



LUMINARY
BAKERY

Self-Care Pack

Week Nine



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Welcome to week 9 of your weekly self-care pack!

• This week we're taking a look at how we can practice self-compassion, when taking care of ourselves. Long-term this will help us be more kind to ourselves, mentally and emotionally.

We may not even be aware that we have been being unkind to ourselves but with the steps below, we can start practicing being more kinder and loving to ourselves.

Steps to Practicing Self-Compassion

<https://positivepsychology.com/self-compassion-5-steps/>

Step One Practice Forgiveness

Don't punish yourself for your mistakes.

Acknowledge and accept that you or anyone else is not perfect, and be gentle with yourself when you are confronted with your shortcomings. You are valued by your friends, & family because of who you are, not because you haven't made mistakes.

You do not need to be a certain way to be worthy of love.

TIP: One way to remind yourself that you are worthy, even when you don't feel like it, is to put a sticky note on your mirror, fridge or somewhere where you can remind yourself with a message reminding you to be gentle and kind with yourself.

Step Two Create a mindset of growth

Do you view challenges as impossible obstacles or as opportunities to grow?

Viewing situations as an opportunity to grow is more helpful.

Embrace rather than **avoid** challenges, persist in finding meaning in them, and don't give up on yourself.

TIP: When you find you are criticising yourself and negatively comparing yourself with others, try to find inspiration in their successes and strengths instead of putting yourself down.

Step Three

Express Gratitude

Rather than wishing for what we don't have, there is strength in appreciating what we do have, right now.

By focusing on our blessings we employ a gentler inner voice and move the focus away from our shortcomings and outward to the world, with all its beauty.

TIP: You can choose to write a gratitude list in your journal or go for gratitude walks e.g. What can you see? what can you hear? What can you smell.

Step Four

Find the Right Level of Generosity

When being generous, make sure you are aware of your own needs before progressing. If someone you know needs help, you may want to help them straight away, which can sometimes be known as 'people pleasing'. Unfortunately, this can become draining because we haven't checked in with our own needs first.

If you face a similar situation, then before reacting, ask yourself:

Do I have the resources available?

Do I have enough energy for this right now?

What will support my own well-being?

If you feel equipped to give to others then have fun being generous. See the difference you make and do not forget to give back to yourself. Doing good for others makes us happy, but only if it does not reduce your own levels of well-being.

Step Five

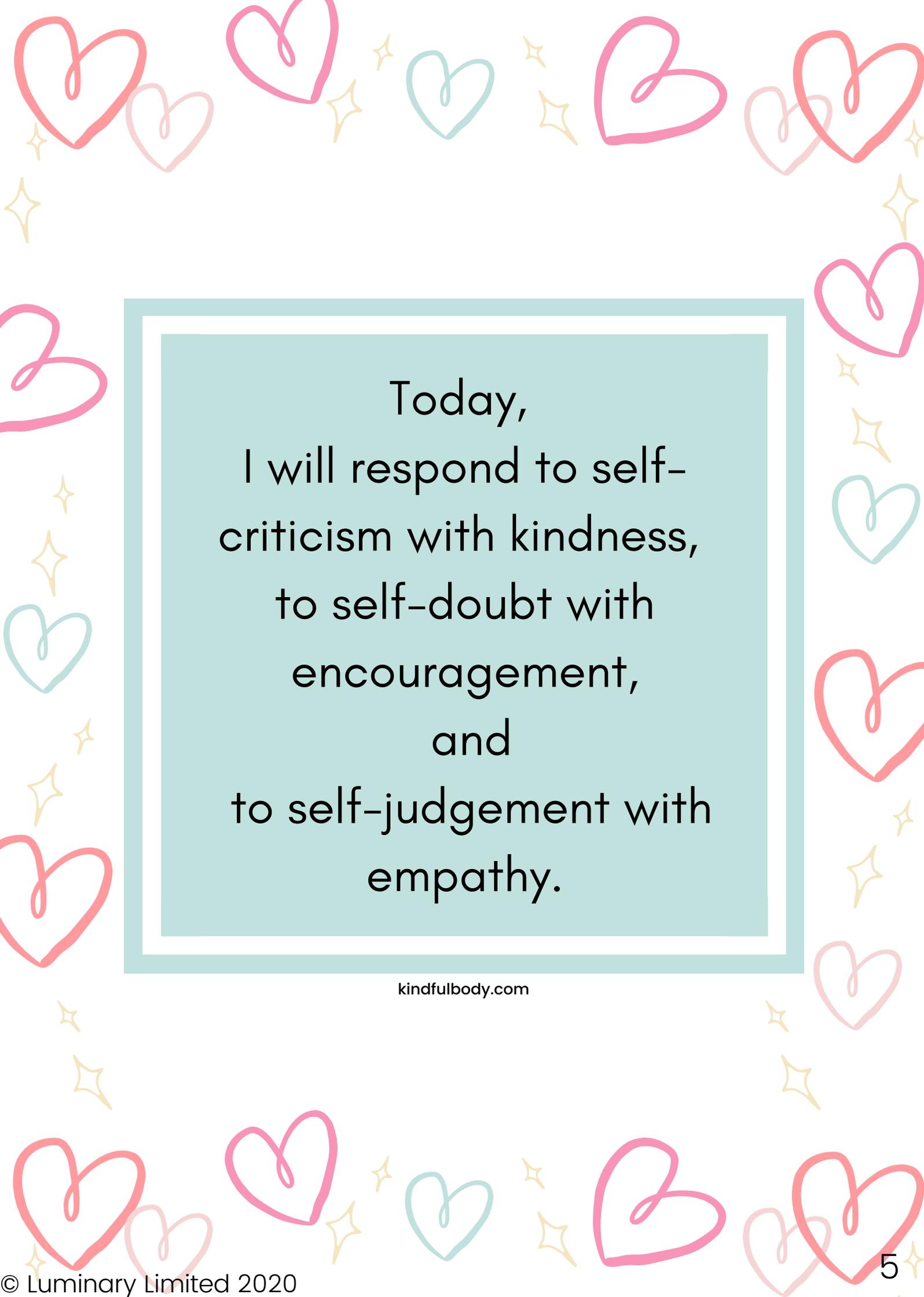
Be Mindful

Mindfulness has been found to have a positive impact on self-compassion, as it has a tendency to lessen self-judgement. Strive to always be in the moment and to be aware of what is happening right now, without judgement and labelling.

Allow what you think or feel to have its moment.

Allow it to come, and then, without attachment, let it go.

TIP: Try one of our meditation audios sent with our previous packs to help you become more aware of what is happening your mind and body.

A decorative border surrounds the central text, featuring various colored hearts (red, pink, teal) and small yellow stars scattered across the white background.

Today,
I will respond to self-
criticism with kindness,
to self-doubt with
encouragement,
and
to self-judgement with
empathy.

kindfulbody.com



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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