



LUMINARY  
BAKERY

# *Self-Care Pack*

**Week Six**



# Contents

Page 1 Disclaimer

Page 2 Introduction

Page 3 Tips On How We Can Work On Self-Trust

Page 4 Questions We Can Ask Ourselves

Page 5 Poem

Pages 6 - 7 Helplines



# Disclaimer

The information included in this publication is intended to be for general information and guidance purposes only. Luminary Limited is not providing any legal, financial, medical or counselling advice and you should seek specific and/or specialist advice or assistance in relation to any areas of particular interest or concern, or where individual or professional advice is required.

All factual information contained in this publication is up to date as at 15/05/2020. Luminary Limited assumes no responsibility or liability for any errors or omissions in the information contained in this publication, or for the use of the information provided.

All information in this publication is provided "as is", without any warranties whatsoever, including in relation to the completeness, reliability or accuracy of such information, whether express or implied. Any action you take upon or in relation to the information contained in this publication is strictly at your own risk and Luminary Limited will not be liable for any losses or damages in connection with the use of this information.



# **Welcome to week six of your weekly self-care pack!**

This week we're going to take a look at nurturing a positive view of ourselves. We will cover the things we can do to develop confidence in our abilities to solve problems and trusting our instinct to help build resilience.

## Tips on how we can work on self-trust:

1

### Avoid people who undermine your self-trust

The people who make you doubt your self-trust are “dream-crushers”  
Growing up we haven't always had control over the people we have in our lives but we may have control today.  
Think about the individuals who surround you.  
Do they support you?  
Do you really want them in your life?

2

### Become your own best friend

Developing self-trust also includes becoming your own best friend, and that includes keeping promises to yourself.

“Making a commitment and keeping it builds trust.”

For instance, you might make the commitment to create and keep a boundary OR you might make the commitment to go to bed earlier or to go for a walk every week.

3

### Speak kindly to yourself

If we've had negative experiences and people have told us OR made us feel that we aren't good enough, we can end up believing that lie and it can really impact us on how we see ourselves.

The good news is, is that it is not true and this unhelpful belief can be changed., For example, the next time you make a mistake and blurt out “You're so stupid,” catch yourself, and instead say, “That's OK. It was just a small slipup,” or “Yes, that was a big mistake, but I'll learn from it, and I love myself anyway.”

Being understanding toward yourself when you make a mistake helps you be more understanding toward others when they do the same, the relationship with yourself is the foundation of all other relationships.

# Questions we can ask ourselves:

Take a look at the questions below and reflect on what comes up for you, this is a great starting point to begin changing our mindset:

**How do you treat others you love?  
How is this different or the same as how you treat yourself with love?**

.....

**What are some areas you may need to work on?**

.....

**What does self-love mean to you?**

.....

**What are a few obstacles that seem to challenge your practice of self-love? Make a list: Brainstorm new ways to practice self-love while overcoming the previous obstacles/challenges.**




**Working on self-trust doesn't mean that we always trust ourselves to always say the right thing or make the right decision or follow every rule.**

**It's not about perfection.**

**Self-trust means that you trust yourself to overcome a mistake or failure.**





You have worked so hard,  
You have given so much,  
You have made it through  
countless moments of not feeling  
good enough,  
And if there are days where,  
you still feel discouraged  
Remember: You have come  
so far, and no matter  
how your low moments  
have made you feel, they do  
not define who you are.

-Morgan Harper Nichols-





# 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](http://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](https://www.gov.uk/homelessness-help-from-council)

## Modern Slavery

Modern Slavery Helpline - 08000 121 700  
[modernslaveryhelpline.org](https://modernslaveryhelpline.org)



# LUMINARY BAKERY

© Luminary Limited 2020