



# Self-Care System





**Thanks for pre-ordering the book, *Mindset Training: Conquer Your Mind and the Rest Will Follow*. I'm so thrilled to have you embark on this journey of discovery and personal growth!**

As a token of my appreciation, I'm delighted to offer you a free bonus: a self-care starter system designed to support you on your path to transformation. This system is thoughtfully crafted to help you prioritize your well-being, cultivate mindfulness, and foster positive change in your life. May these resources empower you to embrace self-care as a cornerstone of your journey towards greater fulfillment and happiness. Thank you once again for your support, and wishing you joy, growth, and abundance on your path ahead.

**In this self-care system, you'll receive:**

Digital Creative Journaling Prompts for Self-Care

Personalized Self-Care Routine Checklist

Digital Self-Care Retreat Guide

25 Relaxation Techniques for Unwinding and Recharging

Warm regards,

••• *Dr. Nekeshia Hammond* •••

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## Digital Creative Journaling Prompts for Self-Care

These digital journaling prompts are designed to inspire reflection, self-discovery, and personal growth. They can be used anytime to spark creativity and deepen your self-care practice.



### Self-Love:

Write a love letter to yourself, expressing appreciation for your strengths, resilience, and unique qualities.

List five things you admire about yourself and reflect on why each trait is valuable. Create a self-love affirmation collage using images, quotes, and affirmations that inspire feelings of confidence and self-worth.

### Gratitude:



Start a gratitude journal and write down three things you're grateful for each day, no matter how small. Reflect on a challenging situation or setback and identify at least one thing you can be grateful for in the experience.

Make a gratitude jar by writing down moments of gratitude on slips of paper and adding them to the jar. Review the contents whenever you need a boost of positivity.



### Mindfulness:

Practice a mindful eating exercise by savoring each bite of a favorite food, paying attention to the taste, texture, and sensations in your body. Take a mindful walk outdoors and notice the sights, sounds, and smells around you. Pay attention to the sensations of movement in your body as you walk.

Create a mindfulness mandala by drawing or coloring a circular design, focusing on each stroke and breath as you create.

### Personal Growth:



Reflect on a recent challenge or obstacle you've faced and write about the lessons you've learned and how you've grown from the experience. Set a personal growth goal for yourself and create a plan of action with specific steps to help you achieve it. Make a list of books, podcasts, or courses that inspire you to continue learning and growing, and commit to exploring one new resource each month.





## Personalized Self-Care Routine Checklist

This personalized self-care routine checklist is designed to help you prioritize your well-being and incorporate self-care activities into your daily life. Customize the checklist to fit your preferences and schedule, and remember to be flexible and compassionate with yourself as you cultivate a healthier, happier lifestyle.

### Morning:



**Meditation:** Start your day with a 10-minute meditation session to center yourself and set a positive tone for the day ahead.



**Gratitude Journaling:** Spend a few minutes journaling about things you're grateful for, focusing on the blessings in your life.



**Stretching or Yoga:** Practice gentle stretching or a short yoga routine to wake up your body and increase flexibility.



**Healthy Breakfast:** Enjoy a nutritious breakfast to fuel your body and mind for the day ahead.



### Midday:



**Mindful Breaks:** Take short breaks throughout the day to practice mindfulness or deep breathing exercises, helping to reduce stress and increase focus.



**Healthy Snack:** Nourish your body with a healthy snack, such as fruits, nuts, or veggies, to maintain energy levels and avoid midday slumps.




**Nature Walk:** Spend time outdoors, even if it's just for a short walk around the block, to connect with nature and recharge your batteries.





**Positive Affirmations:** Repeat affirmations or mantras that resonate with you to boost self-confidence and cultivate a positive mindset.




## Evening:

 **Journaling:** Reflect on your day in your journal, jotting down thoughts, feelings, and any highlights or challenges you experienced.


 **Exercise:** Engage in physical activity that you enjoy, whether it's a workout at the gym, a walk in the park, or a dance session in your living room.


 **Relaxation Techniques:** Wind down before bed with relaxation techniques such as deep breathing, progressive muscle relaxation, or a warm bath.


 **Digital Detox:** Disconnect from screens at least an hour before bedtime to promote better sleep quality and relaxation.



## Weekly:

 **Self-Care Activity:** Dedicate time each week to engage in a self-care activity that brings you joy, whether it's reading a book, practicing a hobby, or spending time with loved ones.

 **Meal Planning:** Plan and prepare healthy meals and snacks for the week ahead, focusing on nourishing foods that support your well-being.

 **Personal Development:** Set aside time for personal growth activities such as reading, learning a new skill, or attending a workshop or class.





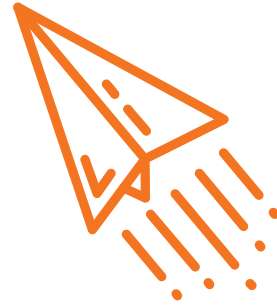
## Digital Self-Care Retreat Guide

# Introduction

Write a love letter to yourself, expressing appreciation for your strengths, resilience, and unique qualities.

List five things you admire about yourself and reflect on why each trait is valuable.

Create a self-love affirmation collage using images, quotes, and affirmations that inspire feelings of confidence and self-worth.





## Digital Self-Care Retreat Guide

# Setting the Scene



Before you begin your self-care retreat, set the stage for relaxation and tranquility. Create a peaceful environment by decluttering your space, dimming the lights, and setting up cozy cushions or blankets. Consider incorporating elements of nature, such as plants or natural scents, to enhance the soothing ambiance. Take a few moments to set your intention for the retreat and create a sense of sacredness in your space.





## Digital Self-Care Retreat Guide

# Meditation Exercises



### **Breath Awareness Meditation:**

Sit comfortably and focus your attention on your breath. Notice the sensation of each inhale and exhale, allowing your breath to anchor you to the present moment.



### **Body Scan Meditation:**

Lie down and bring awareness to each part of your body, starting from your toes and moving up to your head. Notice any areas of tension or discomfort and consciously release them with each exhale.



### **Loving-Kindness Meditation:**

Visualize sending love and compassion to yourself and others. Repeat phrases such as "May I be happy, may I be healthy, may I be at peace" to cultivate feelings of kindness and connection.







## Digital Self-Care Retreat Guide

# Yoga Routines



### Sun Salutation Sequence:

Flow through a series of poses, including downward dog, forward fold, plank, and upward dog, to energize your body and uplift your spirits.



### Restorative Yoga Practice:

Relax into gentle, supported poses using props such as bolsters and blankets to promote deep relaxation and release tension.



### Mindful Movement Flow:

Move mindfully through a sequence of poses, syncing your breath with each movement to cultivate presence and awareness.





## Digital Self-Care Retreat Guide

# Mindfulness Examples and Relaxation Techniques



### **Mindful Eating:**

Practice mindful eating by savoring each bite of your meals, noticing the flavors, textures, and sensations in your body.



### **Nature Mindfulness Walk:**

Take a leisurely walk outdoors and immerse yourself in the sights, sounds, and smells of nature. Notice the beauty around you and cultivate a sense of gratitude.



### **Progressive Muscle Relaxation:**

Tense and release each muscle group in your body, starting from your toes and working your way up to your head. Allow yourself to sink into a state of deep relaxation and peace.





## Digital Self-Care Retreat Guide

# Closing Thoughts



As your self-care retreat comes to a close, take a moment to express gratitude for the time you've dedicated to yourself. Reflect on the insights and experiences you've gained during your retreat and carry them with you as you return to your daily life. Remember that self-care is an ongoing practice, and it's important to prioritize your well-being every day. Take small moments each day to nurture yourself and honor your needs. You deserve it!

**Enjoy your Digital Self-Care Retreat, and may it bring you peace, rejuvenation, and inner harmony.**





# 25 Relaxation Techniques for Unwinding and Recharging





Practice TAI CHI or QIGONG.

Have a picnic in a park or garden.

Take a nap or rest in a comfortable spot.

Practice gentle self-massage or use a massage tool.



Do a guided relaxation or visualization exercise.



Practice laughter yoga or watch a comedy show.



Spend time gardening or tending to plants.



Spend quality time with loved ones, sharing stories or enjoying a meal together.



Have a quiet, technology-free evening.



Practice gratitude by writing down things you're thankful for.





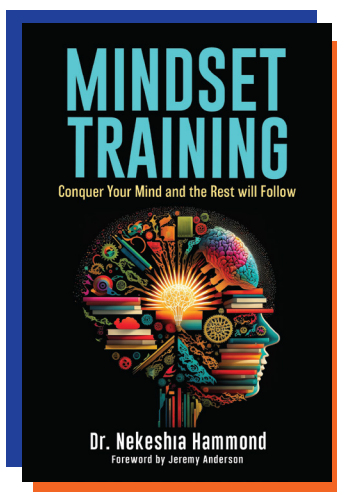
Dr. Nekeshia Hammond is a distinguished psychologist, executive coach, international speaker, and the founder of Hammond Psychology & Associates, a private practice in the Tampa Bay area. Widely recognized for her profound insights into mental health, burnout prevention, and leadership development, Dr. Hammond is also the host of the acclaimed series.

## Mental Health Moment with Dr. Hammond

*Dr. Nekeshia*  
Hammond

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