

INNER GLOW *guide*



Self-Care Retreat Workbook

Written & Facilitated by Hannah Morcombe

Welcome!

I'm so glad you're here.

This is your personal guide to navigating the world of self-care.

In this workshop and workbook, you will learn all about the power of taking care of yourself and exploring mindfulness practices to manage stress and boost your overall well-being.

Before we dive in, I want to make it clear that while this workbook is packed with valuable content, it's important to remember that I'm not a medical or mental health expert. So, if you're dealing with any specific health concerns, it's always best to consult a qualified professional who can provide personalised guidance.

It's crucial to embrace the practice of self-care with a big dose of self-compassion and release any self-judgment that may come up along the way. Like you, I've felt the pressures and expectations from society, friends, family, or my own inner critic. If we're not used to practicing self-care, we might feel guilty for not spending our time doing something we deem productive or helpful to others.

But here's the thing: self-care is not selfish!

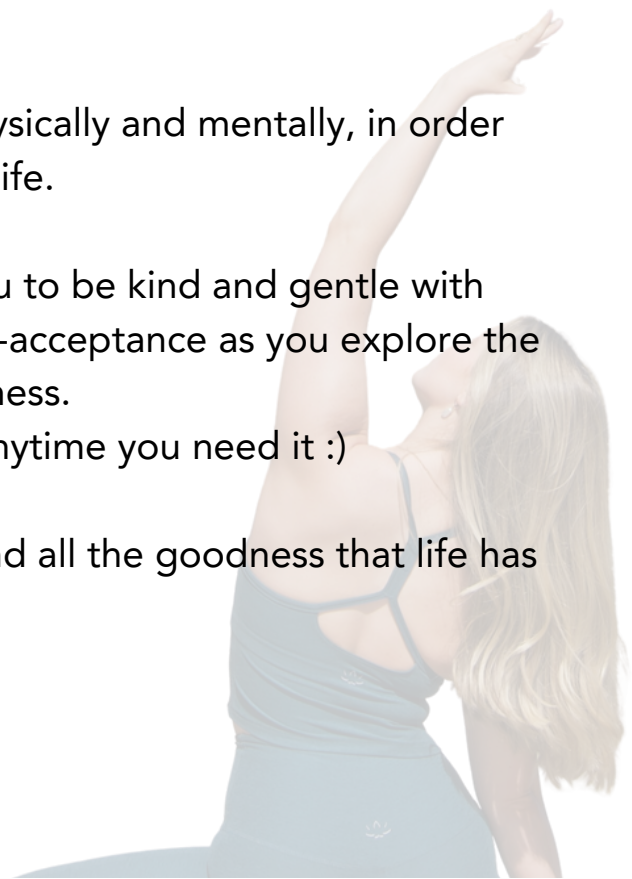
It's a vital act of nourishing ourselves, both physically and mentally, in order to show up as our best selves in all aspects of life.

So, throughout this workbook, I encourage you to be kind and gentle with yourself. Let go of judgment and embrace self-acceptance as you explore the transformative power of self-care and mindfulness.

You can always come back to this workbook anytime you need it :)

Remember, you are deserving of love, care, and all the goodness that life has to offer.

All my love,
Hannah x

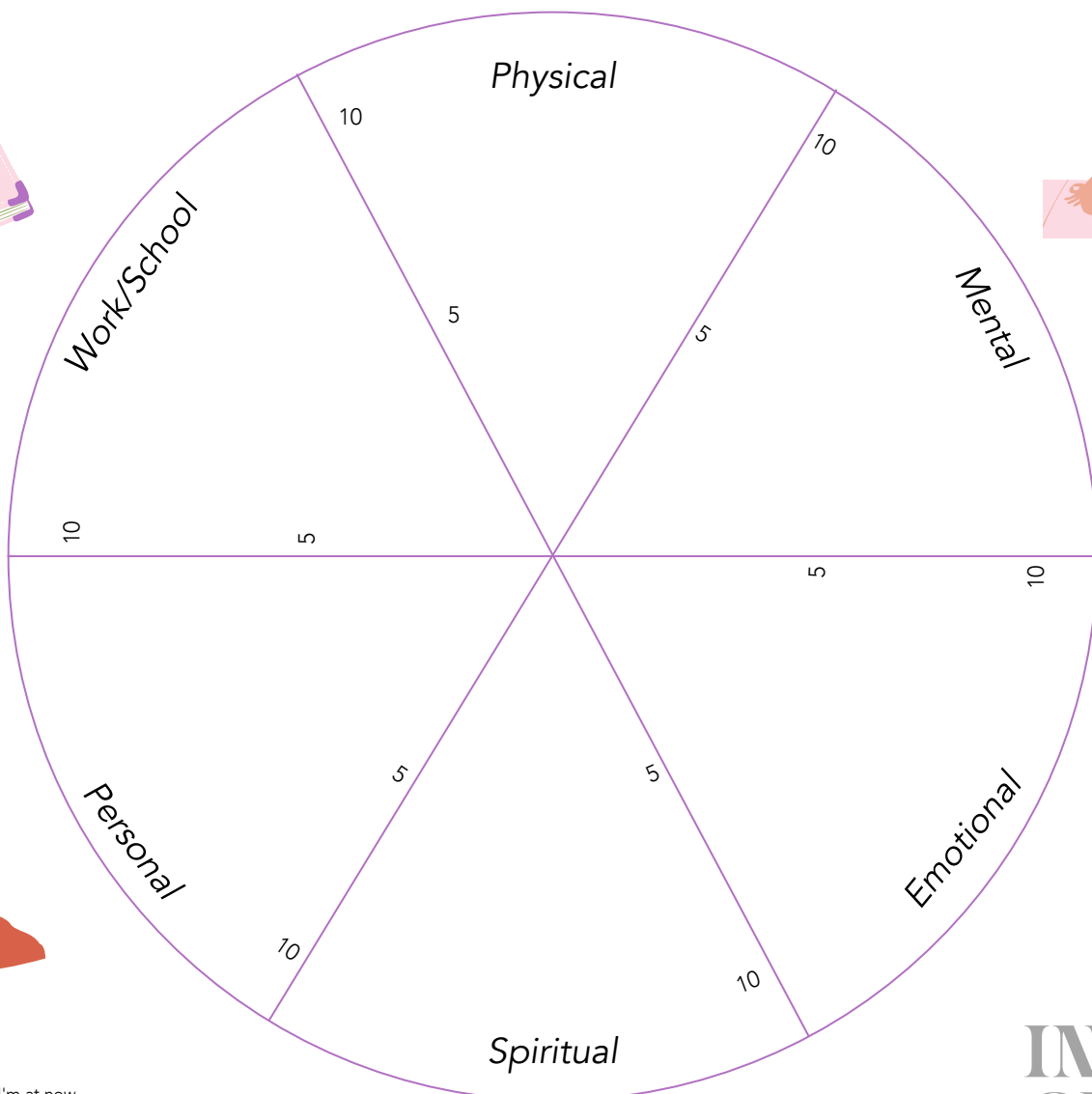


Let's Reflect

What is Self-care?

What does practicing Self-care look like to you?

*Self-care is more than just bubble baths & face masks!
(although those things can be great too)*



— Where I'm at now
..... Where I'd like to be

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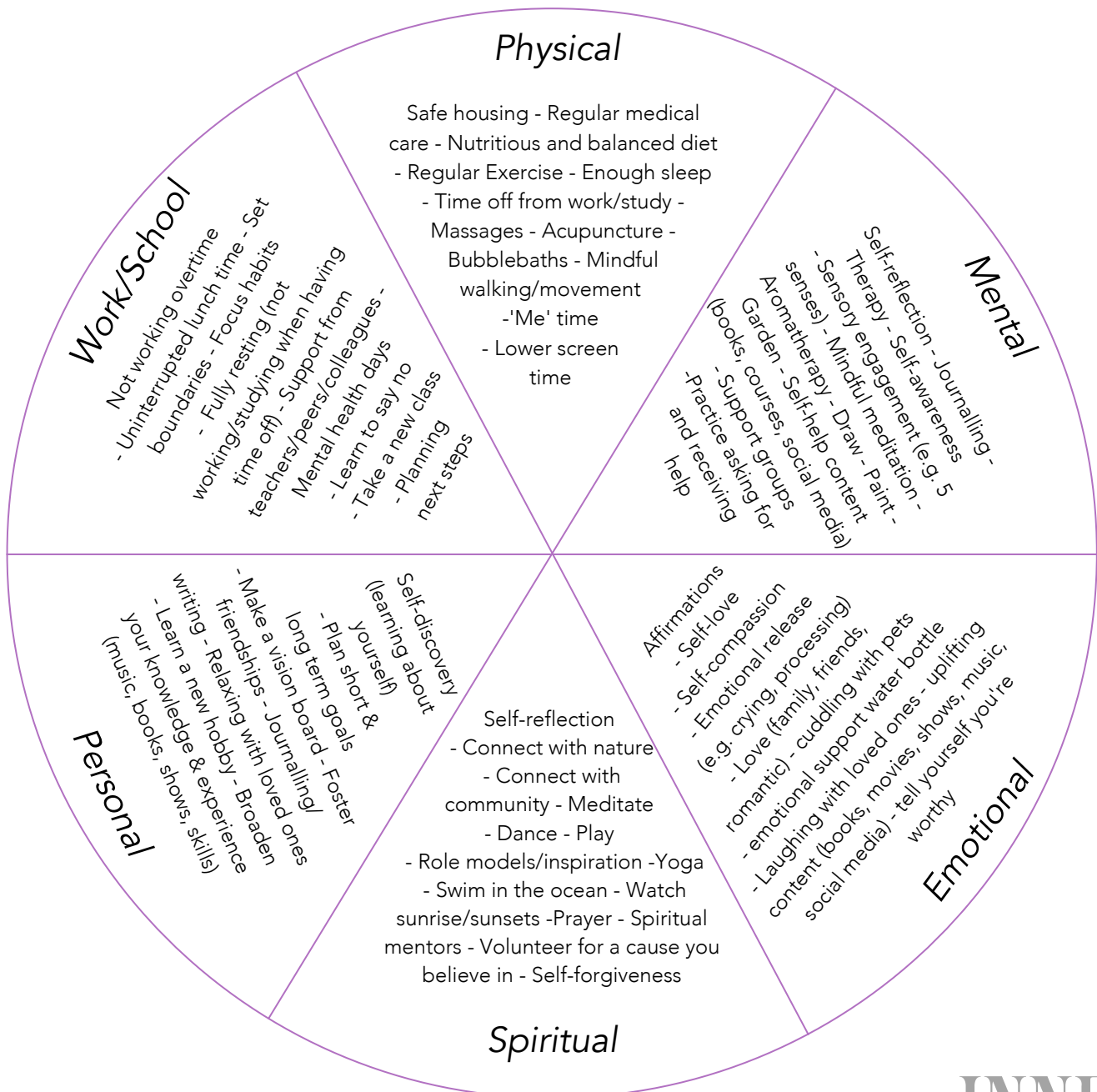


What is Self-care?

1. The practice of taking action to preserve or improve one's own health.
2. The practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.



Self-care Wheel



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Mindfulness tools for Self-care

“Mindfulness is knowing what you are experiencing while you are experiencing it. It is moment-to-moment awareness, has the quality of being in the now, a sense of freedom, of perspective, of being connected, not judging.”

- Guy Armstrong, meditation teacher (Sridhar, n.d.).

Benefits of practicing Mindfulness (Moss, 2018).

- Increased concentration and memory
- Increased immunity to colds and diseases
- Increased feelings of happiness and contentment
- Reduction in chronic pain, blood pressure, stress, anxiety, and depression



Mindful Breathing

Paying attention to the sensation of the breath coming in and out of the body. Noticing the breath, how and where you feel it in the body without trying to change it.

Mindful Yoga

Combined physical movements and postures of yoga with mindfulness techniques, focusing on the present moment, self-awareness, and the integration of mind, body, and breath.

Mindful Meditation

Sitting comfortably, focusing on the breath or a chosen object of attention, and gently observing any thoughts, emotions, or sensations that arise without judgment.

Mindful Journalling

Expressive writing, consciously observing and reflecting on one's thoughts, emotions, and experiences in the present moment, fostering self-awareness, clarity, and personal growth.

Mindful Movement

Engaging in physical activities with intentional awareness, focusing on the sensations, breath, and alignment of the body, creating a deeper connection between mind and body while promoting overall well-being.

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Activity: The 4 Elements

A mindful exercise for when you're feeling stressed. ✨

1. EARTH

- grounding, safety in the moment
- attention is directed outwards to the reality of safety in the present
- place both feet on the ground, feel the chair supporting you, or connect your body to the ground in whatever way works for you
- bring your awareness to the present moment by using the **5 senses technique** (see on next page).

3. WATER

- Calm and controlled, switch on the relaxation response
- attention is directed to producing saliva & becoming calmer, focused & more in control
- notice- Do you have saliva in your mouth?
- when you are anxious or stressed your mouth tends to dry because part of the Sympathetic Nervous system (stress response) is to shut off the digestive system.
- when you start making saliva you switch on the digestive system and the parasympathetic nervous system (relaxation response).
- **imagine you have a tart lemon in your mouth and make more saliva, until your entire mouth is coated.**

2. AIR

- breathing for centring
- attention is directed inwards to your centre
- when we are feeling stressed our breath is rapid and shallow, this sends messages to our brain that we are in flight-or-flight mode.
- by slowing and deepening our breath, we come back to centre and our body relaxes.
- **box breath: breathe in for the count of 4, hold for 2, breathe out for 4, hold for 2.**
- continue breathing slowly and deeply for at least ten additional breaths.

4. FIRE

- fire up the path of your imagination
- attention is directed to the feelings of safety/calm/etc. in your body
- **imagine a CALM PLACE** (or a memory when you felt good or relaxed) What do you feel & where do you feel it in your body?
- once you are in your calm place, **cross your arms over your heart, like a butterfly, and slowly start to tap your hands back and forth, really slow and soothing, for 4-6 taps total. Stop, take a deep breath and just notice how you feel.**
- a butterfly hug is a form of bilateral stimulation. It calms the brain & nervous system, helping us to cope with stress and difficult emotions.

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Activity: The 5 Senses Technique

To bring you back to the present moment.
(A great tool for when you're feeling stressed out!)



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Self-care looks different for everyone!

For example:

Hannah

- Yoga
- Meditation & journal
- Beach sunset
- Baking treats
- Dance classes
- Nature getaway
- Visual art: painting, drawing, pottery

Carly

- Coastal walk
- Catch-up with a friend
- Kickboxing class
- "Life Admin"
- Sauna
- Book a holiday
- Picnic
- Start a new project



What works as self-care for someone else might look completely different for **you**. Self-care is all about discovering what really **lights you up** inside and helps you to feel calm, connected and in flow.

List the self-care practices that light you up the most/ you'd like to do more of:

My Fave Senses

What brings you joy? Which senses light you up?

TOUCH

ex. Clay face mask

-
-
-
-
-
-

HEAR

ex. Jorja Smith

-
-
-
-
-

SMELL

ex. Lavender

-
-
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TASTE

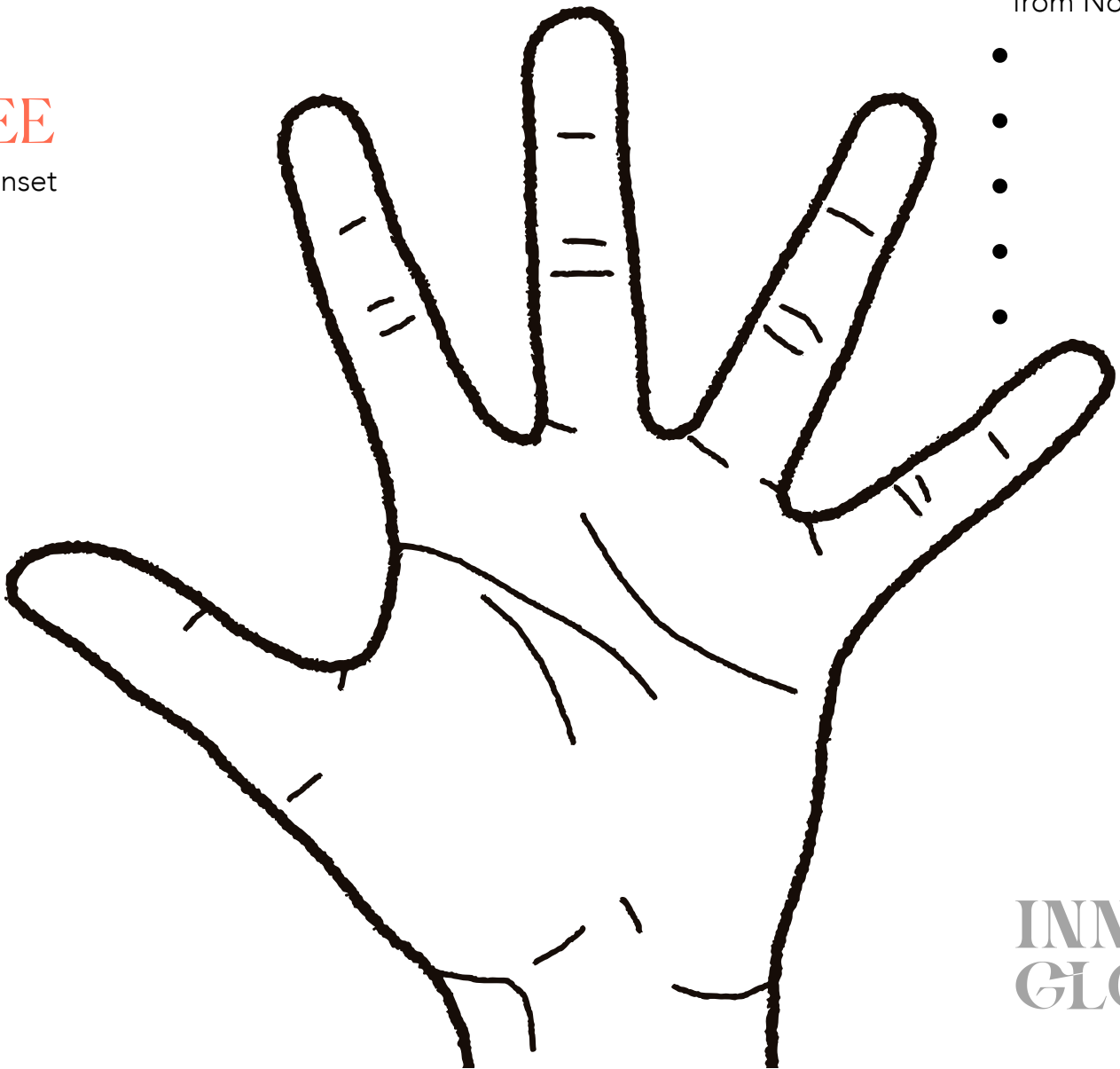
ex. Cinny scroll
from North St Store

-
-
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-
-

SEE

ex. Sunset

-
-
-
-
-
-



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My Self-Care List



Using 'My Fave Senses' to personalise your Self-Care practice

Ex. Going for a coastal walk in the sunshine (mindful movement) while listening to Jorja Smith (hear).

1

2

3

My Plan

Now is the time to put what you've learnt into action!

Over the next week, you'll be committing to practice at least
ONE Self-care activity you have created.

My chosen Self-care activity:

When I will do it (day/s, morning/evening):

My chosen accountability person:

Self-compassion involves setting realistic expectations and being
kind to yourself when implementing new practices and habits.

The journey is the reward!

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NOTES

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About Hannah

Hannah Morcombe,
Owner and Lead Facilitator of Innerglow Guide.

Hannah is a **passionate mindfulness educator**, Yoga instructor and Youth Mentor. Now in her mid twenties, Hannah is young enough to connect well with young people, but old enough to share her experiences of being a teen navigating her final years of schooling and challenging transition to adulthood.



Before creating Innerglow Guide in 2023, Hannah's passion for working with young people sparked from her time working as an Aupair in Italy in 2018. Hannah's commitment to serving the community saw her volunteer her time as a leadership member of UWA Ignite Youth Mentoring in 2019; mentoring high school students in lower socio-economic schools to build self-confidence. Her experience working as the Marketing Manager of Happiness Co in 2020 furthered her passions for working in the pre-emptive mental health and wellness space.

Hannah has **taught over 350 Yoga and meditation classes** at reputable yoga studios and schools across Perth including **Penrhos College, Santa Maria College, St Mary's Anglican Girls' School, Perth College, All Saint's College, Willetton SHS, Leeming SHS and St Mark's SHS**. To further her skills, Hannah has become a **Youth Mentor** through the *Shine From Within* Academy.

On a personal level, her biggest challenge in life has been navigating **Generalised Anxiety Disorder and ADHD**. Although the pressures of social media encouraged Hannah to look put together on the outside, she struggled internally to cope with stress and anxiety in her final years of high school and into university.

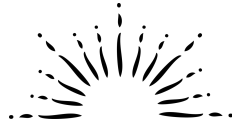
Hannah **lacked the tools to self-regulate on a daily basis**, continuing a vicious cycle of stress, anxiety and overwhelm towards all aspects of her life, especially school work. These behaviours spiralled her mental health in 2018. This **period completely shifted her perspective on life and her relationship with herself**, guiding Hannah to make **positive changes** and **implement mindfulness habits** that impacted her **physical, mental and emotional wellbeing**. She now leads a balanced, healthy lifestyle and is grateful for her past to have led her to this point. Hannah's personal journey **inspired her to bring all of her skills, knowledge and experience together to establish Innerglow Guide**: a Perth based mindfulness business providing yoga and meditation workshops to **help students to de-stress**, equipping them with the tools to care for themselves. Innerglow's mission is to help students **cultivate their inner-calm, reconnect with their inner-guide and find their Innerglow**. Hannah's zest for life and positive, yet calming, attitude is infectious and nothing gives her greater joy than to see students glow from the inside-out.

Qualifications & Training

- Qualified Yoga instructor, Yoga Lab Fremantle
- Youth Mentor, Shine From Within Academy
- Mental Health First Aid certified
- First Aid certified
- Working with Children Check



Let's Connect!



hello@innerglowguide.com.au



innerglowguide.com.au



0421 997 995

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