



*the*  
SELF CARE  
*workbook*

created by  
*Dr Karen Singh*

# Dr Karen Singh



**NEUROBEHAVIOURAL CHIROPRACTOR  
WELLNESS CONSULTANT**

Welcome! I am honoured to help you explore your psychology & physiology and guide you on your journey to wellness. This workbook is designed to create new neural pathways in your brain and override existing unhelpful behavioural patterns which no longer serve you. Healing takes time, consistent practice and faith in the process to create lasting changes.

I am a neuroscience nerd and have a special interest in mind-body medicine. The founding principle in healing is trust; This workbook contains the best of my clinical expertise and powerful tools to help you confront your fears, overcome objections and strive to be the best version of yourself.

Happy Healing x



# Self Care

## GOALS

*mind*

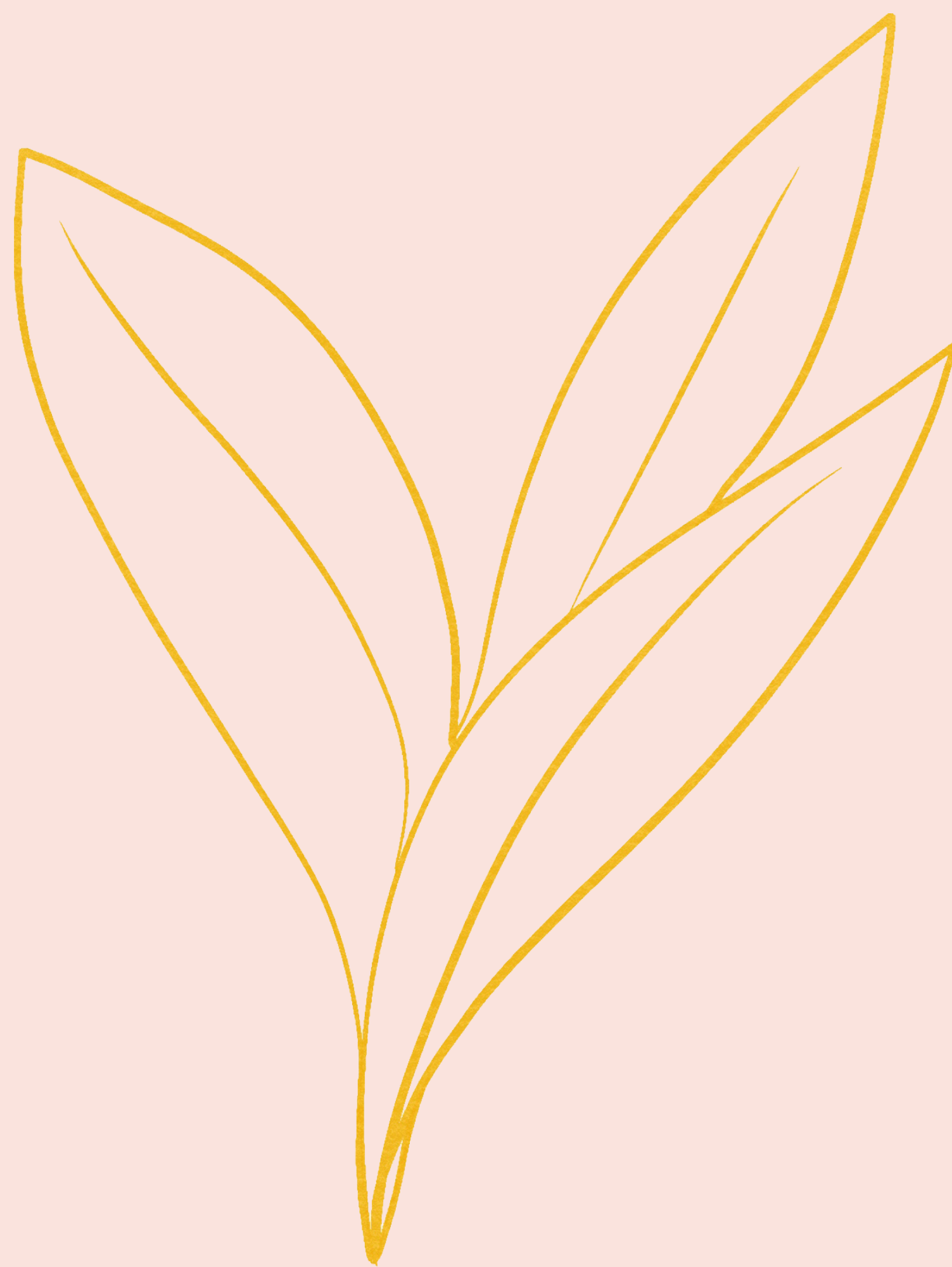
*body*

*soul*



wise mind is a dialectical  
behavioural therapy.

you must maintain a  
balance of logic and  
emotion to have a healthy  
perspective of life's  
challenges.



# *the three minds*

*decisions based on good feelings*

*reactive and defensive*

*difficulty thinking calmly*

*emotional mind*

*logical rational thinking*

*matter of fact*

*suppression of emotions*

*reasonable mind*

*balance of emotional & rational*

*living mindfully*

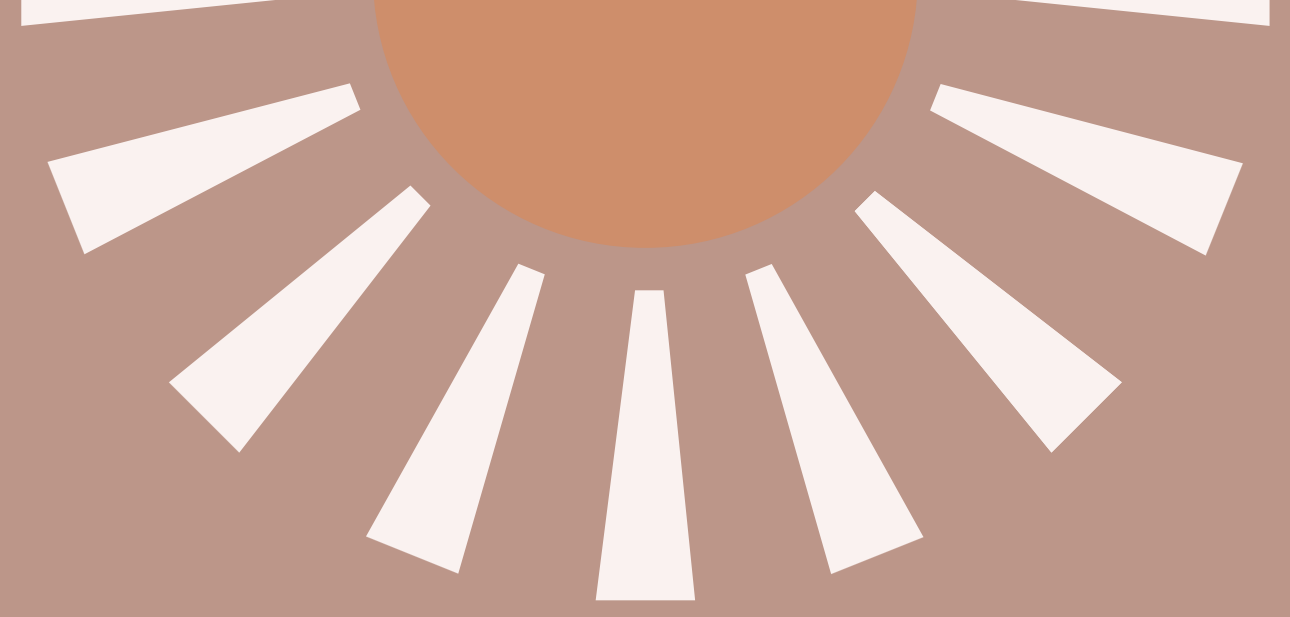
*promotes calmness*

*wise mind*



MIND YO' MIND





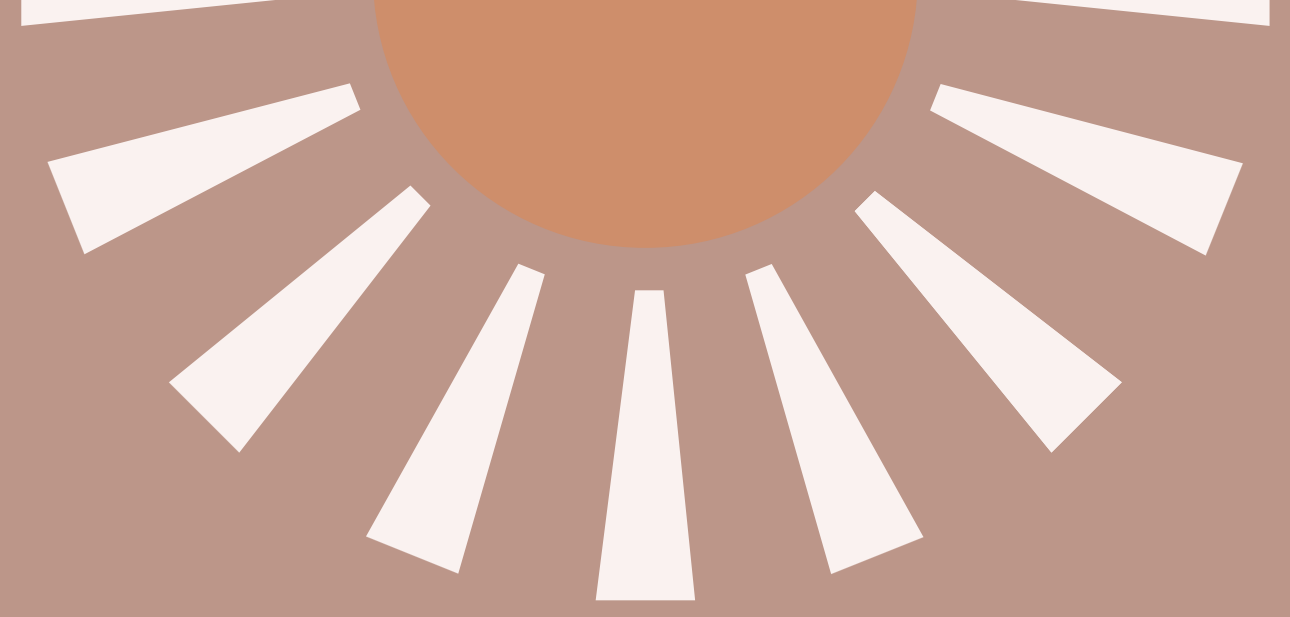
MY WORRIES

# REFLECTION

Go through each point on your mind dump and add them to the following categories







PERSONAL WELLNESS

# DAILY SELF CHECK IN

01

What is the state of my physical body today?

Are you carrying anything over from last week that is still impacting you?

02

How am I feeling right now?

What thoughts am I having in this moment?

03

What can I do today to support my wellbeing?

What positive predictions do I have about my day ahead?

# BREATHING

*activate your parasympathetic nervous system which calms you down reducing anxiety & stress*

1

*hands on  
your belly*

2

*inhale  
5 seconds*

3

*hold  
6 seconds*

4

*exhale  
7 seconds*

*repeat*

GET TO KNOW YOUR  
**MIND**

USE THIS PAGE TO WRITE & DRAW ANYTHING THAT INSPIRES YOU  
EXPLORE YOUR CREATIVE MIND

A large, empty white rectangular area occupies the lower two-thirds of the page, intended for the user to write or draw. The page is decorated with a light beige background, a thin brown wavy line in the top right corner, and a brown curved shape in the bottom left corner.

# *repeat after me*

## **fear worry stress**

fear is an illusion of the mind

i am strong and bold

i will elevate my thinking, empower myself and live my best life

## **anger agitation conflict**

i am in control of my emotions

i let go of my anger and resentment to see clearly

i choose to be happy today and everyday

## **forgiveness**

i forgive myself, i forgive my past and i am free

i release the burden of shame, guilt and self judgement

the challenges in my past are lessons for my future

## **peace wellbeing**

i am content and at peace

i choose to rise above all of my personal problems

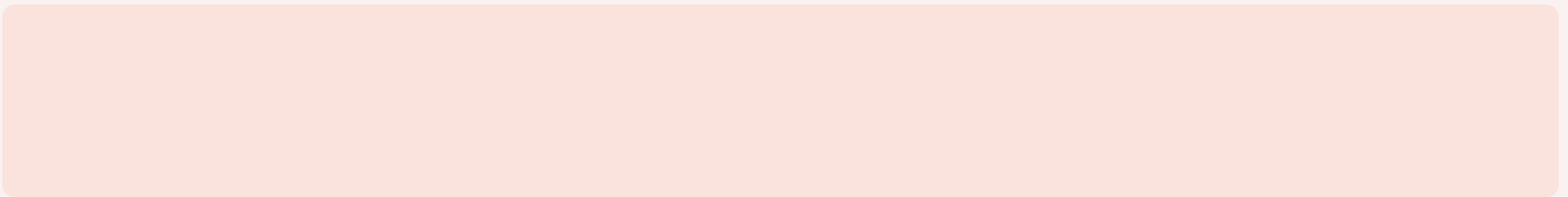
i am nurturing my mind, body and soul

*all is well*

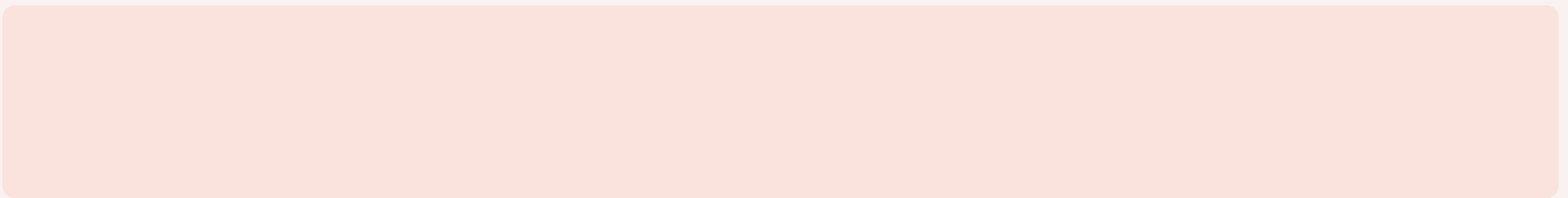
GET TO KNOW YOUR

# HEAD SPACE

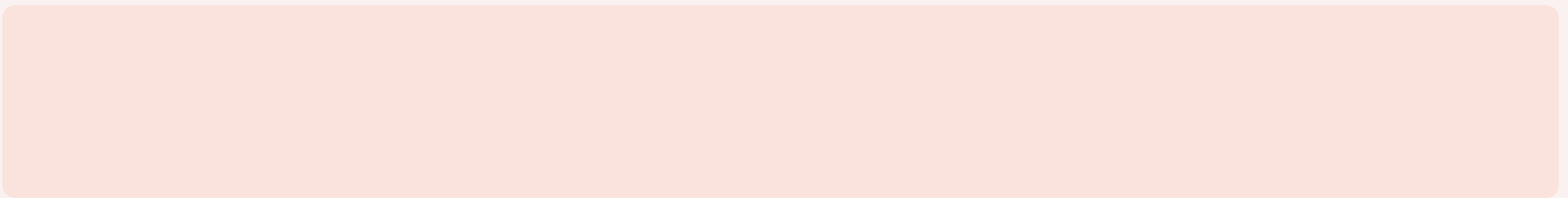
MANTRA OF THE DAY



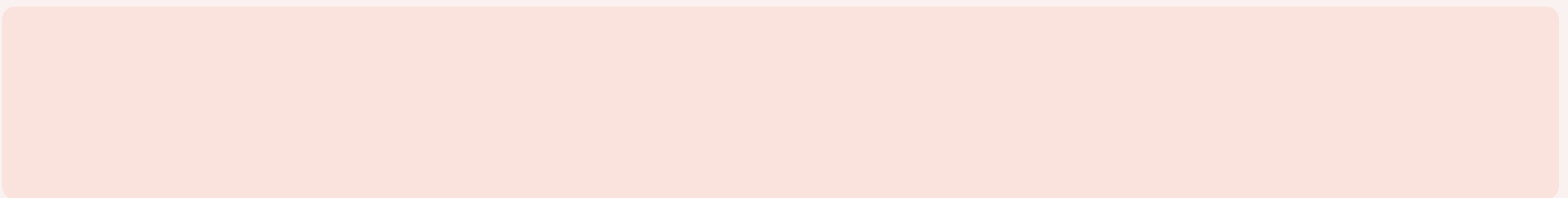
AFFIRMATION OF THE DAY



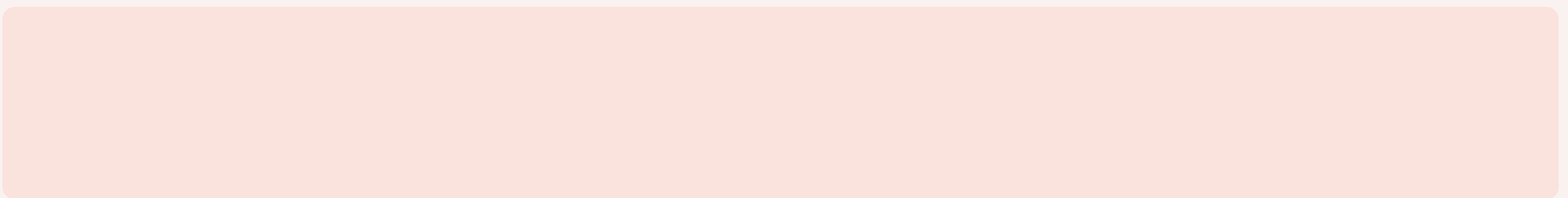
I WOULD LIKE TO FOCUS ON

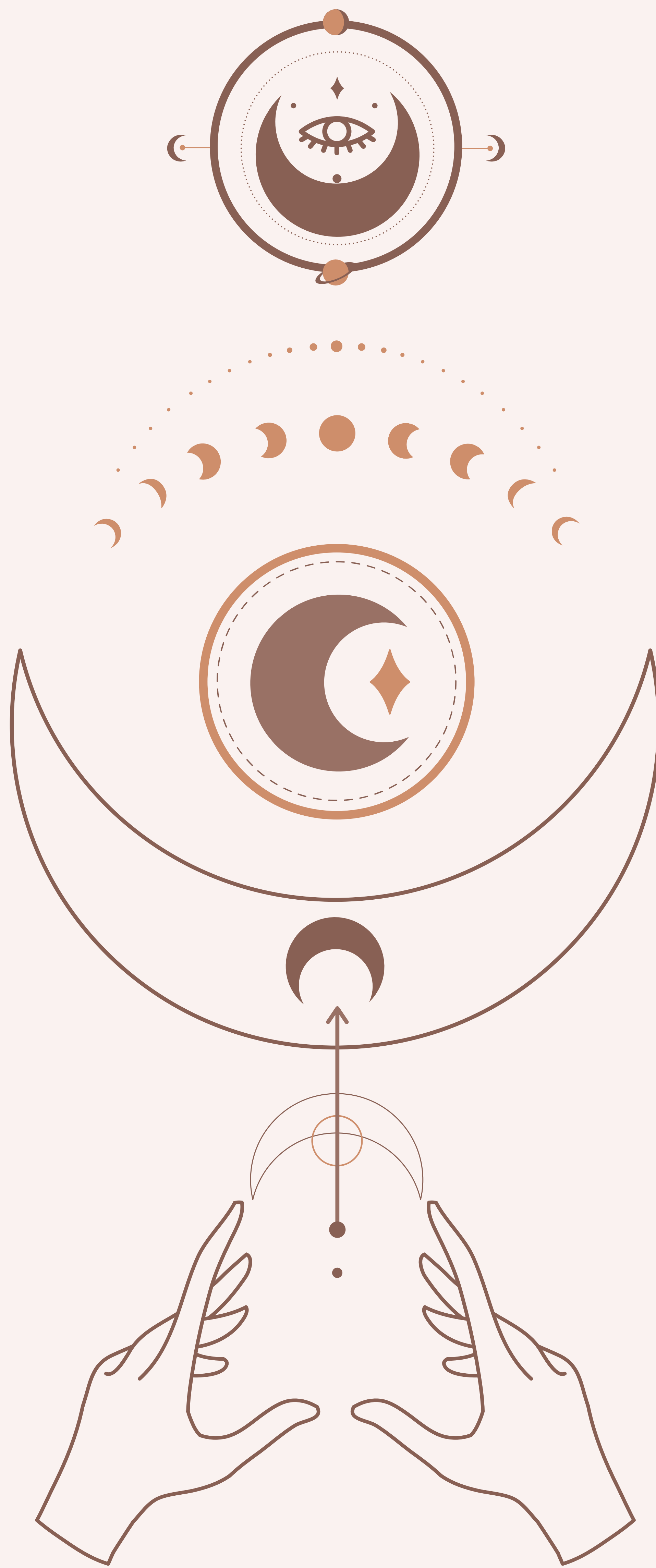


I AM GRATEFUL FOR



PERSONAL REFLECTIONS





*Believe in yourself. You are braver than you think,  
more talented than you know and capable of  
more than you imagine.*

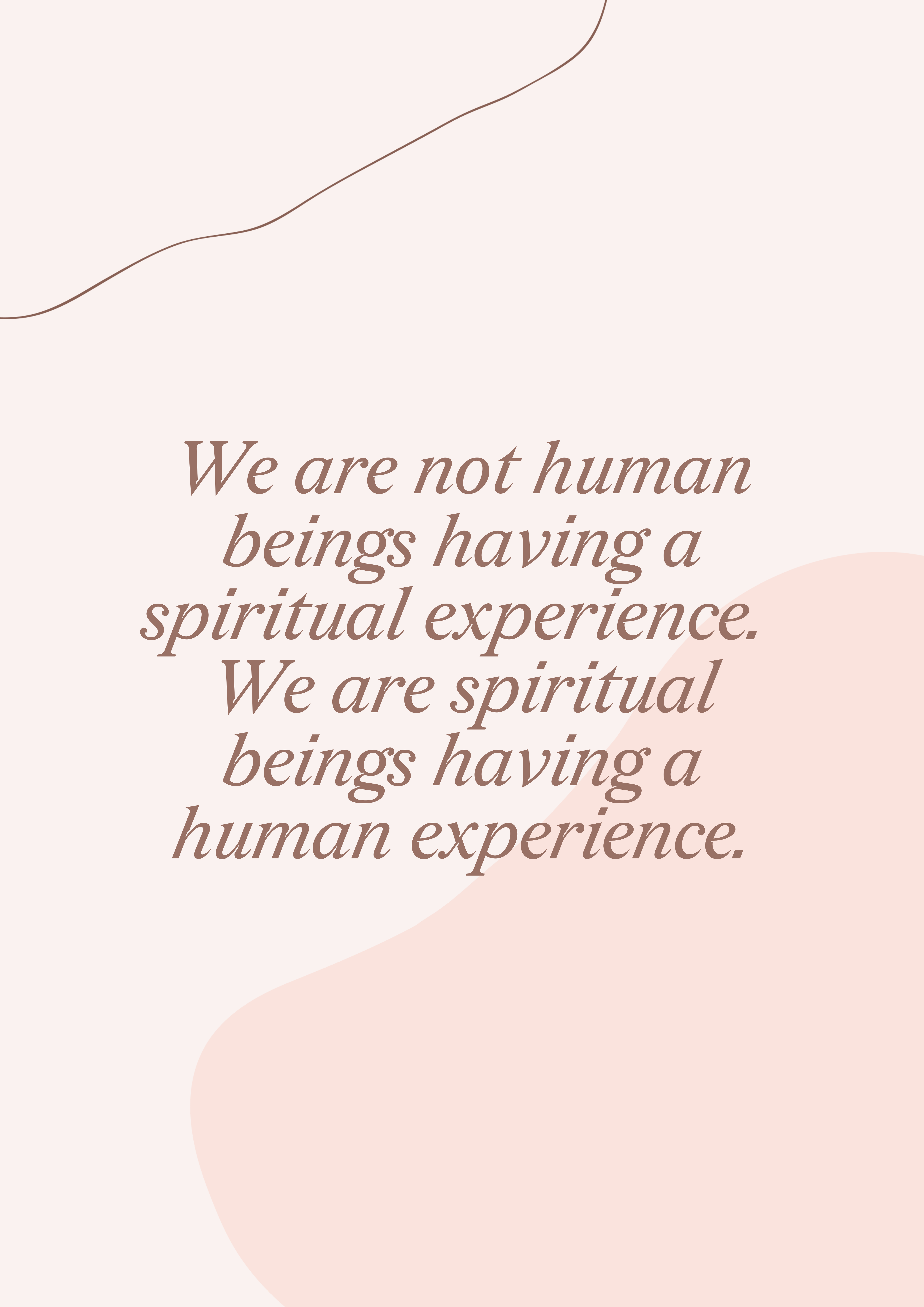
# Self Care Checklist

- TRY SOMETHING NEW
- GO ON A NATURE WALK
- MEDITATE
- MAKE A VISION BOARD
- CONNECT WITH FRIENDS
- WATCH YOUR FAV MOVIE
- HAVE A LONG NAP
- GIVE YOURSELF CREDIT
- PRACTICE DEEP BREATHING
- TAKE YOUR MEDICATION
- PLAN A FUN DAY OUT
- CALL A FAMILY MEMBER
- WRITE IN A JOURNAL
- LISTEN TO A PODCAST
- COOK YOUR FAVE FOOD
- LIGHT A CANDLE
- WRITE DOWN THINGS
- COMPLIMENT A STRANGER
- DANCE TO MUSIC
- EAT NOURISHING FOOD
- GO TO A WORKOUT CLASS
- TAKE A BREAK
- BUY SOMETHING GOOD
- READ A BOOK
- SAY YES TO SOMETHING FUN
- CUDDLE A PET
- DECLUTTER YOUR SPACE
- HAVE A LONG NAP

NOTE

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*We are not human  
beings having a  
spiritual experience.  
We are spiritual  
beings having a  
human experience.*



YOUR INNATE WISDOM

# INTUITION

your carry innate wisdom, lets explore it!

your **01** gut feeling

your **02** gut feeling

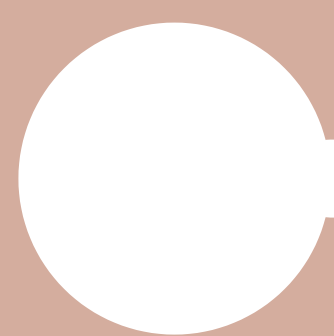
Intuitive thoughts come from a higher realm of consciousness.

*trust . feel . connect*

your **03** reponse

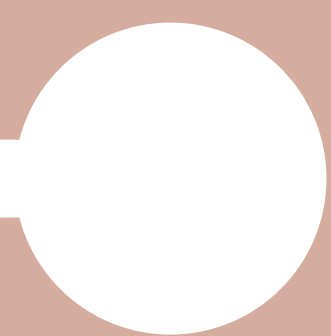
*your body is present...*

*are you?*



*past*

*present*



*future*

WHEN YOU GET ANXIOUS

# BREAKDOWN

WHAT IS TRIGGERING MY ANXIETY?

Blank space for writing the answer to the question: WHAT IS TRIGGERING MY ANXIETY?

WHAT ARE SOME OF THE THOUGHTS THAT I AM HAVING?

Blank space for writing the answer to the question: WHAT ARE SOME OF THE THOUGHTS THAT I AM HAVING?

HOW IS MY BODY RESPONDING?

Blank space for writing the answer to the question: HOW IS MY BODY RESPONDING?

WHAT ARE 3 POSITIVE THOUGHTS TO HELP CALM MY MIND?

Blank space for writing the answer to the question: WHAT ARE 3 POSITIVE THOUGHTS TO HELP CALM MY MIND?

# IMPROVE

*creating healthy habits*

## SPIRITUAL GOALS

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- BELIEFS
- COMMUNITY
- MEDITATION
- SELF CARE
- MINDFULNESS
- BALANCE

## WHAT I NEED

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- 
- 
- 

## INTELLECTUAL GOALS

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- INTERESTS
- CONVERSATION
- EDUCATION
- STIMULATION
- BRAIN EXERCISE
- DEVELOPMENT

## WHAT I NEED

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- 
- 
- 

## FINANCIAL GOALS

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- WORK
- RETIREMENT
- SAVINGS
- INVESTMENT
- DEBT
- OTHER

## WHAT I NEED

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- 
- 
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## PHYSICAL GOALS

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- NUTRITION
- STRETCHES
- EXERCISE
- MEDICATION
- SLEEP
- SUPPLEMENTS

## WHAT I NEED

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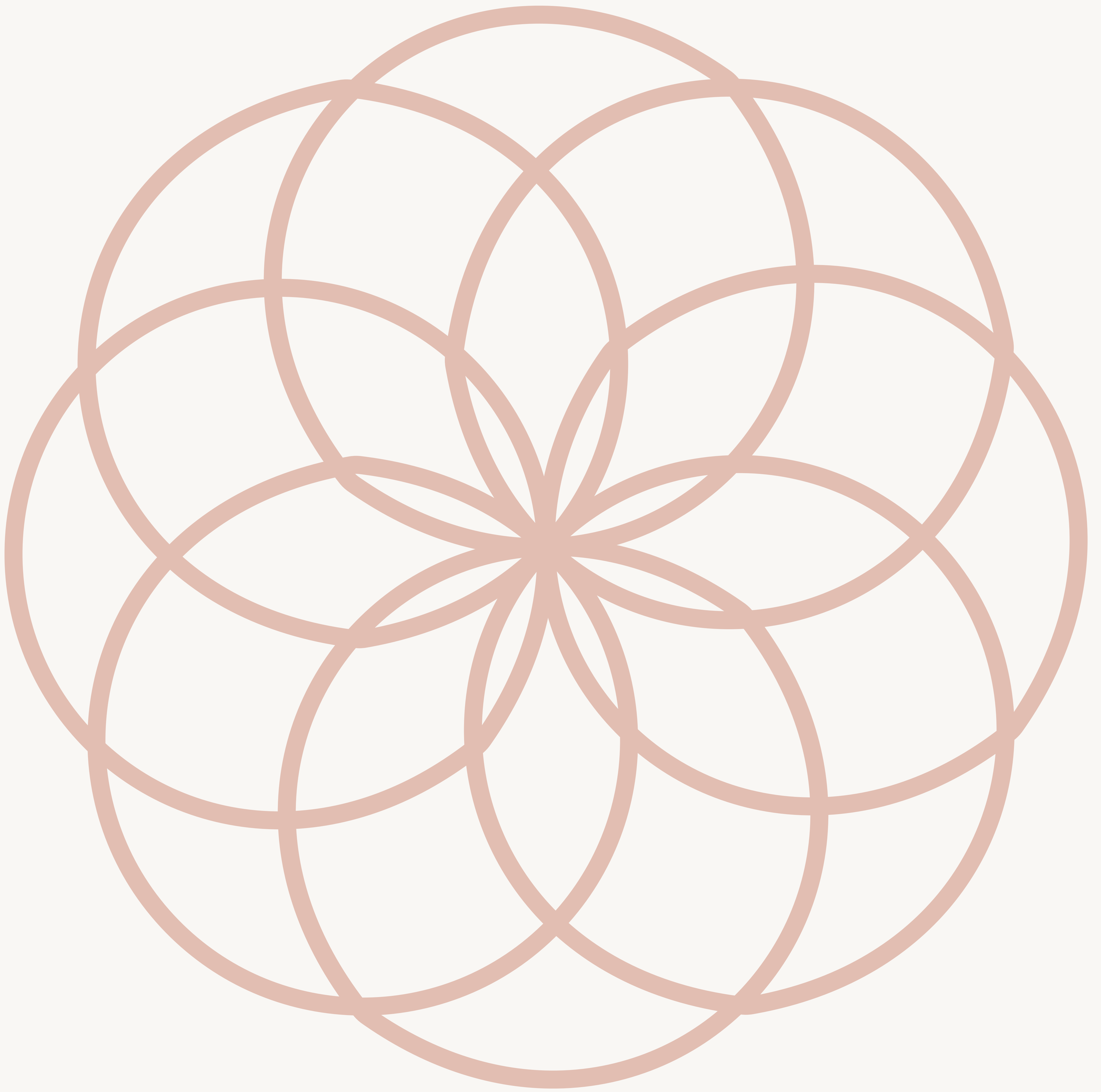
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KEEP TRACK YOUR

# Routines and Health

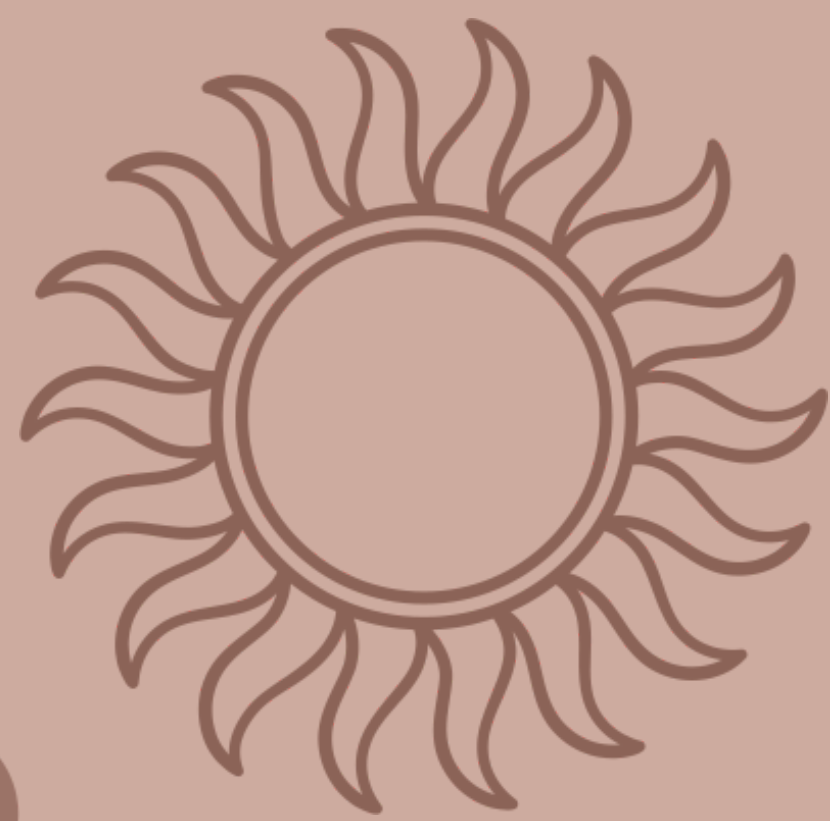


TRACK	MON	TUE	WED	THU	FRI	SAT	SUN
WAKE UP							
SLEEP (HOURS)							
MOOD							
ENERGY							
BREAKFAST							
LUNCH							
DINNER							
EXERCISE							
BEDTIME	☾	☾	☾	☾	☾	☾	☾



**COLOUR ME**

*IN OR OUT*



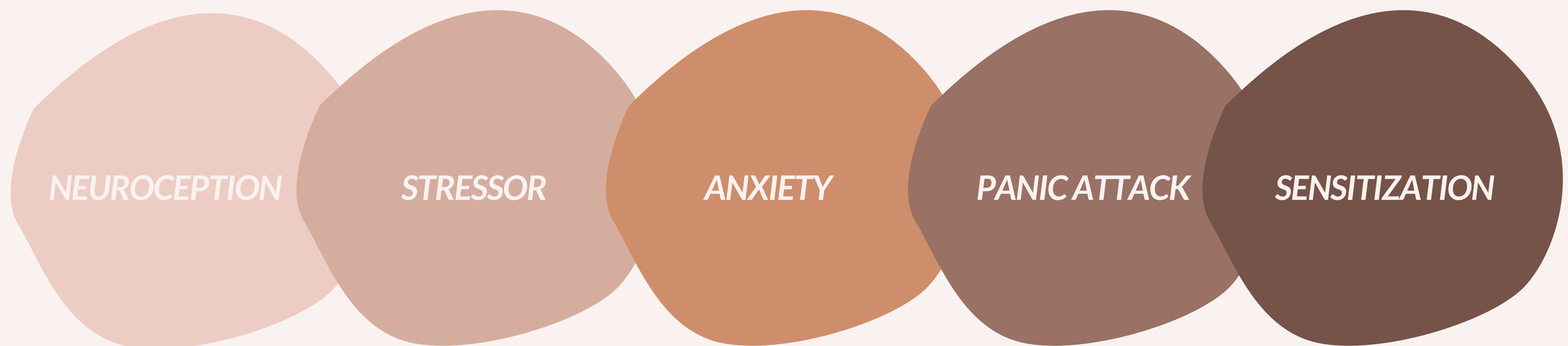
cognition. behaviours. emotions

*today you are you, that is truer than true.*

*there is no one alive who is youer than you.*

# ANXIETY

## EXPOSURE & DESENSITIZATION



**NEUROCEPTION** - The amygdala in the brain is constantly scanning for dangers

**PERCEIVED DANGER** - What we classify as stressful is unique to our values, beliefs & lifestyle

**ANXIETY** - The mind fears you do not have the ability to cope with the stressor

**PANIC ATTACK** - Sudden episode of intense fear triggering a physical bodily reaction

**SENSITIZATION** - Beliefs, trauma, behaviours, old protection mechanisms and negative outcome predictions make the amygdala more sensitive.

**DESENSITIZATION** - Retrain the anxiety alarms to stay calm when exposed to a trigger

**EXPOSURE** - A cognitive behavioural therapy skill to start doing the things we avoid due to fear or phobias. This helps desensitize the amygdala and reduce anxiety.

### MY ANXIETY TRIGGERS ARE

1

2

3

4

5

6



# Anxiety *and* Exposure Exercise

## THE EXPOSURE FORMULA

### repetition is key

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*Repetition is important for the brain to learn anything and anxiety is no exception. It takes consistent daily practice to adequately retrain the brain.*

### focus on anxious feelings

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*Focusing on the anxiety alarm is provoking a physiological response to a psychological situation.*

*We need to convince the amygdala that this trigger is not dangerous. Avoiding unpleasant feelings send a signal to the amygdala that the trigger is dangerous and we do not have the ability to cope. Focusing on the present experience during exposure exercises overrides the older neural pattern and strengthens the prefrontal cortex.*

### no safety behaviours

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*Safety behaviours are used in an attempt to prevent fears from coming true and to feel more comfortable in situations we are anxious about. Safety behaviours fuel anxiety and make it longer & stronger.*

### violate the expectations of the amygdala's fear

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*This can require the help of a trained professional. The key element is to understand what the anxiety is 'saying' and give the brain an opportunity to learn through experience that this prediction does not come true.*

*"I won't be able to tolerate this anxiety"*

*Often when this is the case, you may perceive the anxiety is more powerful than your ability to cope.*

*Once exposed for prolonged periods of time, you can see if this is true. Most people can tolerate their anxiety.*

*Exposure builds confidence and resilience which helps you with challenging future emotions and experiences.*

# Anxiety *and* Exposure Exercise

PICK A TRIGGER AND DESIGN AN EXPOSURE EXERCISE

ANXIETY TRIGGER	EXPOSURE EXERCISE	ANXIETY RATING
<i>Public Speaking</i>	<i>Speaking to a professional group</i>	9
	<i>Speaking to a group of friends</i>	6
	<i>Speaking to people I dont know</i>	8
	<i>Doing a speech for my mum</i>	5

# Exposure Tracker

IT TAKES 21 DAYS TO FORM A HABIT AND  
91 DAYS TO FORM A LIFESTYLE

*one*

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*two*

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# CalmDown.

*repeat after me*

## AUTOMATIC RESPONSE

*I will fall apart if this happens*

*I cannot cause someone else pain of any kind*

*If I am myself, people will not like me*

*If I avoid that task, I won't screw it up*

*If I try to achieve \_\_\_\_ I will not be good enough*

*I will not be able to handle rejection*

*If I confront my anxiety, it will never end*

*If I confront it, my anxiety will be intolerable*

*If I confront my anxiety, I will go crazy and explode*

*If I experience panic, I will pass out or suffocate*

## LEARNING EXPERIENCE

**I can hold myself together, this will help me grow**

**Pain is inevitable, it is not my job to protect others from pain. We can cope with pain**

**I will find people that like me just as I am**

**I make mistakes but generally things work out**

**Sometimes I am successful, sometimes not**

**I can survive rejection**

**Anxiety changes over time; it can be high and low**

**I am able to tolerate anxiety**

**I may feel bad, but I do not go crazy and explode**

**I don't actually pass out or suffocate, even if it feels like I might**



make  
today  
magical

# UNHELPFUL THINKING PATTERNS

## CATASTROPHISING

*Blowing things out of proportion*

## MIND READING

*Assuming you know what others think*

## FUTURE PREDICTION

*What If's & making predictions about what is going to happen*

## FILTERING

*Only focusing on one part of something, usually the negative*

## SHOULD-ING

*Being harsh or demanding of yourself; saying 'I should...'*

## BLACK & WHITE

*Seeing only one extreme good or bad right or wrong*

# CHALLENGING YOUR THOUGHTS

*re-write your responses in a more rational way based on fact*

AM I CONFUSING THIS THOUGHT WITH A FACT AND JUMPING TO CONCLUSIONS?

AM I TAKING THIS THOUGHT TOO SERIOUSLY?

AM I OVERESTIMATING THE THREAT IN THIS SITUATION?

AM I ASSUMING I HAVE ZERO CONTROL OVER THIS?



# A letter to my younger self

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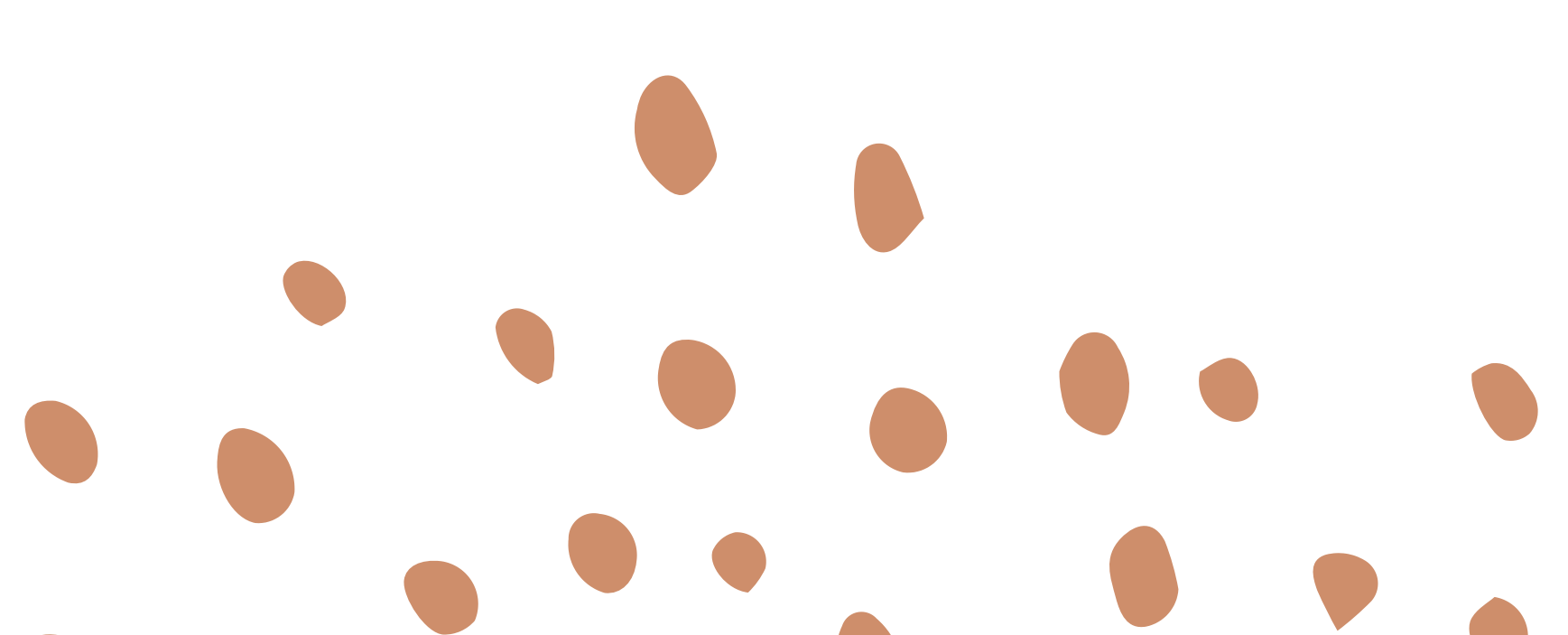
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MENTAL HEALTH WORD

# SCRAMBLE

FLSE\_EMTSEE

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ANLETM\_HEHLTA

---

DOBY\_ENAGUGLA

---

RSEEVTAIS

---

ORPGU\_HYPRAET

---

SGNPIKEA\_LSKILS

---

OOINETM

---

GERAVIEGSS

---





# My Highest Values

WHAT ARE MY GOALS FOR THIS LIFETIME?

ALIGN YOUR LIFE VALUES WITH YOUR GOALS

1

2

3

4

5





# A letter to my older self

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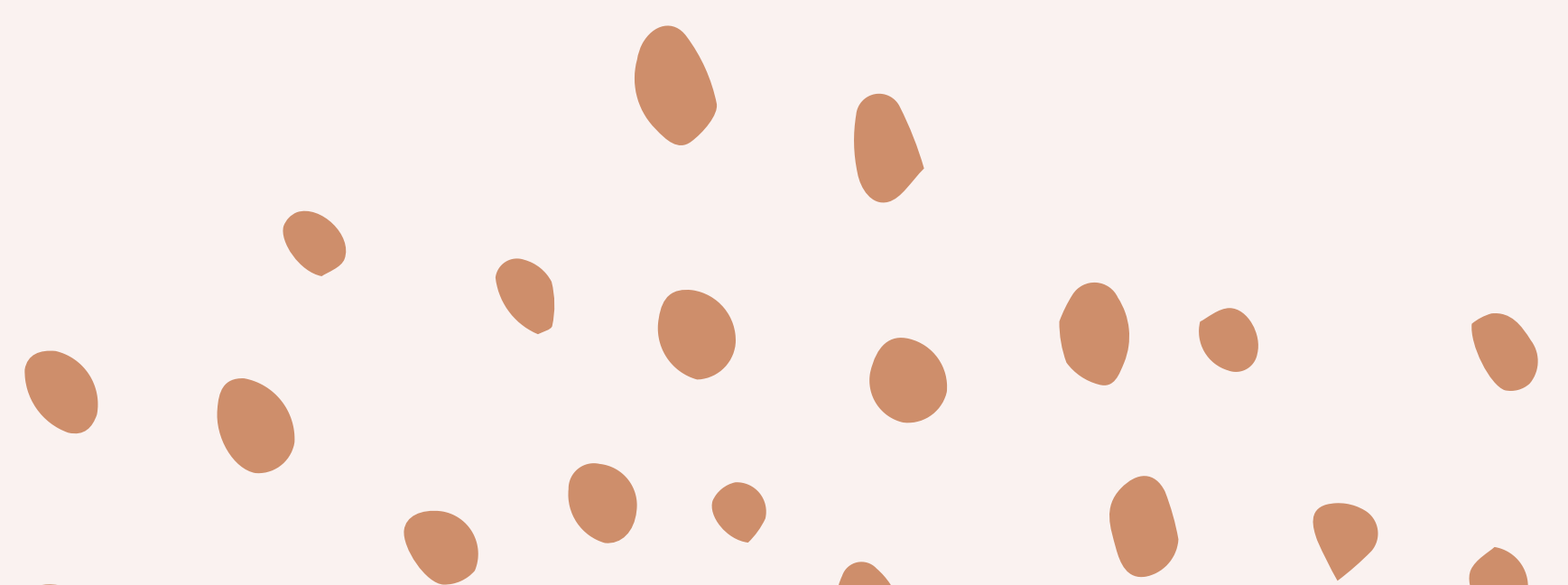
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I was doing the best  
I could at the time  
with what I knew

# Positivity Hunt

THIS WEEKS GOAL

MON

TUE

WED

REVIEW

THU

FRI

SAT

# Gratitude Journal

AN OPPORTUNITY THAT YOU HAVE TODAY



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SOMETHING GREAT THAT HAPPENED OR YOU SAW YESTERDAY



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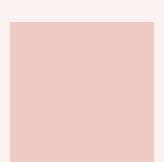


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AN OLD RELATIONSHIP THAT REALLY HELPED YOU



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NOTE

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THANK



YOU

[INFO@DRKARENSINGH.COM](mailto:INFO@DRKARENSINGH.COM)