



LUMINARY  
BAKERY

*Self-Care  
Pack*

**Week Eight**



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# Disclaimer

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

This week we're going to take a look at 'maintaining a hopeful outlook' from our 'steps to resilience' session.

When we've been through negative experiences, it can be hard to stay hopeful. Let's take a look at how we can use more hope to tackle our fears in difficult situations.

1

## Recognise your fear for what it is.

We all experience fear. But not everyone recognises it for what it is.

In order to rise above the feeling of being afraid and to turn it into hope, you must identify and name it when it bubbles up within you.

Then, instead of acting on that anxious, uncertain state, learn to simply say, "I'm feeling afraid right now, but I know it will pass." Like any emotional state, fear is only temporary and will not last if you learn watch it instead of wallow in it.

2

## Return to love

Hope is a form of love rooted in the idea that a better future is always possible. Hope plants a seed of love in the future and works in the present to help it grow.

Consciously choosing love helps to create connection, whereas unconsciously choosing fear helps to create disconnection.

You can always return to love and compassionately connect with others if you're willing to let go of the need to be certain and instead vulnerably communicate to those you feel safe with.

3

## Make a positive change

Hope, on the other hand, tells you that better days are ahead.

If you trust and work hard to make positive changes within yourself, you can work to achieve something bigger, better and more beautiful than you currently have. But that belief must be supported by action.

Hope without action is empty and meaningless in the same way that action based on fear does nothing to improve our lives or society.

Start with small realistic goals or changes you want to work on.

4

## Put it in to practice

Whether it's through meditation, daily affirmations, prayer, a gratitude journal, mindfulness or other exercises, the more you practice training your mind to focus on the good, the more it will find it by default over time.

You can help reset your mind to hope instead of fear.

You can live a life that's more optimistic than pessimistic. But it won't happen on its own, it will take consistency, patience and time.

You have what it takes.

# Visualisation

Some people find it helpful to visualise positive outcomes, rather than worrying about what you fear.

Below we've put together some techniques and tips we can try to help create a 'hopeful outlook'.



## ★ GOALS ★

### Visualisation Step One Establish your Goal

Decide on something you would like to have, enjoy, work toward or create. It can be a job, a business success, an internal healing from past hurt, more happiness, health or peace.

If you start small – say going for a 10 min walk instead of 30 mins – you can create a few victories and witness how powerful “rehearsing” success can be in actually attaining it. This is especially effective in eliminating procrastination.

Small victories inspire the motivation to create bigger ones.

### ‘Visualisation Step Two

Create a Detailed Picture of That Goal Already Attained

Create a mental “scene” of your desired outcome as if it's already achieved – and visualise it as happening right now.

In your imagination, what do you see? What do you hear? What's moving in that picture? What is still? What can you smell or touch or taste? Who's in it? How do they feel? How do you feel in that picture? Include as many sensual details as you can.

**Tip:** To draw out more details, draw a picture or create a vision board, a collage board of this scene achieved, what it would feel like if you have achieved your desire right now.

### Visualisation Step Three Add Positive Energy

As you focus on your goal, now add in positive, encouraging vibes.

Make strong positive statements to yourself: that your goal exists; that it has already come or is now coming to you. That it is good. That good is coming to you.

Now, blend into that mix your own positive emotions, laugh, smile, and celebrate the victory as it is occurring in your imagination. When you add these “affirmations” in the spirit of celebration, you naturally dissolve inner resistance, self-doubt and negative habits of thought. You suspend disbelief and reinforce experiencing the feeling that what you desire is real, good, possible and enjoyable as it is occurring in the moment, now.”



# 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

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

## Modern Slavery

Modern Slavery Helpline - 08000 121 700  
modernslaveryhelpline.org



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