



# 13 *self-care*

**PROJECTS TO MAKE**

**WITH YOUR**

**Cricut™**

**A collaborative collection presented by DIBY.Club**

# THE IMPORTANCE OF *self care*

There is no if's and's or but's about it. We live in an increasingly high paced, high stressed and high demand society.

Most of us are so caught up in the efficiency and busyness of our every day schedules that we find ourselves burned out, anxious or depressed. In fact,

*77% of adults in the United States experience physical symptoms of stress on a daily basis.*

That means the majority of Americans are facing symptoms such as fatigue, migraines, muscle tension, nervousness and irritability on a daily basis.

In long term cases of stress, some even develop other more serious stress related health problems such as diabetes or heart disease.

In short – as a community, we need to have a greater focus on self care.

## **Self care shouldn't be given as a treat, it should be part of the process.**

Taking some special time out for yourself every once in a while is nice, but it isn't going to be enough. Considering that our daily routines are at the root of our stress, it should make sense that self care should be just as frequent and religious.

So how do we do this?

1. Be mindful of how you speak to yourself – pick a day to keep a notebook with you. Make a column for positive marks and a column for negative marks. Now try to notice whenever you either criticize or complement yourself. Enlist help too! Ask a friend or loved one help you keep track. Then each time you do make a mark in one of the two columns. Take a look at your columns at the end of the day. Which has more marks in it? Do you speak well of yourself? Or are you constantly your own worst critic?

2. Audit your health fundamentals – As human beings we all share some common foundational needs for our health. This includes things such as adequate sleep, daily exercise, and nutritious food. Have you made yourself enough of a priority in your schedule to maintain these needs? If not, you may be running on fumes.

3. Evaluating your relationships – Our relationships play a big role in our overall happiness. Whether we're talking about coworkers, friends or family, you interact with somebody every day. Are you protecting your emotional well being by surrounding yourself with positive people? Do you have loved ones you can confide in? Part of self care is being watchful of these relationships so you can find strength in these connections rather than more stress.

## **Now talk to me about crafting**

Well that's what you're here for isn't it! Oftentimes, creators (such as yourself) use crafting as a way to rejuvenate and refresh. In fact, creativity has been scientifically proven to help reduce your stress!

*In a study, researchers found that 75% of participants experienced a decrease in the stress hormone cortisol after 45 minutes of art.*

So even though you aren't allowed to purchase your crafting supplies with your health savings account money, you should be!

**Getting crafty with your Cricut, or any other creative avenue, is a beautiful way to take care of you.**

## **ARE YOU READY? LET'S GET STARTED!**

[\\*Reduction of Cortisol Levels and Participants' Responses Following Art Making/Girija Kaimal, Kendra Ray & Juan Muniz/Pages 74-80](#)

# THE GABRIELA PAJAMA SUIT

*pdf sewing pattern*

Feel comfortable all day long. The Gabriela pajama suit is for women who want to look just as good as they feel in their pajamas. Get stuff done comfortably in a suit sewn JUST FOR YOU.

\$9.99

LEARN MORE



## PATTERN OPTIONS

Necklines: Lined Hood and Collar

Sleeve Lengths: Elbow, 3/4 and Long

Leg Options: Shorts, Below the Knee Cuffed, Ankle Length, Footies

Back Options: Solid Back, Functional Drop Seat, Faux Drop Seat

Optional Kangaroo Pocket

**FITS WOMEN SIZES MISSES 00 – PLUS 36**

*diby*

# 1. ROBE & SLIPPER SET

by Not So Cli-Shéa

// Sometimes it's ok to just relax, unwind and do nothing. //

READ THE TUTORIAL



Shea Quinn



## 2. SLEEPING MASK

by See Lindsay

// Sleep when you have Fibromyalgia. //

READ THE TUTORIAL



Lindsay Fekitoa



# FOUR CRICUT™ ACCESSORIES YOU DIDN'T KNOW YOU NEEDED

1. [The Easy Press](#) – The Easy Press is Cricut™'s heat press. This baby will have you charging through any iron-on project. It works better than an iron because of its smooth and evenly heated surface. No steam pockets or awkward curves that make pressing your HTV vinyl a headache.

2. [The BrightPad](#) – This handy tool has many more uses than most people would think. It was originally developed to help you weed detailed projects with its lighted surface. It is also great for tracing, pattern taping, decor projects and so much more.

3. [XL Scraper](#) – Cleaning your mats or scraping down your vinyl for larger projects can be tedious with a small scraper. The XL Scraper is super wide and super efficient at getting this tasks done with both speed and ease.

4. [Brayer](#) – If you have been able to use the new Cricut™ Maker, you know how fabulous it is for fabric projects. The Brayer helps you lay out your fabric on the Fabric Grip Mat with precision. Eliminate every wrinkle and bump with its smooth rubber surface. It is also great for setting your vinyl, paper and other cutting materials!



Easy Press  
\$149.99



BrightPad  
\$79.99



XL Scraper  
\$7.49



Brayer  
\$11.24



This page contains affiliate links



### 3. MUG RUG & MUG VINYL

by Sally's Angelworks

// Coffee is the ultimate self-care, as is beautiful text to inspire you! What you put in your mind is just as important as what you put in, or on, your body! //

[READ THE TUTORIAL](#) 



Sally Keller



## 4. PEPPERMINT LIP SCRUB & CONTAINER

by Practical and Pretty

// Lip Scrub is a simple and quick way to moisturize your lips. //

READ THE TUTORIAL



*Anna McNamara*





## 5. “ME-TIME” SOCKS

by Clarks Condensed

// Kick up your feet at least once a day and do something you like - read a book, watch a TV show, or just relax. //

READ THE TUTORIAL



*Katie Clark*

## 6. PENCIL CARRYING CASE

by Sook Ee Designs

// Find time to be creative. I love coloring and having a cute bag to hold your pencils makes it even better. Also, you can print out coloring pages on the cricut. //

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*Monica Alters*





# 5 BENEFITS OF SLOWING DOWN

People used to refer to the “rush hour,” when everyone tried to get home at the same time each evening, as the most stressful time of day. Now, however, the entire day is hurried. Even meals are consumed quickly or while still on the job, and there’s no let-up from the pressure to get things done. Slowing down can give you a much-needed break and connect you to inner calm. Here’s how to embrace a little less action and far more peace of mind.

## RESTORED BRAIN

According to Belle Beth Cooper, co-founder of Exist, an analytics platform that helps individuals understand and track their lives, complete silence “allows the brain to return to its normal default state and continue its processing.” The human brain, she says, “doesn’t deal that well with background noise, but even small doses of silence can help rejuvenate it.”

A study using mice as subjects revealed that two hours of silence might help you grow new brain cells. If you can’t spare that much time, then at least try to settle for regular three-minute periods of silence to reset your brain. The rest, Cooper said, could enhance focus and creativity.

## ENJOYING THE MOMENT

You can’t experience the present fully when your mind has to stay one step ahead of what you’re doing. You are in essence living in the future, so you miss what’s going on at the moment. Slow down, and you will recognize the opportunities, and peace, offered in the here and now.

Rushing leads to poor choices, burnout, low productivity, inadequate attention to detail, and missed opportunities. Slowing down is good for your brain and can help you make sage decisions.

It can allow you not only to experience the present but also be more productive and attentive.

## INCREASED ENDURANCE

Runners understand their endurance increases if they slow down during the early part of a race rather than charging ahead. Most people in other occupations, though, seem to think they'll achieve extra if they work as fast as possible. Adopting a similar attitude to a marathon runner provides benefits. If you slow down, you won't tire out so quickly.

## GREATER ATTENTIVENESS

People have found that multitasking isn't all it is cracked up to be; the more things you try to do at once, the less productive you become. Educational consultant, psychosocial rehabilitation specialist, and author Kendra Cherry says that you're

"quickly shifting your attention and focus from one thing to the next. Switching from one task to another makes it difficult to tune out distractions and can cause mental blocks that can slow you down."



When you stop rushing, you can give each job your full attention. Rather than missing vital data, you'll notice details and achieve more. Also, activities will come more naturally when you lose the pressure to do too much.

## BETTER DECISIONS

Occasionally, you'll make great decisions when you're quick off the mark because your intuition will rise. But the rest of the time, your decision-making skills will ebb when rushed. Most people need to consider options carefully. Otherwise, they make regrettable mistakes. Give yourself time to choose the best way forward, and you are likely to be happy with the result.



## New! Cricut BrightPad™

Illuminate hard-to-see cut lines for fast, easy weeding. [Shop Now >](#)

# 7. MANICURE MITTS

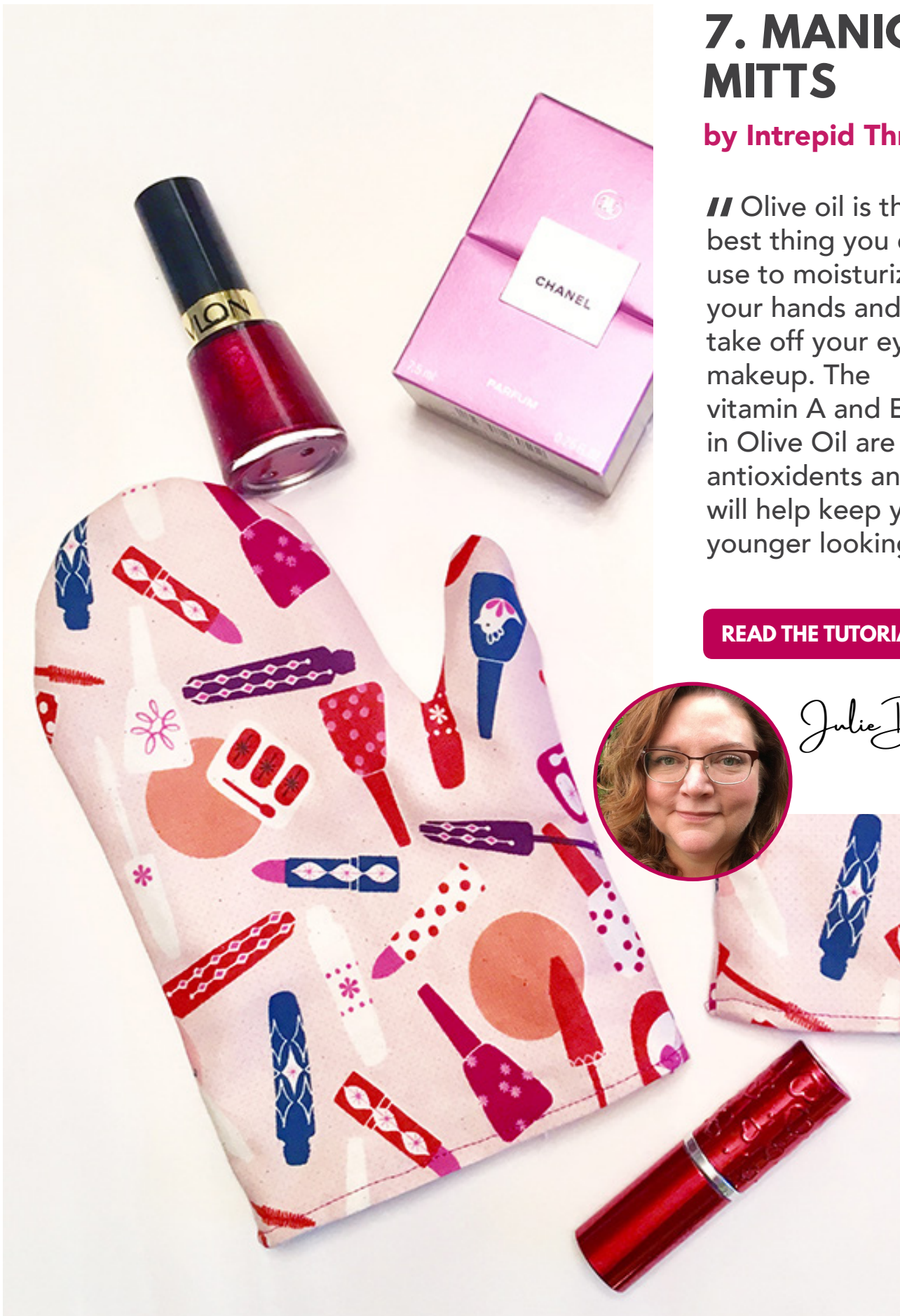
by Intrepid Thread

// Olive oil is the best thing you can use to moisturize your hands and take off your eye makeup. The vitamin A and E in Olive Oil are antioxidants and will help keep you younger looking. //

[READ THE TUTORIAL](#)



*Julie Dweck*



# 8. FABRIC & FELT BOOKMARK

by **Crafting in the Rain**

// Read a book. Try a new one or go back to a favorite. Plus, a real book gives your eyes a break from screens. //

**READ THE TUTORIAL**



*Stephanie Paxman*



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so. As though he  
something Celia fou  
And there was s  
likely the result of the  
entirely present in the  
But now, now there  
to her, much more prese  
barrier has been removed  
between them. He feels c  
though the distance between  
them has not changed, and his face is quite handsome, still.  
The intensity of his stare increases with these eyes; look-  
ing at him now she can see deeper, without being distracted  
by the color.  
Celia can feel the heat rising up her neck and manages  
to control it enough that the flush is not noticeable in the  
candlelight.  
And then she realizes why there is something familiar  
there as well.

was never par-  
tangible things.  
ay," she adds,  
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barrier has been removed  
though the distance between  
his face is quite handsome, still.  
without being distracted  
the flush is not noticeable in the  
candlelight.  
there as well.

"You flatter me, Miss Bowen," he say  
have you been to this house?"  
"At least a dozen," Celia says.  
"And yet, you have never had a tour  
"I have never been offered one."  
"Chandresh does not believe in the  
the house remain an enigma. If the gues  
the boundaries are, it gives the impr  
itself goes on forever. It used to be two  
somewhat disorienting."  
"I did not know that," Celia says.  
"Two adjoining town houses, one  
He bought both and had them renova



## 9. KNIT HEADBANDS

by Lily Shine Creates

// Use this headband to pull back your hair during exercise or while washing your face before bed. //

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*Cassie Massolia*

## 10. CUSTOM THROW BLANKET

by The Quiet Grove

// Take at least 15 minutes for yourself every day even if that means getting up 15 minutes earlier than your kids or staying up an extra 15 minutes after they go to sleep. There are a lot of things you can do to fill your inner well in just 15 minutes, including snuggling in a blanket and reading a chapter of a favorite book. //



*Julia Groves*

READ THE TUTORIAL





# HOW TO REDUCE STRESS BY BREATHING

Many people don't know how to reduce stress; as a result, it builds. If you are among them, you might believe you are at the mercy of anxiety until it fades with time. Stressful situations, however, can go on until pressure depletes your health and happiness. Learn how to get rid of stress fast with breathing exercises and it won't damage your wellbeing.

Don't wait for a change in circumstance

At the first sign of anxiety, you need to take action rather than waiting for circumstances to change by themselves. First, though, recognize the symptoms of stress.

## SYMPTOMS OF STRESS

Difficulty sleeping, irritability, headaches, palpitations, and tears that flow for small or no clear reason are sometimes symptoms of stress. Stress can leave you awake at night worrying about problems and make you snappy too. Relationships, both at home and work may suffer when you are under stress.

Physical symptoms such as unexplained aches and pains and a fast heartbeat when you think about difficulties are signs of anxiety. If you are depressed, you might also cry easily.

## EMERGENCY BREATHING PATTERNS

Adopt this breathing pattern when you need to relax fast—whether you're having a heated discussion or feeling panicky, it will help.

Stress makes you take short, high breaths that deliver fast bursts of oxygen to your system and promote further

fight-or-flight responses. When you are anxious, your body goes into survival mode, readying you to go into battle or flee.

Reversing your breathing pattern fools your system into thinking you are relaxed. Take slow, deep breaths, as though you're pulling air down into your belly to inflate your lungs.

Exhale slowly through your nose, so you can hear yourself doing so at the back of your throat. Make breaths even, and pause for a few seconds between each breath to generate calmness and relaxation.

## 4-7-8 BREATHING PATTERN TO AID SLEEP

The 4-7-8 pattern will help you get to sleep fast. You can also use it to calm your mind when you can't stop worrying.

Take a deep breath in to the count of four, hold for seven seconds, and then exhale to the count of eight. Initially, breathing this way might feel forced, but the pattern will get smoother and comfortable after a few breaths.

If unwanted thoughts arise, know they are present but don't fight them. Return your attention to breathing and you'll soon be calm and sleepy.

## BREATHING PATTERN TO AID WELLBEING

Repeat the following breathing pattern on and off through the day to restore wellbeing and a state of heart coherence in which your system relaxes.

Take deep, slow, even breaths through your nose. Imagine they flow in and out of your heart. Picture your breath entering and leaving your heart as you breathe for a few moments.

When your breathing is even and comfortable, think about a subject that makes you happy. You might picture your favorite pet or someone you love, or a place where you feel tranquil. Continue the breathing pattern for a few minutes until your wellbeing increases.

As well as using helpful breathing patterns, adopt a self-care routine when you have to deal with ongoing stress. Look after yourself with acts of love. Create a comfortable environment, eat nutritious foods, and engage in soothing behaviors like taking hot bubble baths each evening and listening to relaxing music. You'll cope well and be calm, whatever the circumstances.

# 11. MANTRA BANNER

by **Albion Gould**

// Do something every day that is just for you – watch an episode of your favourite show, work on a craft that is just for fun, paint your nails...you'll feel recharged and ready to take on the world (I cross stitch for at least half an hour before bed with a cup of tea). Occasionally treat yourself for no reason at all – don't wait for a special occasion. //

[READ THE TUTORIAL](#)



*Albion Gould*







## 12. ADULT COLORING BOOK

by **Jordan's Easy Entertaining**

// Put on some relaxing music and take the time to clear your mind each day. //

[READ THE TUTORIAL](#)



*Jordan Hansen*



## 13. ICE CREAM COZY

by **Pattern Revolution**

// Take time to treat yourself. Snuggle up with a good book or your favorite movie, and indulge in some "me-time" to recharge your batteries. //

[READ THE TUTORIAL](#)



*Sarah Unthank*

# NEED HELP WITH YOUR CRICUT?

Join the [DIBY Club Facebook Group](#) or visit our [Crafting With Your Die Cutter articles](#) to learn more about using yours!



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