



*7 Days, 7%
Happier
A Guide for Better Self Care*

Joelle Rabow Maletis & Associates, Inc.

Hello Friends!


March means Spring Time kickoff; it's my favorite time of the year! I love Spring- not quite summer but a little warmer which means it's almost beach time. For those of you that don't know, I'm from California. I love to enjoy the winter snow and summer sun. Spring is a time for renewal, rejuvenation and self-care. Why does self-care seem so daunting when it's cold and easier as the weather changes? It's hard to identify what self-care actually is and how to implement it when it should be easy, which we often say to ourselves. I think this is where we go sideways- it's not easy - there's no should about it.



*Let's look at it from creating micro-self care: little things we can do for ourselves, every day, that help us rejuvenate while becoming more resilient. Here's my top 5 Micro Self Care Favs: one, clean up my desk and organize; two, add fresh fruit in my water and drink more of it (try lime, lemon, or blueberry); three, listen to a fun playlist of my favorite tunes; four, send a silly joke/meme to my BFFs; and five, practice kindness towards myself by implementing 1-4 as well as practicing kindness towards others. When all else fails: I enjoy sipping a refreshing, decaf iced drink while barefoot outside with a friend or two - socially distant of course. It always makes me feel better. What do you have planned for your micro self-care today? As we begin to prepare ourselves, just notice where you are at this moment. Whatever you come up with is OK! For more information about how we can support you, reach out to **Joelle Rabow Maletis & Associates, Inc** - we're here to help! We wish you well and safety on your journey,*

A handwritten signature in black ink, reading "Joelle Rabow Maletis". The signature is fluid and cursive, with a large loop at the beginning and a long, sweeping underline.

Self-Reflections

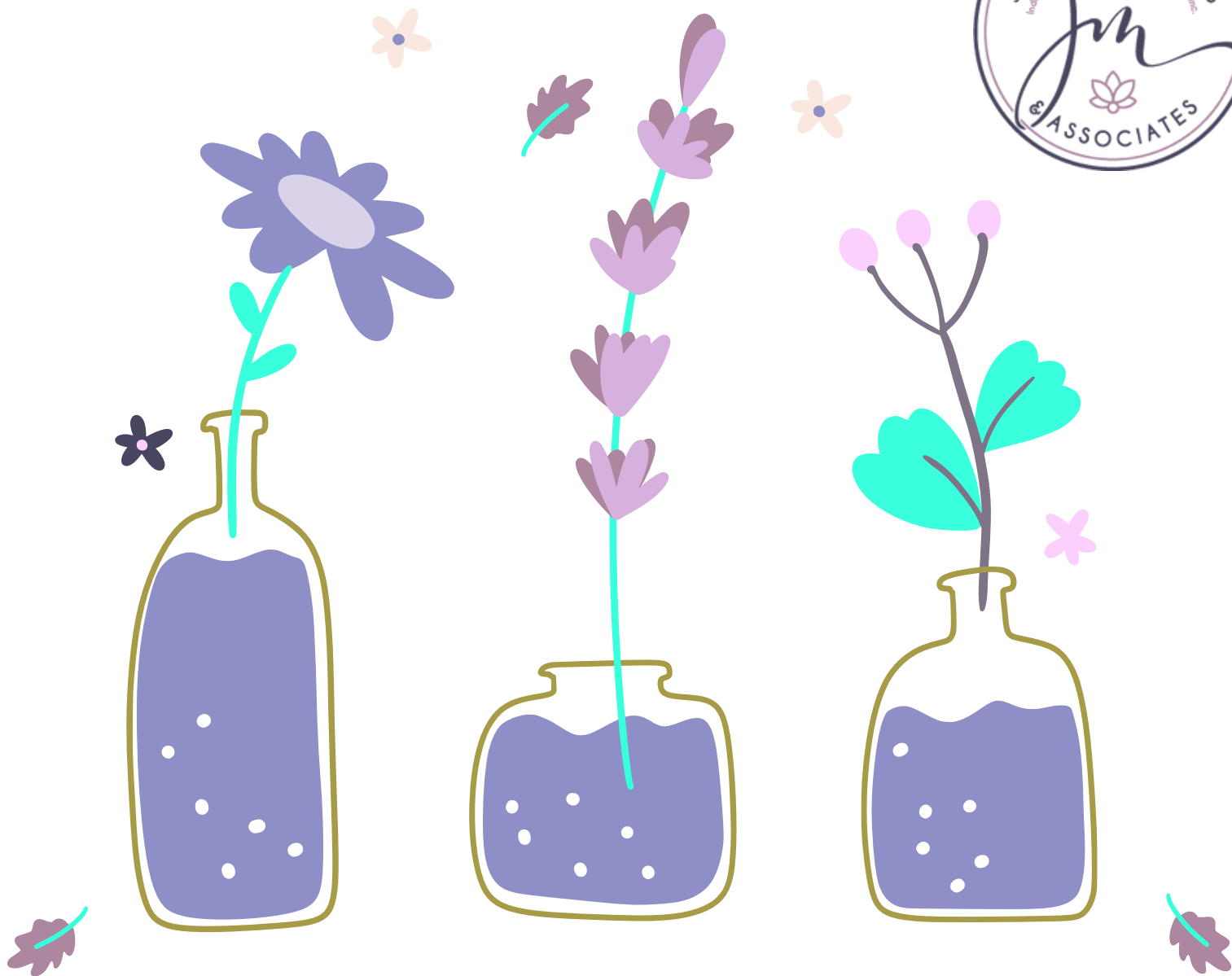


How do you care for yourself?

What are some ways you can imagine shifting yourself from surviving to thriving?

How do you challenge yourself?

As we begin to prepare ourselves, just notice where you are at this moment. Whatever you come up with is OK! This journal is designed for you to process at your own pace, going as deep as you want to go. Being successful is giving attention to working on yourself and it is a step towards healing and Post Traumatic growth! How do you take care of yourself? By identifying your Goal For Today every day, it helps you make a mind-shift towards motivation and self care. Let's spend the next 7 days identifying your daily goal as well as identifying your motivation word for the day. Mine today is: Perseverance. Doing the hard things and finding the grace for myself when I fail. Making the choice to work on yourself and growth can be terrifying! Often we're afraid to process for fear of reliving or re-experiencing our negative experiences, thoughts, behaviors and emotions. The place to start is preparing our mind, body and spirit for beginning your journaling process.



Self-Care

Joelle Rabow Maletis & Associates, Inc.

Day 1: What Is Self-Care?

Self-care is placing a high value on the well being and happiness of oneself. Self-care means taking care of yourself, not sacrificing your well being for the sake of others.



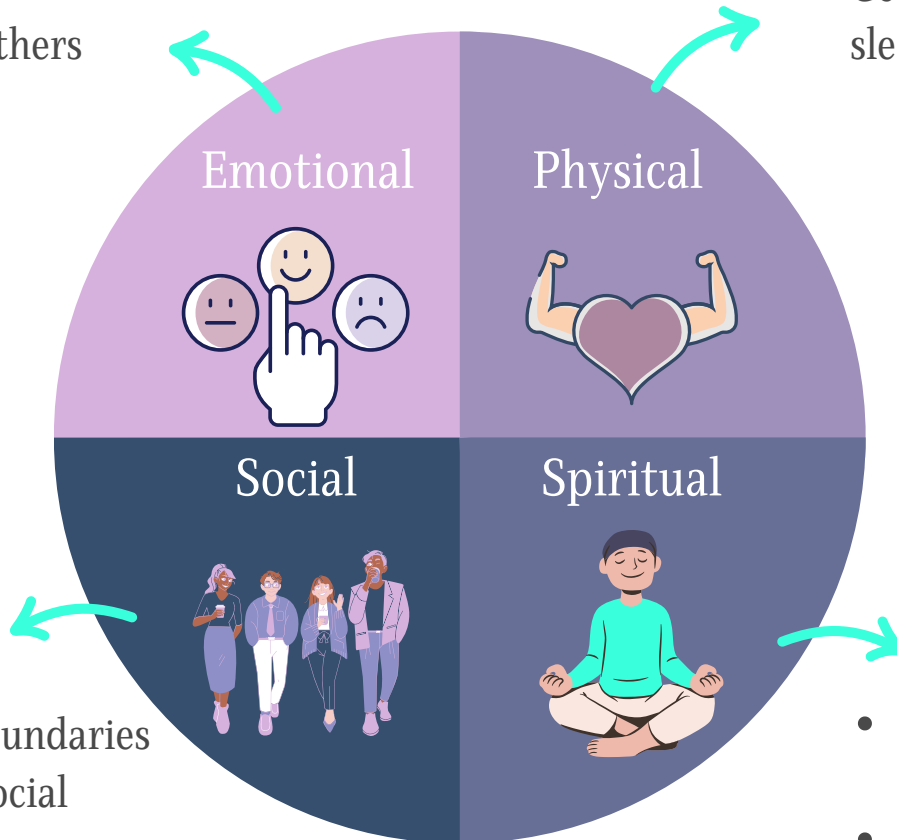
Reflection: what does self-care mean to you?

Types of Self-Care

There are many different types of self-care and each can influence your overall mental health and wellbeing. Read below to find out how you can optimize each area of your wellness.

- Stress management
- Self compassion
- Kindness towards others

- Moving your body
- Eating nutritious food
- Getting enough sleep



- Setting boundaries
- Positive social media influence
- Having a strong support system

- Meditation and mindfulness
- Journaling
- Spending time in nature

Weekly Self Care Check In

Month: _____

Week: _____

Tasks	Su	Mo	Tu	We	Th	Fr	Sa
Drank 6 glasses of water							
Had a healthy breakfast							
Moved my body							
Listened to calming music							
Decluttered a space							
Read for 15 minutes							
Spoke to a friend or loved one							
Went to bed before 11pm							
Limited my screen time before bed							
Did something I enjoyed							
Learned something new							
Did a hair mask							
Journalled about my day							
Practiced mindfulness							
Got direct sunlight							
Spent 30 minutes outside							
Pet a furry friend							
Made a gratitude list							
Wrote down positive affirmations							
Practiced kindness towards others							

What Is Your Self-Care For The Day?

*If change and self-care was easy - we'd all be doing it! Try one thing, one day at a time and see how you feel. If you feel like you can do it again, **GO FOR IT!** Just trying gets you closer to just doing. Success is not about the outcome, rather it's about the effort! What activity would you like to try? Circle your favorites below!*

Self-Care Routine

Stretch



Put away your phone



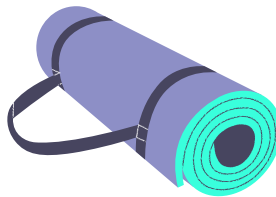
Hydrate



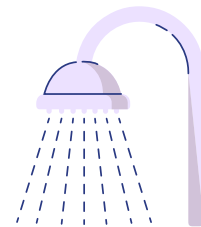
Drink tea



Workout



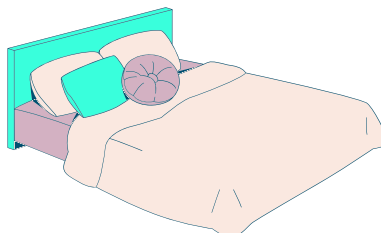
Shower



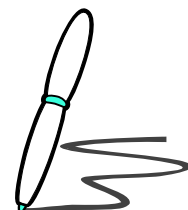
Practice gratitude



Make your bed



Write for a few minutes



My Self-Care Plan

What activities do you want to implement into your daily schedule? List them below:

My morning self-care activities:



My nighttime self-care activities:



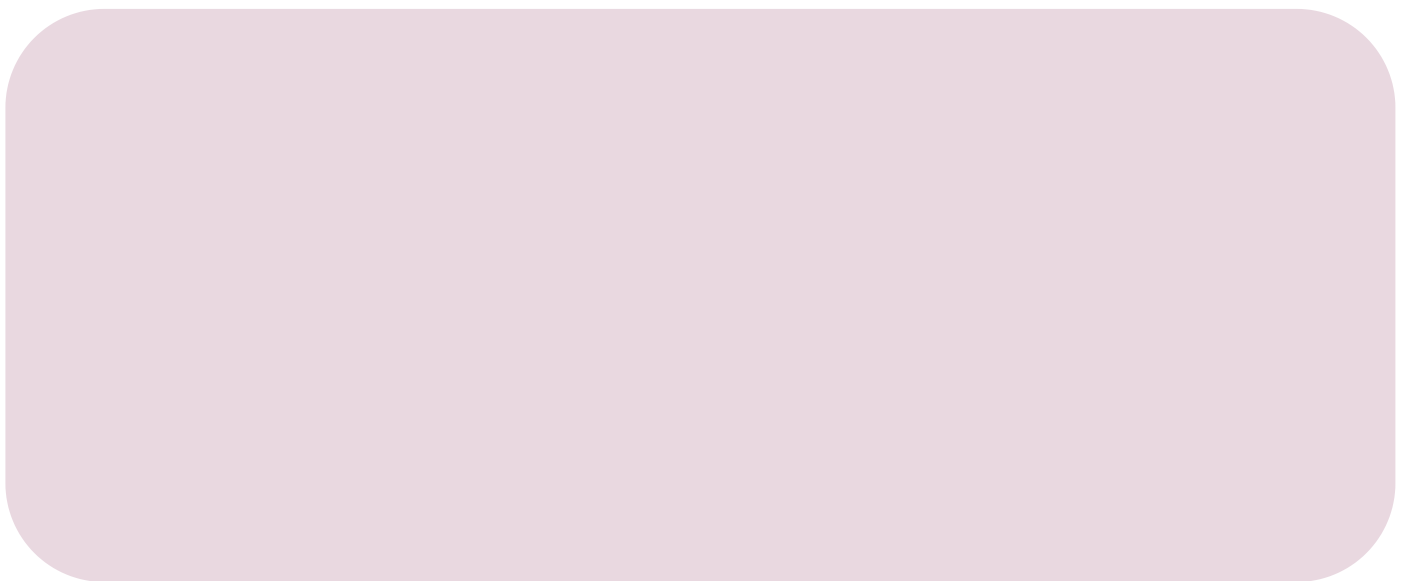
My Desires

I love _____
and I will do more of this today.

I can make positive changes in how I love today by...



How will I love myself today?





Daily Goals

Joelle Rabow Maletis & Associates, Inc.

Day 2: Identifying Your Daily Goals

By identifying your "Goal For Today" every day, it helps you make a mind-shift towards motivation and self-care. Let's spend the next 7 days identifying your daily goal as well as identifying your motivation word for the day. Mine today is: Perseverance. Doing the hard things and finding the grace for myself when I fail.

Today I will...

1

2

3

Daily goals

1

2

3

Identifying Your Daily Goals

I will move towards...

1

2

3

4

I will move away from

1

2

3

4

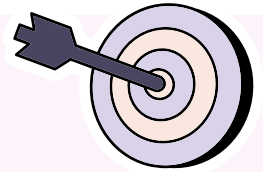
My SMART Goals

S.M.A.R.T. Goals can help you set realistic and achievable goals for yourself. Using this framework you can identify daily goals for yourself in order to create a habit.

S

Specific

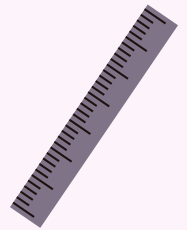
You have clearly defined actions you will be following to reach your goal



M

Measurable

There are ways that you can measure your progress and success over time



A

Attainable

The goal is attainable and realistic for you based on your current habits



R

Relevant

It's important to you that you achieve this based on your values and emotions



T

Time-bound

You can measure your success over a set period of time



Identifying Your Daily Goals

Create Your Own Smart Goals

For More Self-Love.....

Write them down below:

S

SPECIFIC

M

MEASUREABLE

A

ATTAINABLE

R

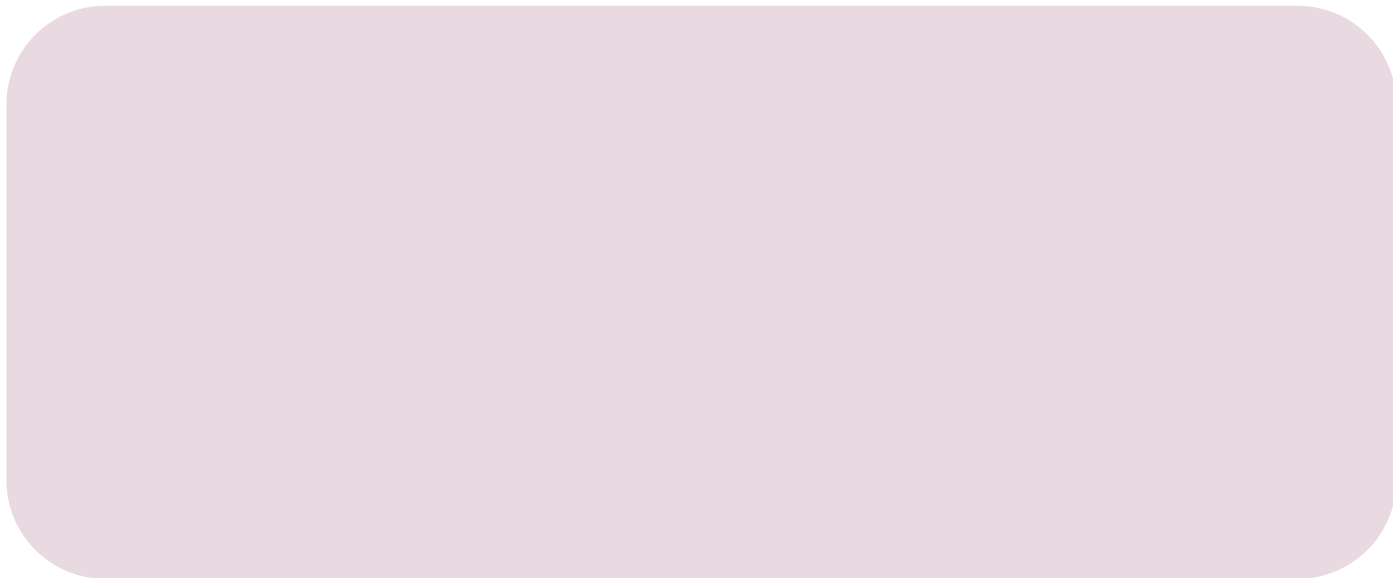
RELEVANT

T

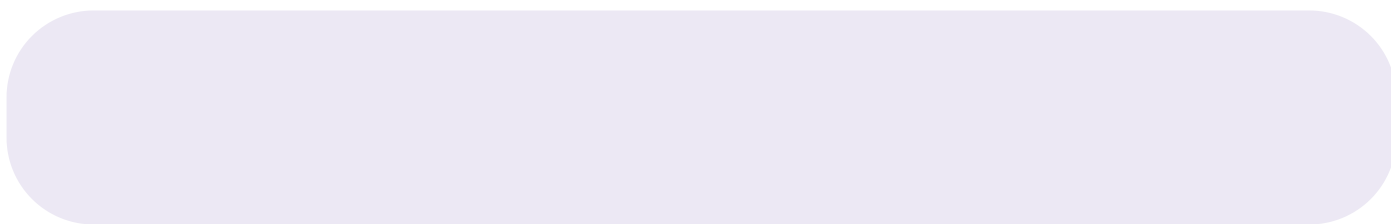
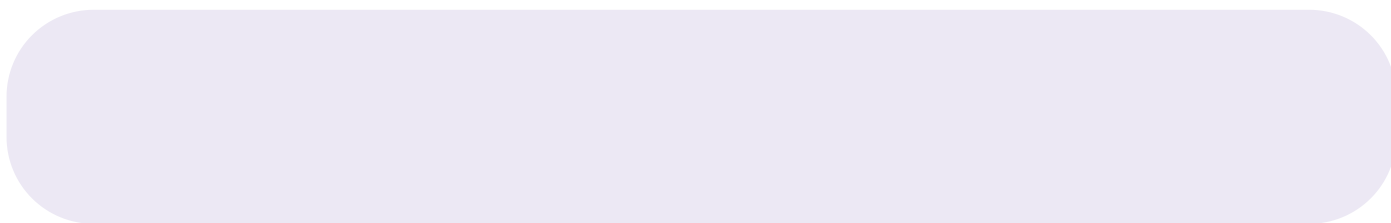
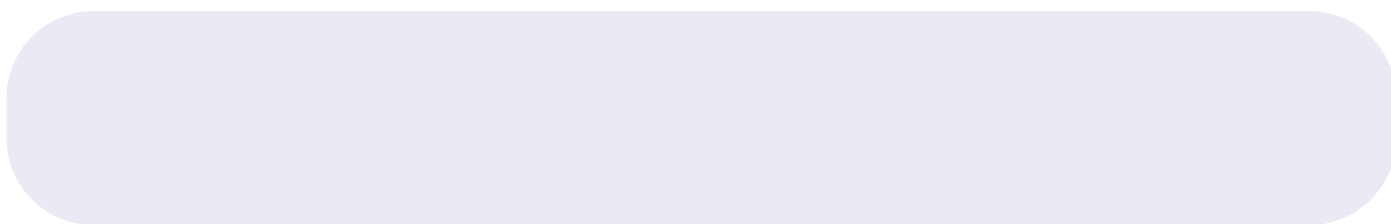
TIME-BASED

Goals For Today

My big dream is:



Motivational focus words for today:



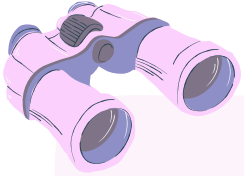


Grounding

Joelle Rabow Maletis & Associates, Inc.

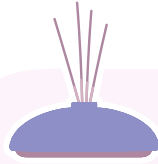
Day 3: My Guide to Grounding

Reduce Stress Using The 5 Senses



SIGHT

- Read a good book
- Use visualization techniques
- Spend time outside



SMELL

- Aromatherapy
- Scented candles
- Fresh air



SOUND

- Listen to your favorite song
- Do a guided meditation
- Sit outside



TASTE

- Warm chamomile tea
- Water with fresh fruit
- Eat a piece of dark chocolate



TOUCH

- Use a weighted blanket
- Cuddle a pet
- Wear soft clothing

What activity was most helpful for you?

Practicing grounding

My Grounding Guide

1

I will focus on my
breath by....

2

I will engage my
senses by...

3

I will ground myself
using...

4

One place where I can
ground myself is...

5

I will improve my self-
talk by...

6

I can bring myself
back to the present
moment by...

5-4-3-2-1 to Taking a Break

The purpose of this exercise is to help bring you back to the present by using your **5 senses**. To help manage your triggered thoughts, feelings and physical sensations, try the **5-4-3-2-1** grounding exercise.

Ground Yourself In 10 Seconds

Focus on your breathing, then identify



Remember to go slow, take as many breaks as you need; drink some water, get up and walk around as well as practice mindfulness breathing techniques. This will help you manage the triggered experiences as well continue to feel in control of your responses. You determine the speed at which you process your trauma.

*Let's begin by taking a deep breath: 5 – **LOOK**: Look for 5 things that you can see and say them out loud. (i.e. I see my bed, the laptop, the phone, the window, the dresser). 4 – **FEEL**: Pay attention to your body, think of 4 things you can feel, and say them out loud (i.e. feel the bedspread on me, the air on my skin, the soft pillow on my face, the smoothness of my shirt on my skin). 3 – **HEAR**: Listen for 3 sounds. The sounds can be in the house/room, outside the house/room, or your body (i.e. stomach rumbling). 2 – **SMELL**: Say two things you can smell out loud. You can move to another spot if you need to reach something to smell it or you can mention two of your favorite smells. 1 – **TASTE**: Say one thing that's your favorite thing to taste. End the exercise with another deep breath.*

Let's reflect on this experience. How was this experience for you and how did it make you feel?



Self-Reflect



After trying the grounding exercise, what did you notice...

In your body?

In your mind?

In your emotions
(feelings)?

In your space?



Awareness

Joelle Rabow Maletis & Associates, Inc.

Day 4: I'm Becoming Aware For me

Body Awareness and Mental Exercises



- Long, deep inhales through your nose, exhale out your mouth with puckered lips.
- Place both feet flat on the floor. Curl and uncurl your toes several times. Notice the sensations in your feet.
- Stomp your feet on the ground several times. Notice the sensations in your feet and legs as you stomp.
- Clench your hands, then release the tension. Repeat this 10 times.



- Name all the objects you see.
- Describe the steps of an activity you know how to perform well (shoot a basketball, tie a knot).
- Count backwards from 100 by 7.
- Pick up an object and describe its texture, color, size, weight and scent.
- Spell your full name backwards. Repeat with 3 other names.

How did that feel in your mind? In your body?

Body Awareness

Deep breathing is a breathing technique that involves taking slow, deep breaths from the diaphragm rather than from the chest. When one breathes deeply, they engage the diaphragm muscle, which helps to expand the lungs and increase the amount of oxygen flowing through the body.

Benefits of Deep Breathing



Reducing stress: Deep breathing can help activate the parasympathetic nervous system, which is responsible for calming the body's stress response.



Promoting relaxation: Deep breathing can help slow down the heart rate and reduce muscle tension, promoting a state of relaxation.



Increasing oxygen flow: Deep breathing can increase the amount of oxygen flow in the body, which can help improve overall physical and mental functioning.



Encouraging mindfulness: Deep breathing can be used as a tool to encourage mindfulness awareness of your breath and the present moment.

Body Awareness

Attending mindfully and with friendly curiosity to sensations can help break the cycle in which you struggle with reality of suffering.”

Dr. Ken A. Verni

A Chair Meditation

1. Find a comfortable chair and sit with your back straight and feet flat on the ground.
2. Close your eyes and focus on your breath, taking slow, deep breaths in through your nose and out through your mouth.
3. Allow your thoughts to come and go without judgment, simply observing them as they arise and then gently bringing your focus back to your breath.
4. You can also try visualizing relaxation spreading throughout your body as you breathe in and tension leaving your body as you breathe out.
5. Continue meditating for as long as you like, gradually bringing your awareness back to your surroundings when you're ready to finish.



Progressive Relaxation

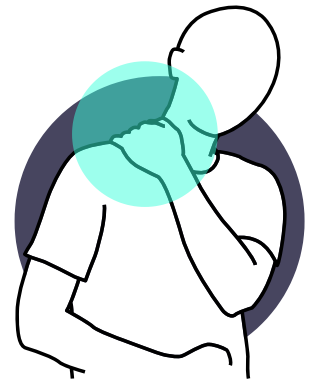
Try the following:



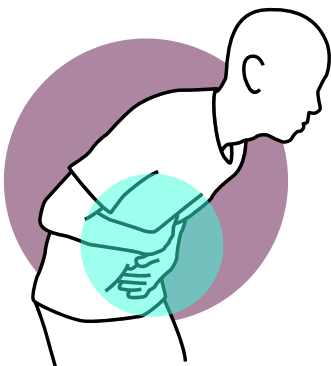
Neck: Nod yes and no, and make slow circles in both direction



Eyes: Squeeze your eyes tightly shut and then release



Shoulders: Lift your shoulder blades together, then release them



Stomach: Suck in your abdomen gently, then release the tension



Jaw: Open and close your mouth, then move it left to right



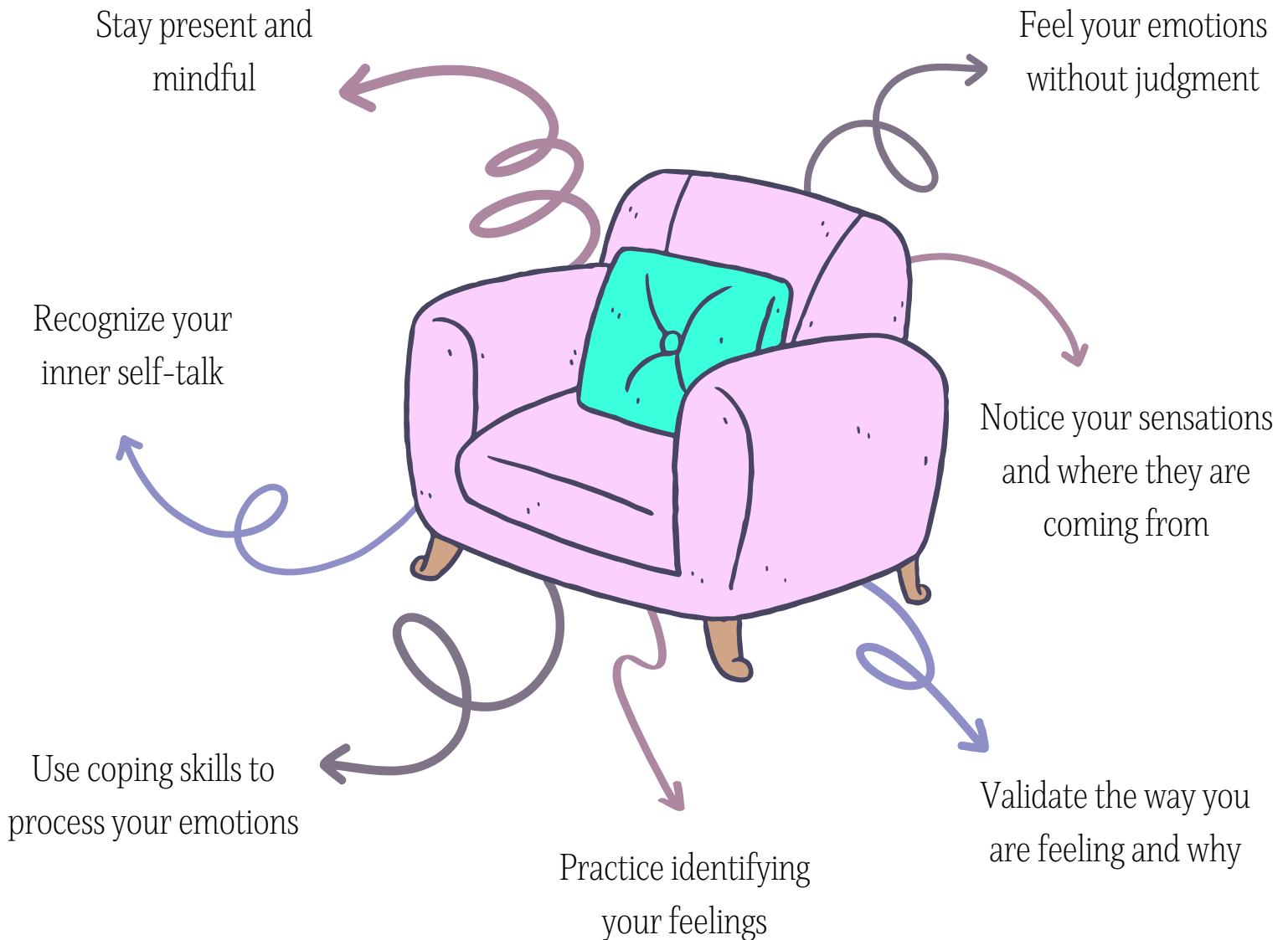
Hands: Curl your fingers into a fist and then release your fingers

How do you feel after completing the exercises? Were there any areas where you were holding tension in your body?

Mindfulness

Our feelings can teach us important things about ourselves. Sitting with our feelings is important because it allows us to begin to acknowledge and process our emotions. When strong feelings arise try feeling them without judgement rather than fighting them.

Ways To "Sit With" A Feeling



RAIN Mindfulness

RAIN MINDFULNESS

Bringing mindful awareness to emotional distress to ease your anxiety:



R

Recognize what is happening in this moment

A

Allow life to be as it is

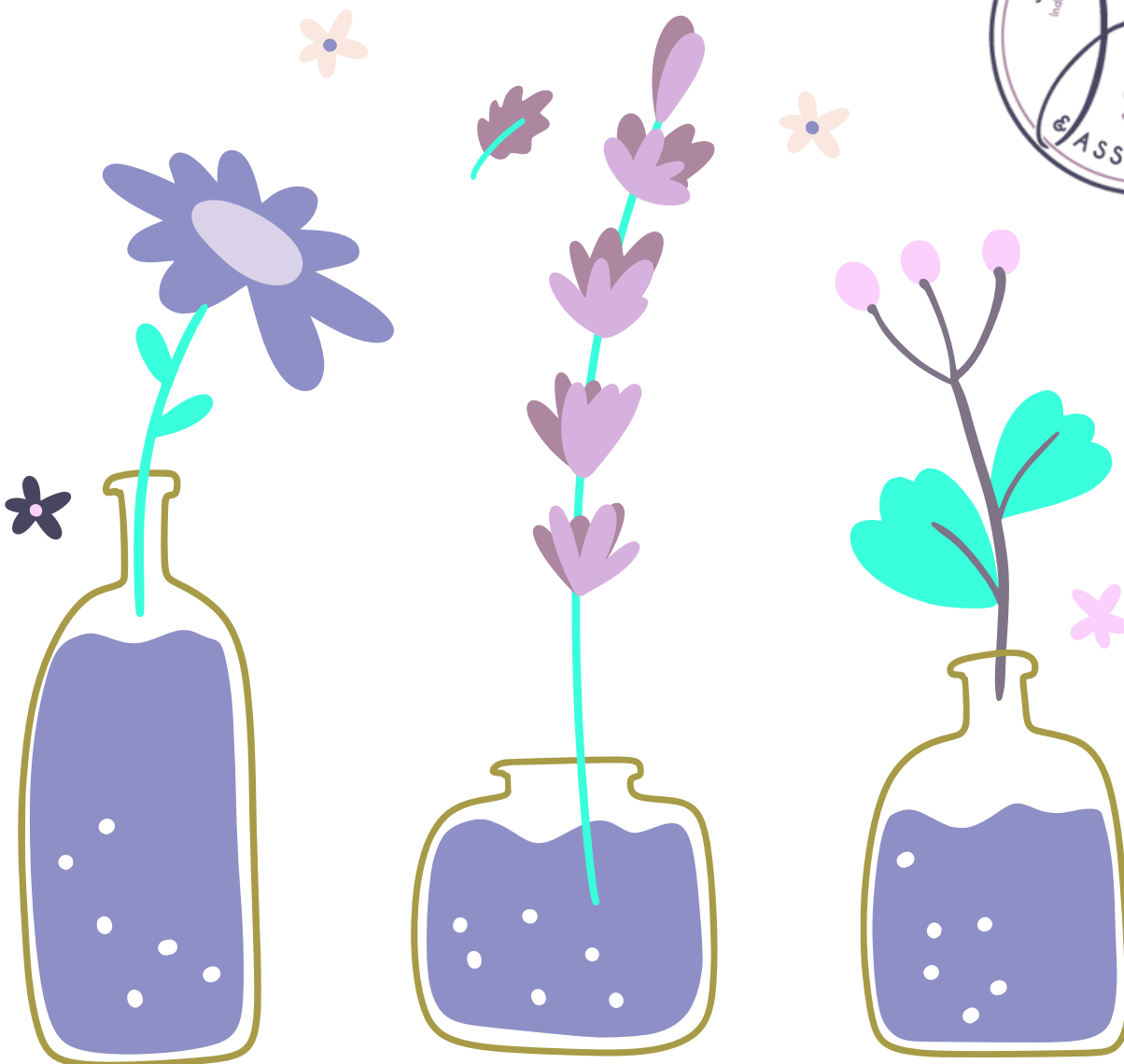
I

Investigate with kindness/interest/care

N

Nurture the thought that you are not defined by an uncomfortable feeling/emotion

What sensations did you notice in your body? Where do you feel it in your body now?



My Control

Joelle Rabow Maletis & Associates, Inc.

Day 5: Being Mindful of Control

Making the choice to work on yourself and towards growth can be terrifying! Often we're afraid to process our feelings for fear of reliving or re-experiencing our negative experiences, thoughts, behaviors and emotions.

I cannot control

- ✗ The behavior of others around me
- ✗ The future
- ✗ What others say to me
- ✗ How others treat me
- ✗ The beliefs and perceptions of others

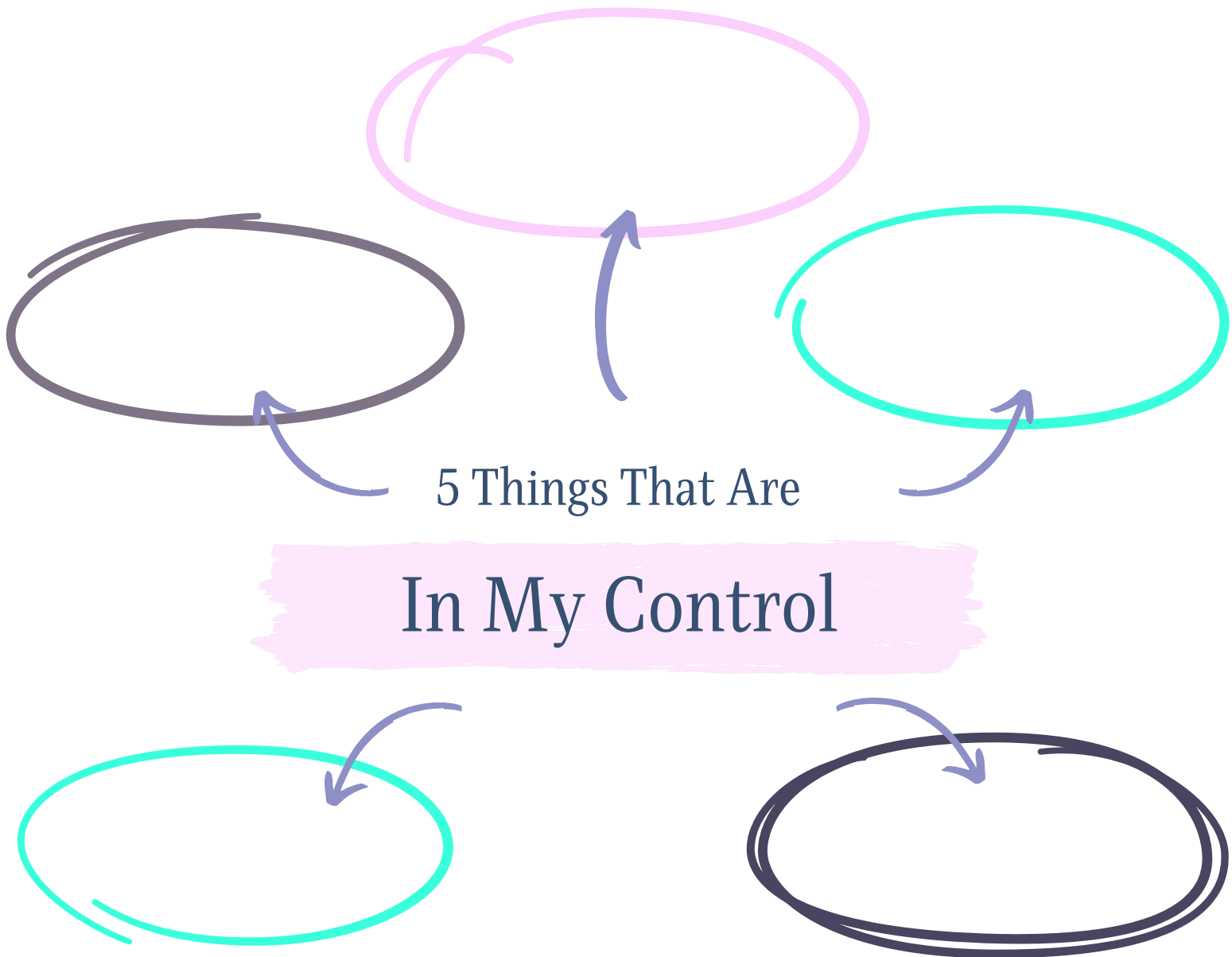
I can control

- ✓ My response to other peoples behavior
- ✓ My outlook on life
- ✓ How I choose to let other peoples words affect me
- ✓ The way I treat myself
- ✓ The way I speak to myself

What Is In My Control?

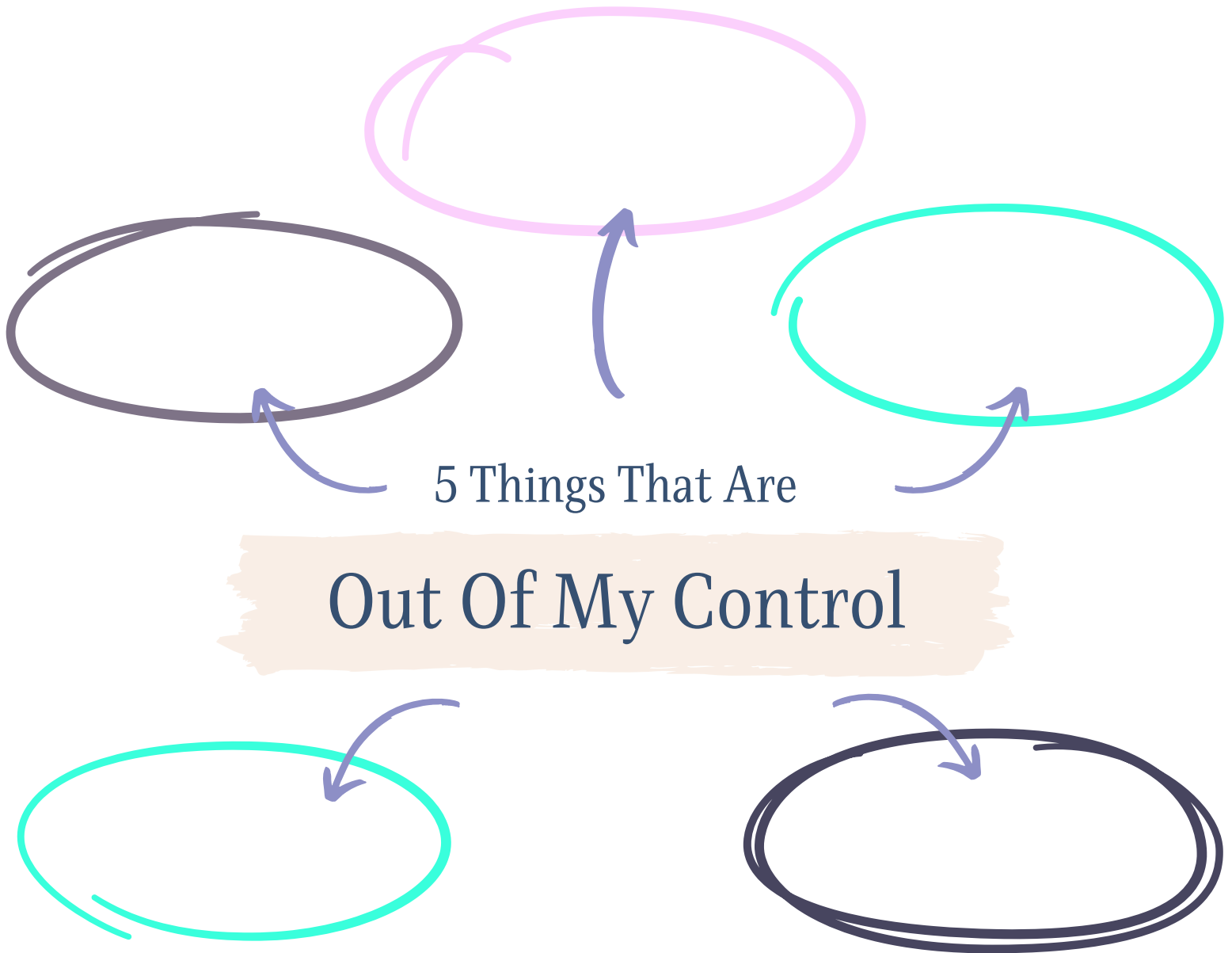
Fill in the Control Circles to see how this works for you; and, identify the areas that you can make mirco-changes towards regaining your control.

This is another way of developing self- care! Identify 5 things that you can impact and be intentional about controlling in your life.



What Is In My Control?

Think about what things you have complete control over. Reflect on how can you let go of worries and thoughts that are not in your control and do not serve you. Identify 5 things you tend to worry about that you cannot control.



Taking Control

Tips To Help Feel More In Control



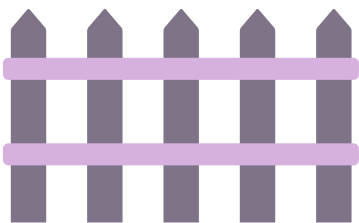
Try a grounding
exercise like yoga or
meditation



Nourish your
body with food
and water



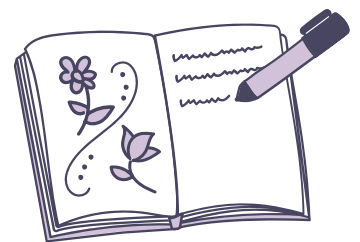
Make a to-do list
for the day



Set boundaries
with yourself and
others



Complete a small task



Reflect on your
feelings and
emotions

Which tips do you find to be most helpful for you?

Things I Can Do To Feel In Control

Make a list below of the strategies you can use to take control of your life and feel less stuck.

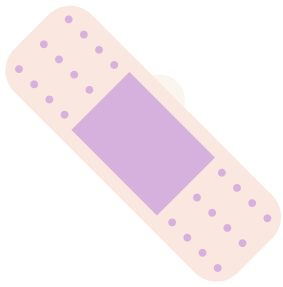


Practicing Taking Control

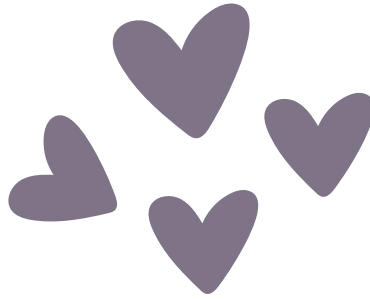
The place to start is preparing our mind, body and spirit for beginning your journaling process to help uncover where you give away your control.

Coping Thoughts

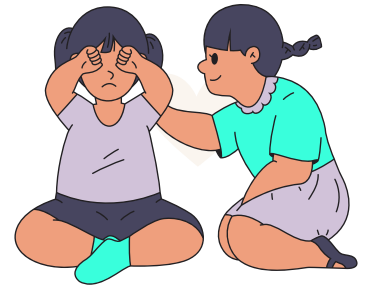
Might Sound Like....



I am worthy of healing and recovery.



These feelings are uncomfortable but they will pass.



This hurts, so I need to be extra kind to myself.



I've dealt with harder situations and I know things will get better.



Just because I'm thinking something doesn't mean it's true.



Not everything will go my way, but I can control how I respond.



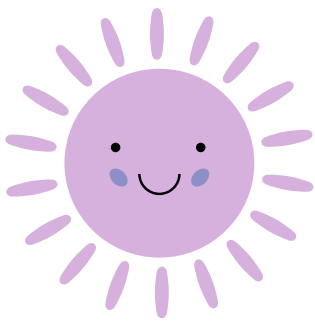
Gratitude

Joelle Rabow Maletis & Associates, Inc.

Day 6: Gratitude Works

As we begin to prepare ourselves for today, just notice where you are at this moment. Whatever you come up with is OK! This journal is designed for you to process at your own pace, going as deep as you want to go. Being successful is giving attention to working on yourself and it is a step towards self-care! Plan out how you will care for yourself first.

Daily Gratitude Reminders



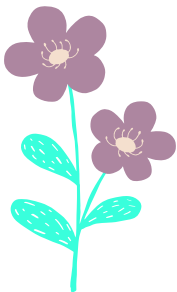
Bad days will
not last forever



You don't have
to be perfect to
be worthy



It's okay to
start over and
try again



There is
something good
in each day



Give yourself
grace today



Doing your
best is always
enough

I Am Grateful For...

Identify the things that you are grateful for and that positively influence your life and reflect on what you have had success with. By noticing the people, places, and things that we are grateful for we can improve our mood and happiness.

Pick Something To Be Grateful For

A

1



Your health

B



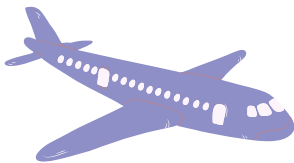
Where you live

C



Nature

2



The places you've travelled



Friends and family



Your culture

3



Your job



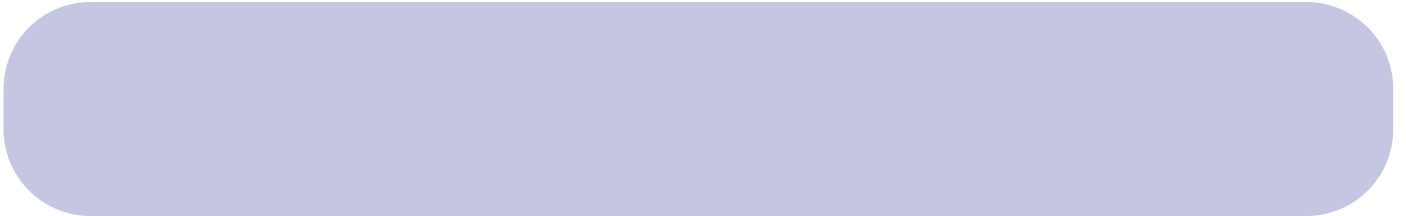
A furry friend



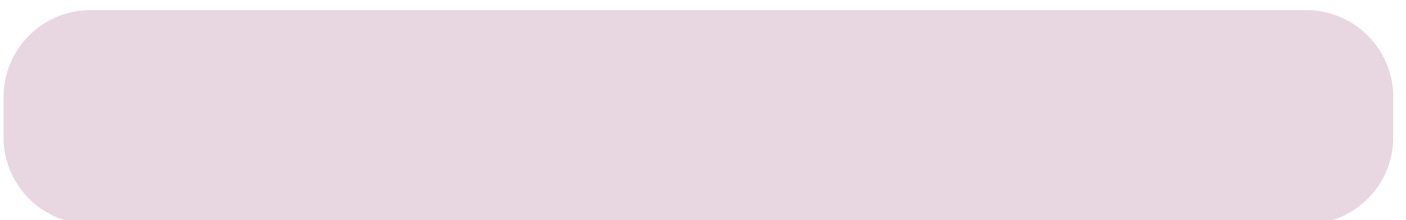
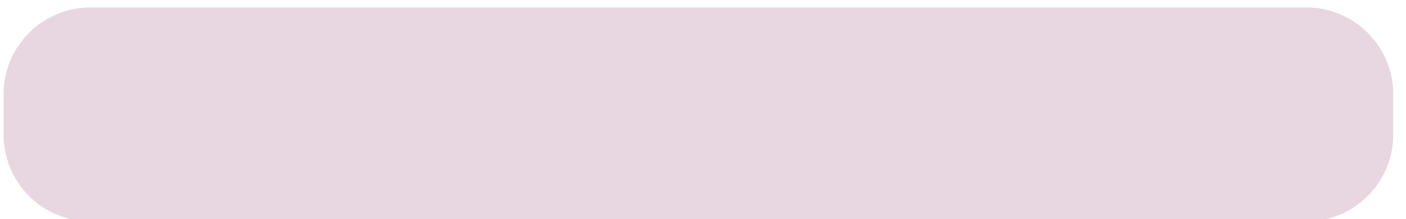
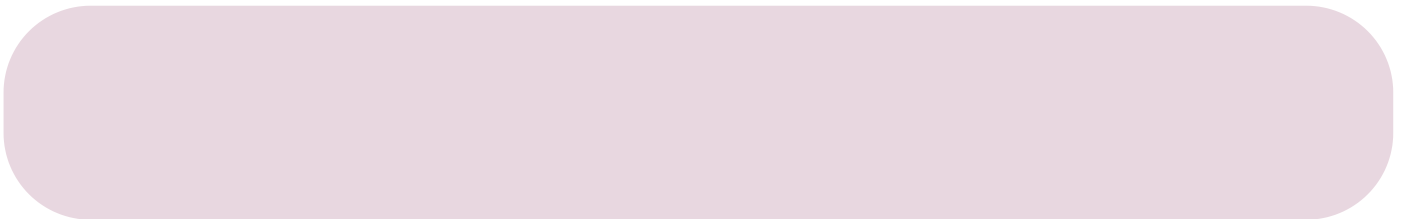
Your education

My Gratitudes

Daily gratitudes:



Things I am grateful for:



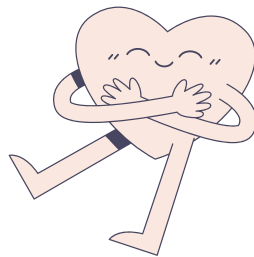
Why Gratitude Works

Take a minute to reflect on what you are grateful for and the positive daily influences within your life. Write your thoughts below:

Benefits of Gratitude On The Mind



Improves self esteem



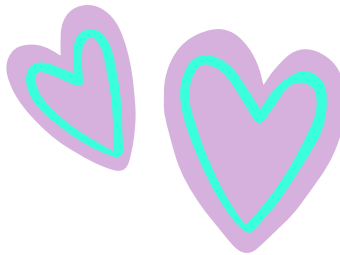
Enhances physical health and sleep



Boosts mood and optimism



Leads to stronger relationships



Reduces stress



Stimulates brain activity In the prefrontal cortex

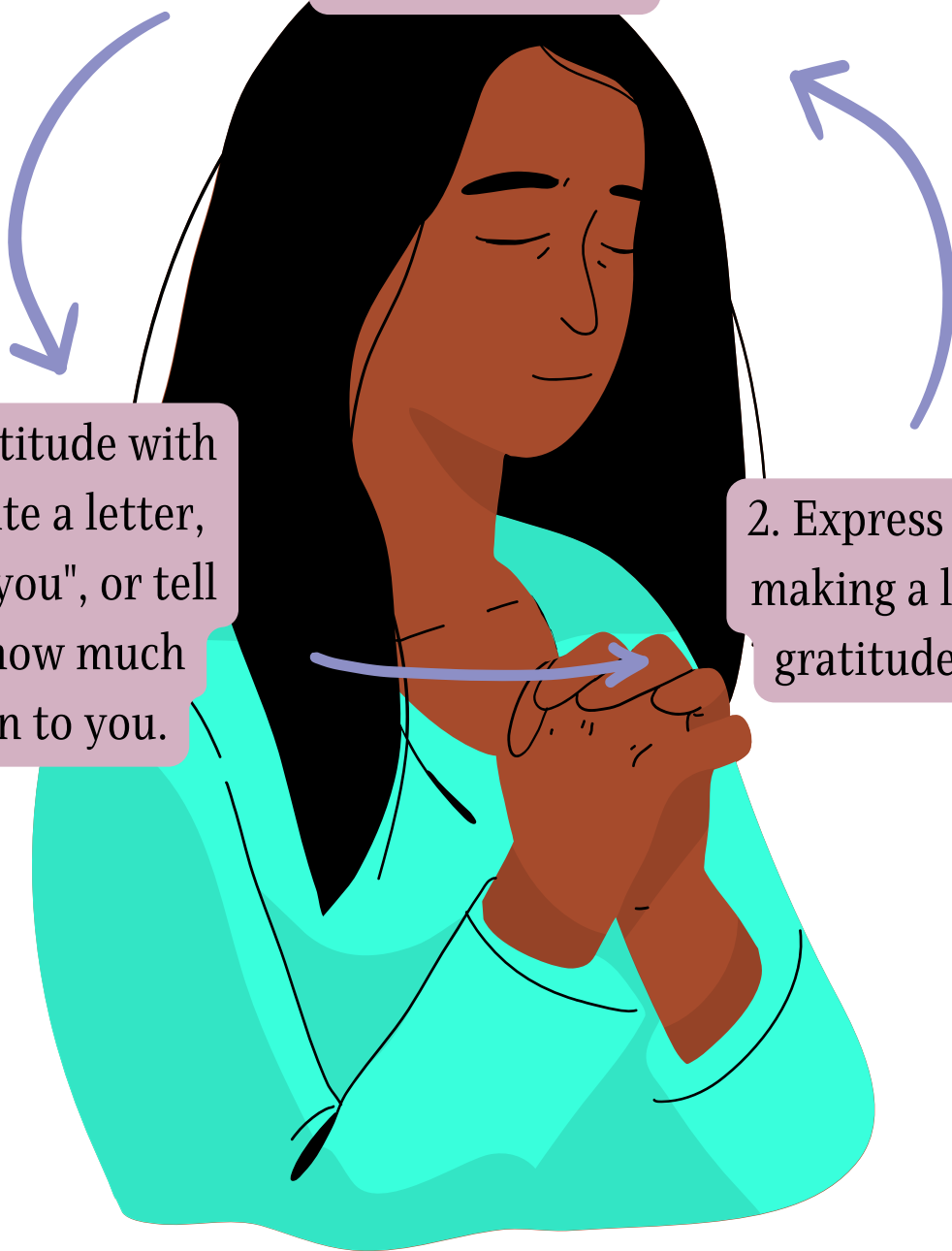
Practicing Gratitude

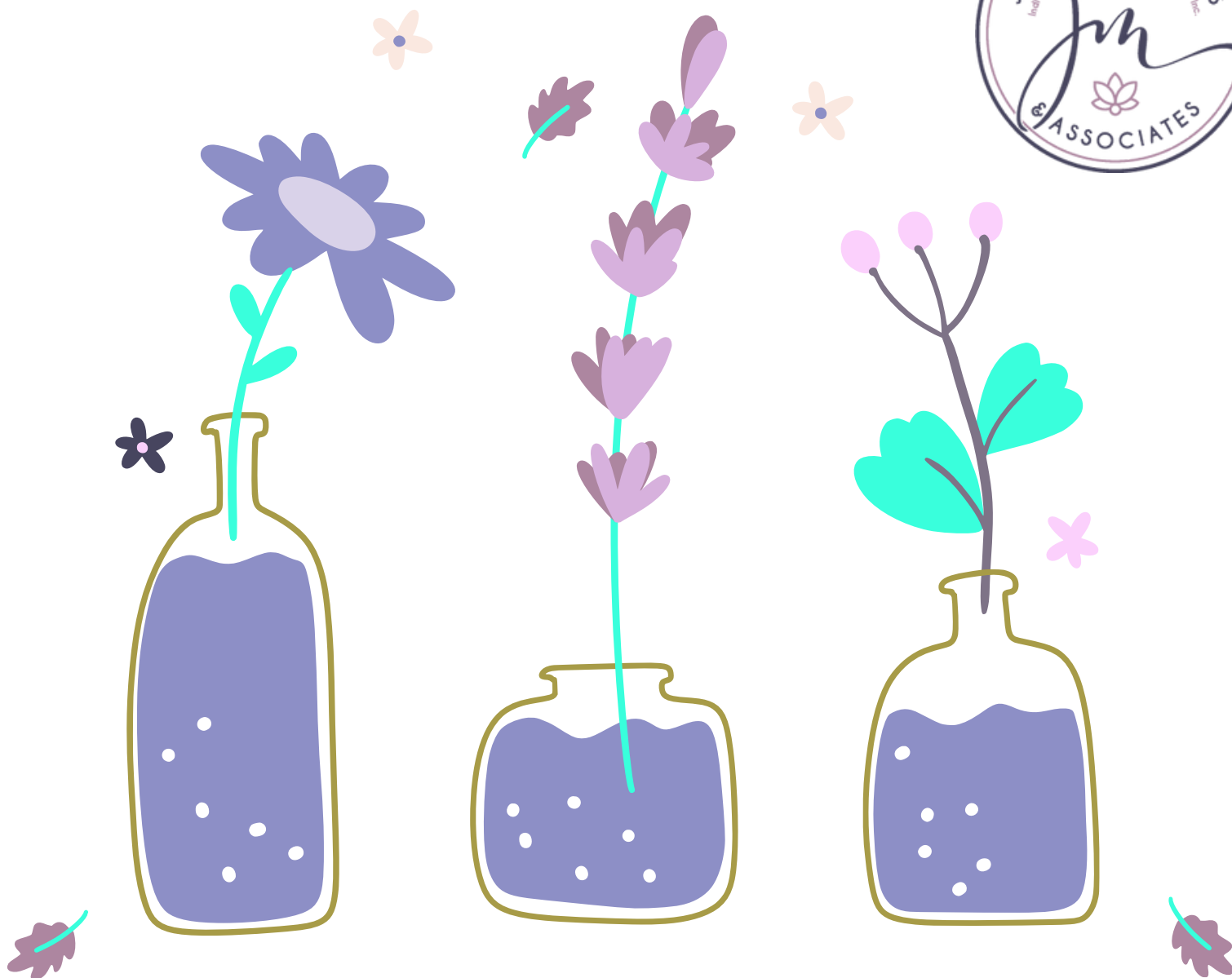
3 Steps To Practice Gratitude

1. Identify people, places, and things in your life that you are grateful for.

2. Express gratitude by making a list of 3 daily gratitudes each day.

3. Share gratitude with others. Write a letter, say "Thank you", or tell someone how much they mean to you.





Self-Growth

Joelle Rabow Maletis & Associates, Inc.

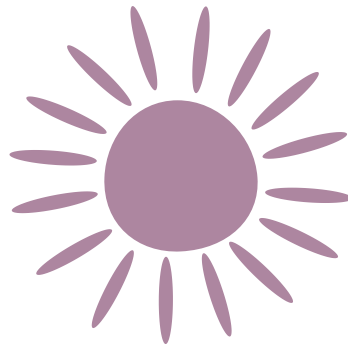
Day 7: Self-Growth

*How do you love yourself? By identifying your **WINS** every day, it helps you make a mind-shift towards motivation, self love, positive energy, connection and self care. These positive signals reinforce a growth mindset allowing us to love more often. Take a moment to reflect on what you did to work on yourself or to maintain wellness recently.*

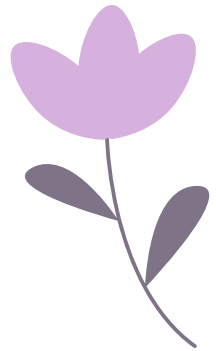
Self-Love Reminders



You are doing
important work



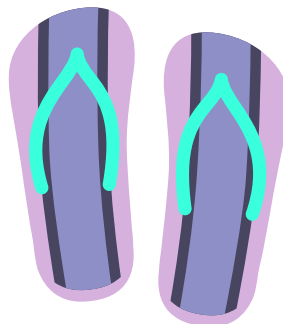
It's okay to rest



Be patient with
yourself



Your best is enough



Positive self-talk
matters



Healing is a process

Self-Growth

Also, take a moment to focus your attention on what activities / daily adjustments you may need in order to best care for yourself. List them below:



Self-Compassion

Growth allows us to make a shift in how we feel in our mind, body and spirit; allowing us to move into a state of happiness.

Empowering Affirmations



**I am confident
in myself and
my ability
to heal**

**I deserve
love and
happiness**

**I am kind
and patient
with myself**



**I feel calm
and
positive**

**I am
surrounded
by caring and
supportive
people**

**My needs are
valid and
important**

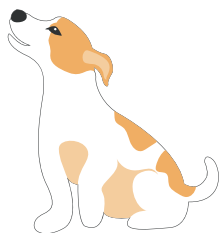
You Did It!

What were your **WINS** after 7 **DAYS**, 7% **HAPPIER**? Did you try any new activities?

Circle the activities below that helped you improve your wellbeing.

Energy Givers

Pets



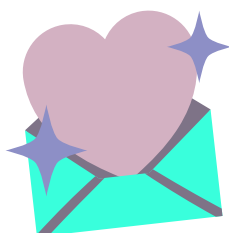
Sleep



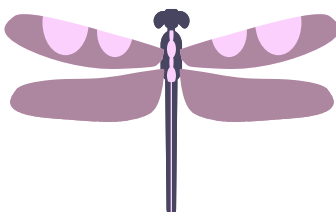
Fresh air



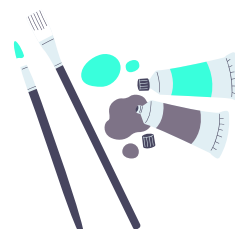
Gratitude



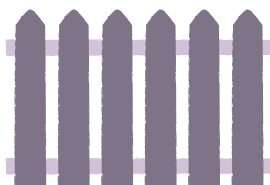
Nature



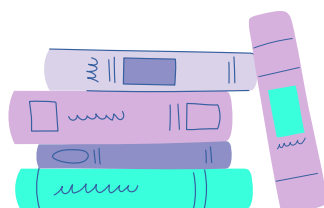
Art/creativity



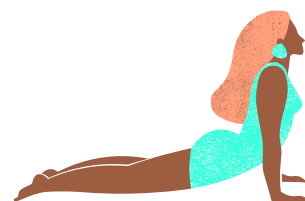
Boundaries



Reading

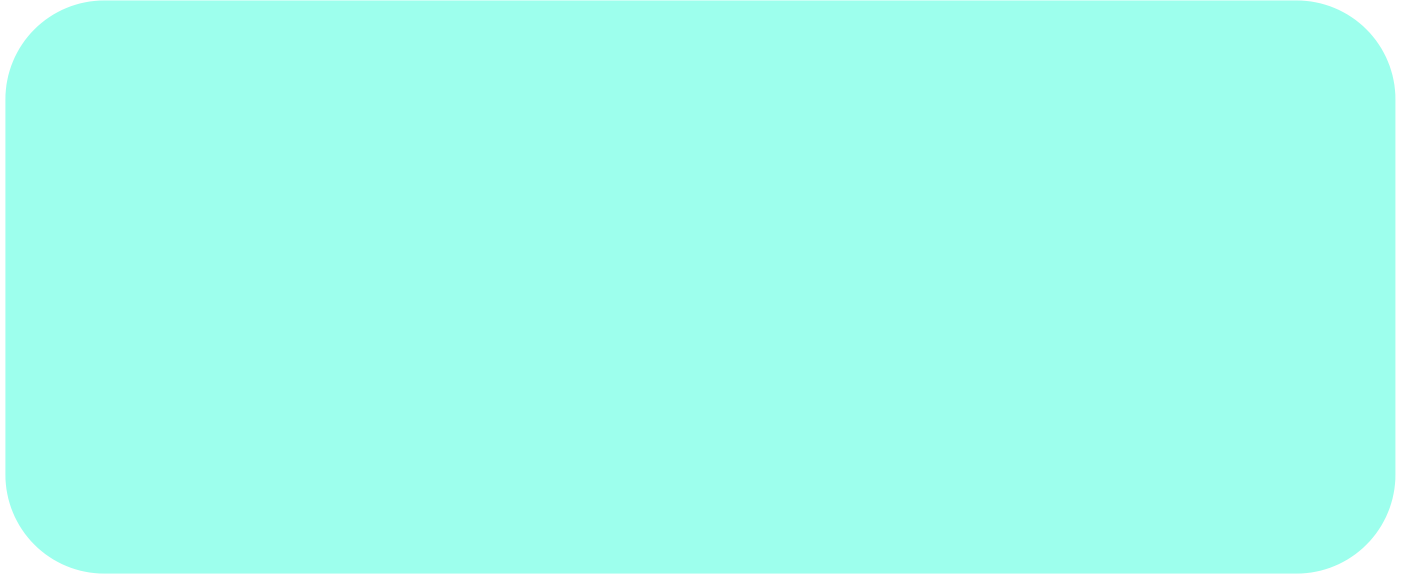


Movement

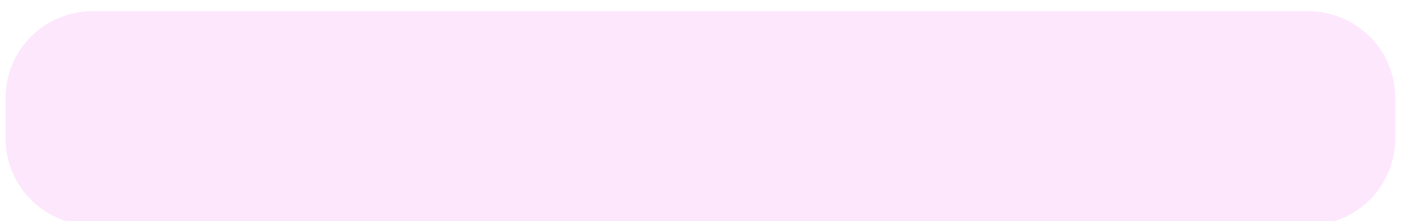
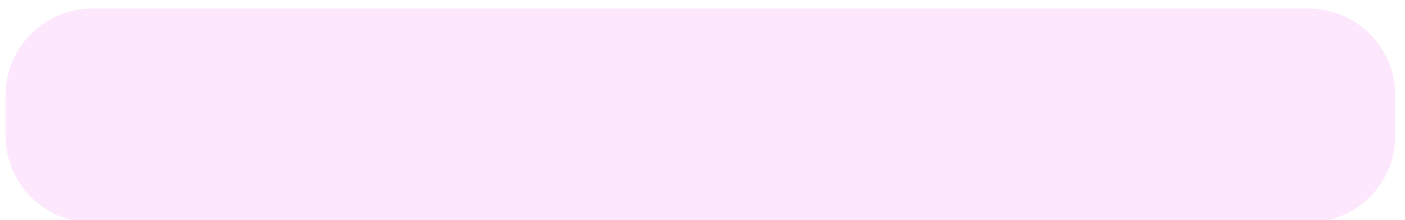
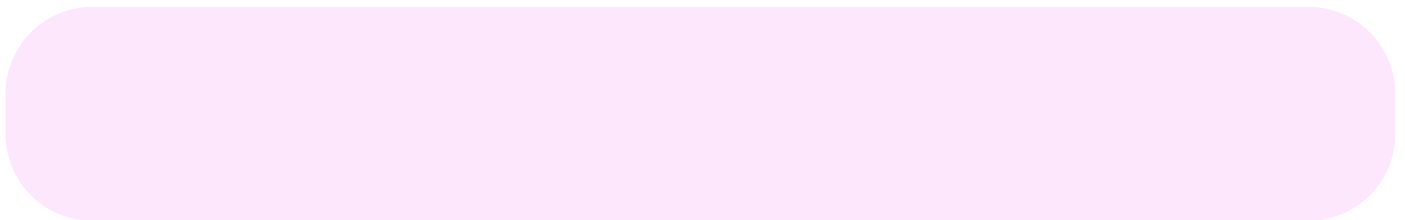


My Insights

How can I be in a growth mindset today?



What I'd like to learn today is:



Self-Care Checklist

My Wins

1

2

3

4

My Needs

1

2

3

4

*As a psychotherapist, my goal is to support my patients in discovering their own solutions to promote self-growth, empowerment, and satisfaction. My joy comes from seeing individuals find their own voice and freedom during the therapy process. **Joelle Rabow Maletis & Associates, Inc.** therapeutic services assists couples, family, children and individuals develop in their unique personal journeys through compassionate, personalized counseling. We believe that every person is unique and every situation different. That's why we utilize an individualized, interactive, and solution-focused approach. Our approach integrates a variety of complementary therapeutic methods and counseling techniques to offer a highly-personalized approach to each of our clients. We specialize in helping clients with PTSD, combat trauma, eating disorders, and addictions with co-occurring diagnosis, as well as with a wide spectrum of other mental illnesses. We also help our clients overcome personal challenges and we provide career coaching.*

*Joelle's passion is helping clients develop through Post Trauma Growth. As a well-known psychotherapist, Clinical Director and CEO, **Joelle Rabow Maletis, MAEd, MA, LMFT** uses reflective listening, strategic inquiry, and encouragement to provide feedback and interaction that allows clients to make informed, healthy, and compassionate decisions. Her goal is to partner with clients to provide them with the resources and skills to live a full life that empowers them to live as their most true and successful selves.*

As the Clinical Director and CEO of her own therapy practice, Joelle partners closely with her clients to work through their interpersonal struggles, build self-awareness, and effectively address personal challenges that are holding them back from leading their optimal lives. With her clients and staff, Joelle is proactive, dynamic, and compassionate while addressing their individual needs. By offering a safe space, Joelle works with diverse clientele that includes C-suite executives, active and retired military personnel, first responders, and those experiencing trauma and PTSD. The work she completes each day allows her to be of service to others while using her educational background and real-life experience.

Joelle's career highlights include a feature on TED Top 10 Mental Health Videos for authoring a TED-Ed PTSD video, executive Coach for Apple, Google, Netflix, Zoom and other Silicon Valley, was a guest speaker on ABC's 60 Minutes: Beyond the Headlines, and Associate Producer to award-winning short film "Repressive Fire" about post 9/11 PTSD.

In addition, Joelle is a published author, has appeared on multiple podcasts, Veteran Administration (VA) panels for best practices for PTSD treatment, and has received several Outstanding Achievement Awards for Top Female Executive.

A handwritten signature in black ink, reading "Joelle Rabow Maletis". The signature is fluid and cursive, with a large loop at the end.