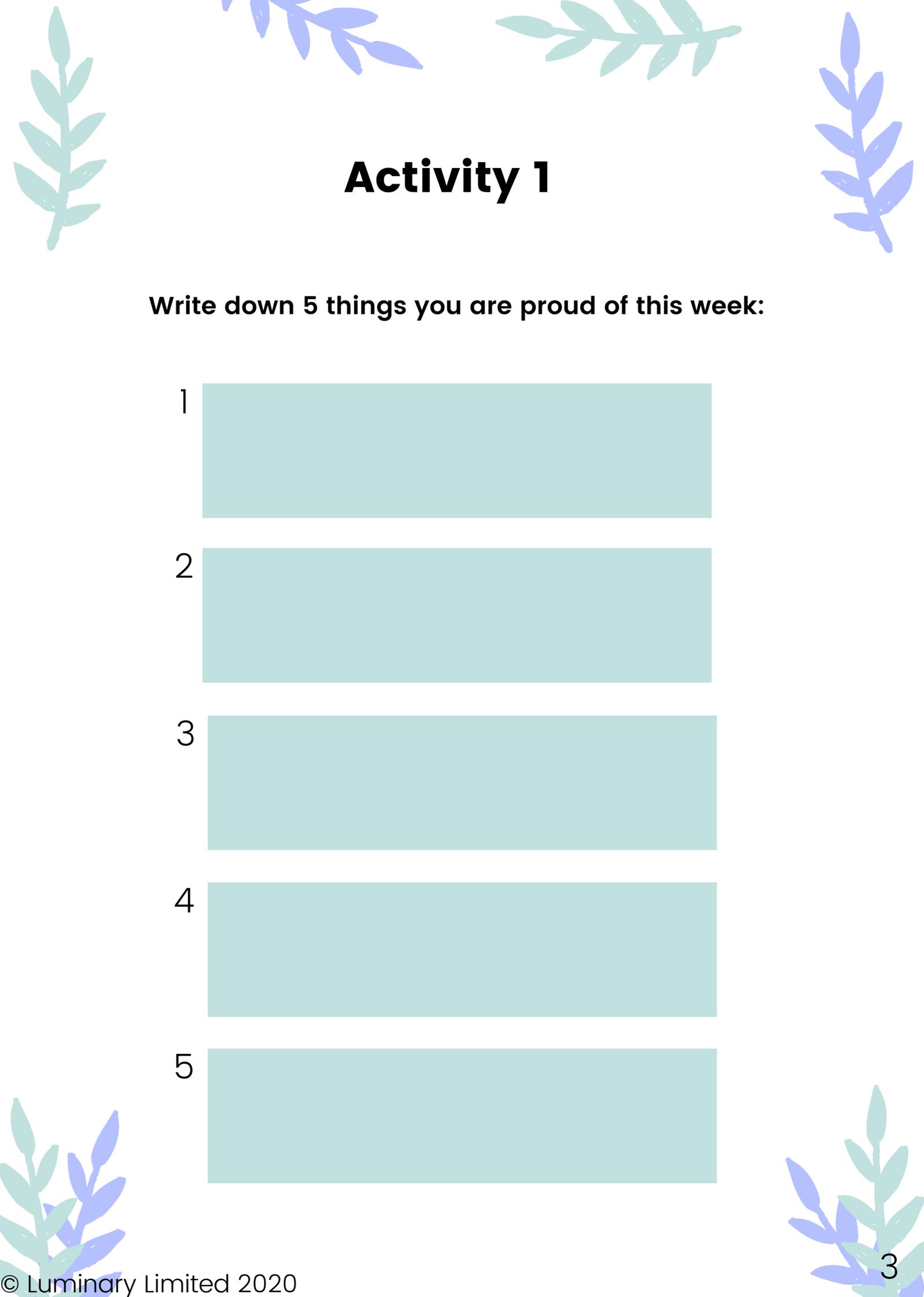
What we are experiencing is unsettling and it is normal to feel strong emotions or worrying thoughts. It is also normal if we feel like we don't have much energy because we're adjusting to a new way of living.

Unfortunately, we cannot control what is happening in the world right now but we can control how we take care of ourselves during this time.

Self-care will look differently to each and every one of us; it can be challenging to look after ourselves but if we try to set small 'self-care' goals each day, it will help us build on our resilience.

Making it through difficulties will show us our true strength and resilience.

Making it this far already, just shows us how resilient we are.



Activity 1

Write down 5 things you are proud of this week:

1

2

3

4

5



Taking time to reflect on what we're proud of each day will improve how we feel about ourselves and remind us of how amazing we truly are.

You'll be surprised to see that there are probably more than 5 things you're proud of. Just getting dressed today is something you should be proud of.

It's the small wins that count.

AFFIRMATION



I am
resilient
and can
get
through
anything.

We're now going to take some time to read through a spoken word poem.



Activity 2

Once you've read through the poem on the next page, come back to this page and reflect on the questions below to help bring any difficulties into perspective so that we can try to move through them with ease.

- How do we use our endurance in these times?
- How can this give us perspective?
- What particularly resonates with each one of us?
- How can it help us move forward?

"ENDURANCE IS NOT JUST THE ABILITY TO BEAR A HARD THING, BUT TO TURN IT INTO GLORY."

-WILLIAM BARCLAY-

Keep Going

Spoken Word Poem

We will all have a storm that we must weather,
And it's going through the storm that will make us better.
There's a gift in you that's trying to get out,
It's pressing for the light of day,
But there's some growth it must endure beneath the surface,
For that is where your roots are formed.

Had it not been for the storm the soil would not be packed,
Your roots would not be set and the seed would not begin to grow.
But I want you to know that in this storm there is peace.
Peace in the fact that the sun will shine again,
Peace in knowing that it's struggle that makes us stronger.
Peace in knowing that you can endure longer.

For silence is not in the destination,
That's actually where the real trouble starts.
Silence should be found on the journey,
Because it's on the journey that you will grow.
Your character is formed in the storm,
Everything that you will be is decided in these moments:
the season of storms.

So I want to encourage you today to weather your storms,
Embrace your struggle; understand that this is a sign of your significance.
This is the precursor to your purpose, this is where you grow, this is where
you learn.

For had it not been for the storm,
Then mediocrity would be your norm.
So I ask of you not to drown in your sorrows,
But to grow and be strengthened for your tomorrows.
For the sun will shine again, you will rise again.
Your pain will become your praise; your mess will become your message
And your story will be for God's glory.
Keep going.



Helplines

As Luminary Limited is a charity registered within the UK, the following helplines are UK only.

In the event you are concerned for your, or another persons' health or wellbeing, you can seek further information and help from the following:

If you or someone else is in immediate danger **always** phone 999.

For health queries that are not an emergency but you feel are urgent, you can call 111.

Mental Health

If you are experiencing Self Harm or Suicidal thoughts, call NHS: 111 and your GP for an urgent appointment.

Papyrus HOPELINE (under 35's): 0800 068 4141

Samaritans 116 123 or text Shout to 85258
www.mind.org.uk

Domestic Abuse

The National Domestic Abuse Helpline 0808 2000 247

National Stalking Helpline 0808 802 0300



Helplines

Homelessness

Shelter 0300 636 1967
[shelter.org.uk](https://www.shelter.org.uk)

Local Authority Housing Options Teams (HOST) have a duty of care if someone presents as homeless. You can find the phone number for your HOST at:
www.gov.uk/homelessness-help-from-council

Modern Slavery

Modern Slavery Helpline - 08000 121 700
modernslaveryhelpline.org



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