

MY SELF-CARE JOURNAL



A book to take care of myself

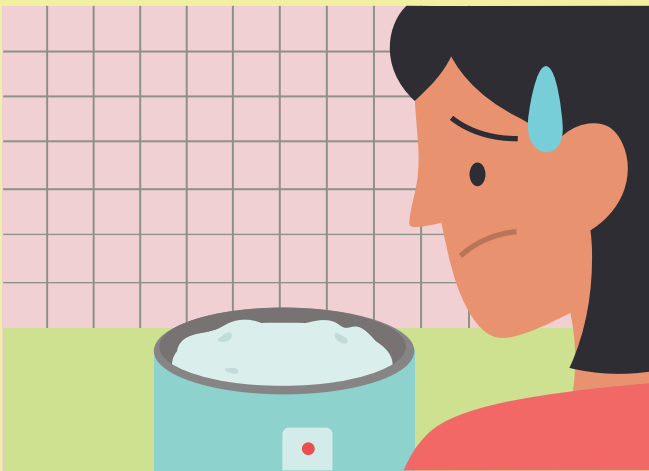
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Be kind to yourself

Be kind and take care of yourself. Learn from your mistakes, after you have tried your best. Ask for help when you need it.



What do I love about myself?

Write it below!



ONE FUNNY THING
ABOUT ME

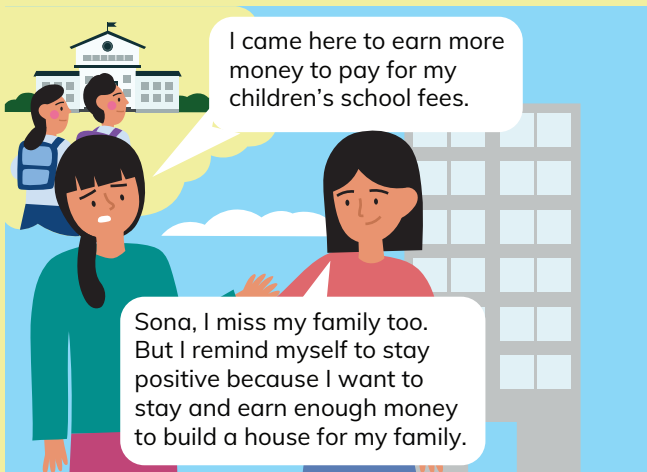
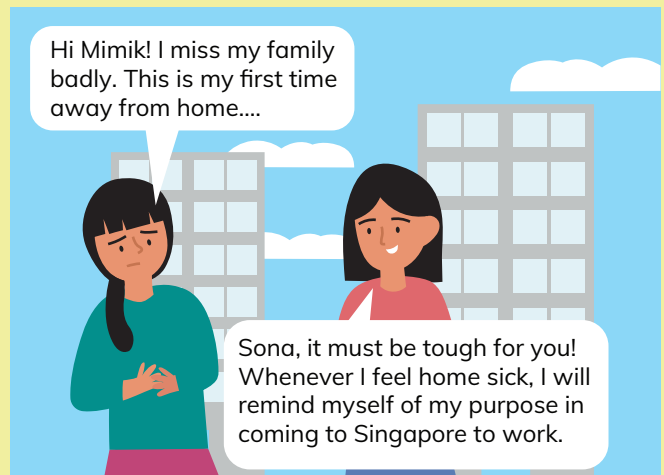
THREE THINGS THAT I
AM GOOD AT DOING

TWO THINGS
ABOUT ME THAT
I AM PROUD OF

FOUR KIND
WORDS TO
DESCRIBE MYSELF

What is your purpose and responsibility as an MDW in Singapore?

As a Migrant Domestic Worker, your employer entrusts you to take care of the family members and household. To do well, be patient, be open to learning new skills and ask questions if you are unsure. You have an important role to play so take pride in your work!



My dream, my future

I can achieve my dream with goals

Write, draw or paste a picture below

**What is my purpose of
coming here to work?**

E.g. To earn money to provide a better
life for my family.

**The names of my family
and loved ones:**

**What goals do I hope to
achieve when I return home?**

E.g. Build my own house, start my own business,
pay for my children's education.

**Achieving the goals will
make me feel:**

How can I achieve my goals?

1. I will save \$ (how much) in
(how many) years to

2. I will attend a course on to
acquire the skill/ knowledge to start my own
business.

3. I will talk to an expert (who) to find
out more on how to start a business.

**I can also achieve my
goals by doing the
following things:**

Have you been taking care of yourself?

Are you feeling down and tired more easily, or having a loss of appetite? These are signs of stress. If you are feeling overwhelmed or facing problems, share it with someone. This will make you feel better.



When I feel stressed or frustrated

I CAN TALK TO:

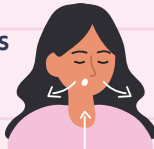
1. My friend (name):
.....
2. My employer
3. I can call Non- governmental organisations.

I CAN TELL MYSELF:

1. To ask for help.
2. This is tough but I am strong too!
3. I will focus on controlling my emotions and actions.
4.
5.

I CAN TRY THESE EXERCISES TO FEEL LESS STRESSED

Take 5 deep breaths



Clench my fist, then relax



I CAN PAUSE AND DO THESE

Hum a tune



Name of my favourite song:
.....

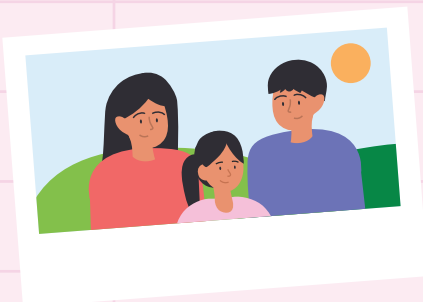
Hug a friend
Name of my best friend:
.....



Splash water on my face to cool down



I CAN CONNECT BY



Looking at my family photos

I CAN WRITE DOWN MY THOUGHTS



I CAN DRAW HOW I FEEL



How can you handle negative thoughts & difficult feelings?

Are you facing problems and having negative thoughts? Find out how you can overcome such feelings to stay positive and focused again!



My gratitude hand

Use your fingers to count the things
you are grateful for in your life.

Describe why you are grateful for
them by writing, drawing, colouring.

One thing I am grateful
for in my life

One happy thing that
happened to me

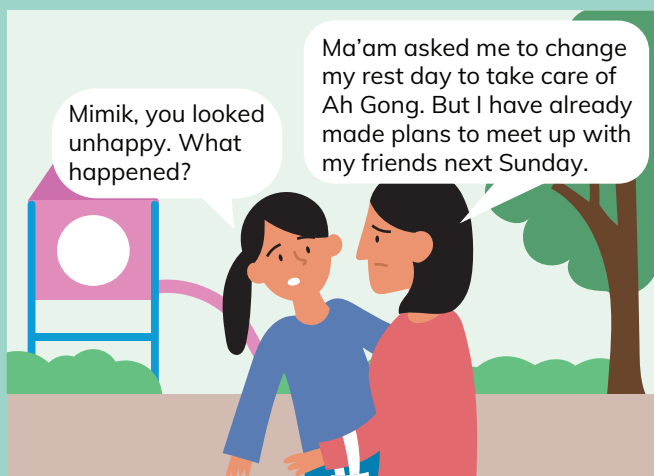
Someone I am
grateful for in
my life

Something (or someone)
that makes me smile

A place that
makes me happy

What can you do when you do not agree with your employer?

Have you ever felt upset or angry with your employer's instructions? While you cannot control what your employer says or do, you can control how you feel and respond. Speak to your employer politely to resolve the problem.



When I have a dispute with my employer, I will focus on the things I can control

MY ATTITUDE



MY EFFORT



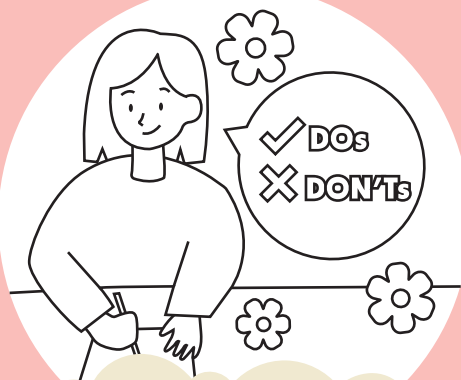
TAKING CARE OF MYSELF



THINGS I CAN CONTROL

Colour in the circles!

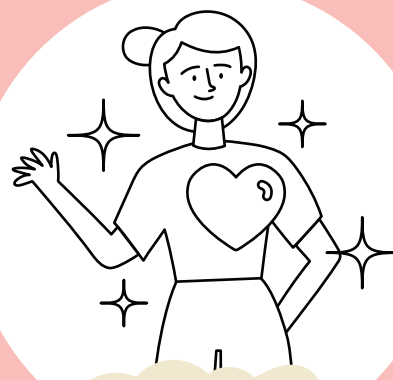
LEARNING FROM MY MISTAKES



ASKING FOR HELP



BEING KIND



THINGS I CANNOT CONTROL

Write or draw inside the circles!

CHORES I HAVE TO DO

WHAT MY MA'AM SAYS

WHAT OTHERS THINK

PAST MISTAKES

Why is it important to manage your spending?

Are you spending too much money?
Do establish a savings plan and only spend on what you need and can afford.



Ana, can you lend me some money?

Mimik, what do you need the money for?

I spent this month's salary buying presents for my family. I have no more money for my rest day tomorrow.

Mimik, you should do up a monthly budget so that you do not over-spend.

How can a budget help me?

Monthly Expenses	
	\$250

A budget helps you to work out how much to save and spend. For example, after setting aside a fixed amount for saving, you can then spend the remaining amount.

My Salary - Pay Debt - Savings = Amount to remit home

What if I do not have enough money to spend?

Mimik, you should only spend on things you need such as toiletries. Cut down on things you want such as jewellery.

Needs	Wants
SHAMPOO, BODY WASH, Soap	Dress, Handbag, Jewellery
✓	✗

Wants

Needs

I will start to track my expenses and spend wisely!

Monthly Budget		
Income	Personal	Health
—	—	—
Expenses	Savings	Transport
Clothes	—	—

A stylized illustration of a hand dropping a coin into a piggy bank. The piggy bank is pink with a white swirl on its side. The coin is yellow with a dollar sign. The background is dark blue with a white rounded rectangle behind the piggy bank.

(How much money do I want to save before I return home)



Diagram illustrating the calculation of money left for spending:

$$\text{My Salary (per month)} - \text{Amount to remit home (per month)} - \text{My Savings (per month)} = \text{Amount of money left for spending}$$

Use the table below to plan what items to buy every month.

Indicate with a tick if the item is a "need" (e.g. food, toiletries etc) or a "want" (e.g. new clothes, bags, shoes, latest handphone)

[illegible]

Total Spent:

\$

These are hard-earned money. Spend it wisely! Overspending will bring stress and financial problems!

Why is it important to save your money?

It is important to save your hard-earned money, so that you can better support your family and lead a better life when you return home. You can start small and save regularly to grow your savings! Saving \$2 a day will grow to become more than \$700 in a year.



Savings planner ✨



YEAR OF _ _ _ _

Write down how much you plan to save every month.
And what is your purpose of saving up?

Monthly savings goals

I am saving up to...

Track Your Savings!

Record down in the boxes how much you have saved for each month. Are you saving enough to achieve your monthly goals?

January	February	March
April	May	June
July	August	September
October	November	December

I have saved \$ _ _ _ _ _ for the year!

How to build a harmonious relationship with your employer?

Building a harmonious working relationship with your employer is important. Understand your employer's preferences and adapt to the family's routines and habits. Always ask if you are unsure of the instructions given by your employer. Be honest and hardworking. Follow these tips to have a healthier and happier employment experience!



Thank you notes

Think of the kind things and actions that your employer has done for you. You can show your appreciation by giving them a personalised Thank You Note! Write them a Thank You message and decorate the note with your drawing and colouring.

Thank
You

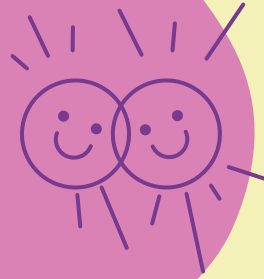


How can you help a friend in need?

Do you remember a time when your friend supported you through a difficult period? You can help your friends too! Check in regularly on your friends, listen actively to what they say, and encourage them to seek help if necessary.



Ways I can care for my friend



Colour the pictures in the circles to find out how you can care for your friend. Write down other ways to care for your friend in the square below.



Lend my friend a listening ear



Send an encouraging message to my friend



Let my friend know I'm there for them and want to help



Call my friend who is feeling down

Ways I can also care for my friend

Don't wait to seek help.

Encourage your friend to call MOM Helpline: 1800 339 5505 if they face any issues with their employment

Are you communicating well with your employer?

There are times when you do not know why your employer is upset with you. Do not be afraid to ask your employer for the reason(s). You may be surprised to see how a simple conversation can resolve misunderstandings and lead to a better relationship with your employer!



Mimik, stop looking at your phone! Do you want me to confiscate your phone?



Mimik, why are you crying?

Ma'am scolded me for talking to my son after his school.



You can explain your situation to your employer and ask her for permission to use your phone.



Ma'am, my son has just started school and needs to sleep earlier. Can I use the phone in the daytime to speak to him?



Thanks for telling me. You may use your phone after you have completed your chores.



Ma'am, I have completed my afternoon chores. Can I call my son now?

Sure, go ahead!

Thank you!



Tips to start a conversation with your employer

If you have problems that are troubling you, talk to your employer about them. Here are some tips to guide you to talk to your employer!



Feeling worried over work-related or personal problems?



Don't be shy or scared to discuss your problem with your employer.



Are you ready to talk about it?

Be open! No one can help you if you do not speak up!



Is it a good time and right place?

Speak to your employer when he or she is not busy. This helps both of you to have a focused conversation.



Be respectful to your employer

Be polite. Look at your employer when you speak. Do not slouch or fold your arms across your chest.



Thank your employer after the discussion

Thank you, Ma'am. You help me feel better and see things differently.

Support Groups and Helplines Available

There are many organisations in Singapore that you can call if you need help with managing stress.

Non-Governmental Organisations and Industry Association:	Contact No:
The Centre for Domestic Employees (CDE) provides employment related advice/ assistance to both MDWs and their employers.	1800 225 5233 (24 hours)
The Association of Employment Agencies (AEA(S)) provides employment related advice/ assistance and mediation services to both MDWs and their employers.	6836 2618 9am to 6pm

Mental Health Organisations:	Contact No:
Singapore Association for Mental Health (SAMH) provides counselling services for people who are emotionally affected.	1800 283 7019
Samaritans of Singapore (SOS) provides emotional support for those in distress.	1800 221 4444 (24 hours)
Singapore Counselling Centre provides a wide range of counselling and psychological services to enable you to mitigate stress and overcome the various issues of life.	6339 5411 (Counselling fees are chargeable)
Sliver Ribbon provides counselling service to persons with mental health issues and their caregivers to understand why they are delaying or defaulting their treatment.	6386 1928

Here are other useful contacts for emergencies.

MOM Helpline for Migrant Domestic Workers(MDWs)			
Ministry of Manpower – 1800 339 5505 For assistance and advice on well-being, salary, and other employment-related matters			
Other Emergencies			
Police	999	Ambulance/Fire	995

List of courses and activities that you can sign up on your rest day to help you de-stress



Aidha offers courses for helpers in money management, communication, computer and entrepreneurship.

Scan the QR Code or find out more and enrol for Aidha's courses here:
<https://www.aidha.org/courses/courses-overview/>



The Alliance of Domestic Employees Outreach (ADEO) is one of the movements of Hope Initiative Alliance which aims to provide holistic care to MDWs in Singapore through various programmes and activities.

Scan the QR Code for more details and for available courses at ADEO's webpage <https://adeo.sg/>

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