



Groundbreaking Self-Care Workbook & Card Set has potential to transform lives

Easy-to-use resources now available to help adults navigate everyday stress or crises

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First-time author Katherine Foster, a nationally registered Career Development Specialist (CDAA) and Counsellor (ACA), has released her groundbreaking Self-Care Awareness, Action and Planning Workbook and captivating Self-Care Card Set to bring hope and foster positive change for anyone struggling with life's ripples.

With a deep understanding of the challenges faced by adults in periods of pressure, confusion or darkness, the author has drawn on her personal experience and professional background to create easy-to-read resources to help them navigate times of stress, crises or burnout.

The practical 196-page Self-Care Workbook is a comprehensive guide filled with a range of activities, stress management techniques, follow-up questions, references to academic articles and a resource section for self-guided learning and growth. The visually stunning 43-piece Self-Care Card Set serves as a valuable companion, offering hands-on tools for further reflection and action.

Grounded in clinical experience yet written in jargon-free language, each section of the workbook includes Assessment and Outcomes tables enabling readers to create a meaningful, customisable, reusable go-to resource based on personal preferences.

When paired with the Self-Care Card Set, the workbook transforms into a versatile, tactile and user-friendly resource. It provides comfort, inspiration and a reliable around-the-clock support companion that suits every individual, reinforcing the idea that everyone's journey is unique and valid.

Designed to be used as a self-paced workbook or as an extension of self-care sessions with Katherine, these inspirational resources help people to:

- Develop more effective coping strategies
- Improve self-belief, confidence and resilience
- Increase awareness, gain new perspectives and learn new skills
- Access national and global resources for additional support
- Create a self-care toolkit for ongoing personal benefit

Author Katherine Foster comments, *"My ultimate goal in creating the Self-Care Workbook and Card Set is to authentically help people through life's ripples and positively impact their lives. I set out to craft meaningful, customisable and reusable resources, which people can go back to when life gets difficult. Through the exploration and utilisation of the products the reader knows what works for them based on their personal preferences and past experiences."*

The Self-Care Workbook and Card Set can be purchased as individual items or a combination package through Katherine Foster's [website](#) or through the self-help section at booksonlineaustralia.com.au.

Notes to editors

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Boilerplate

Career Development Specialist (CDAA) and Counsellor (ACA) Katherine Foster founded Blu Ripples (pronounced Blue Ripples) in 2009. She provides specialist career counselling and consulting services to teenagers aged 15+, youth, adults and organisations.

Blu Ripples' catch cry, 'Helping you through life's ripples', embodies Katherine's dedication to help clients explore options, examine self-belief and understand the impact of their life experiences on their communication and interaction with the world around them.

Product Information

Self-Care Workbook and Card Set

<https://bluripples.com.au/product/self-care-workbook-card-deck-combination>

Self-Care Workbook

<https://bluripples.com.au/product/self-care-workbook>

Self-Care Card Set

<https://bluripples.com.au/product/self-care-card-deck>

Self-Care Introduction Video with Author

<https://bluripples.com.au/self-care-products-workbook-cards>

Dropbox

https://www.dropbox.com/scl/fo/73ghn7cr46s14nnfemj3f/AO3_52qZkFt-915vGVlk1I?rlkey=27s498nh59kpfva8qmmg68f28&dl=0

Promotion

Enter **Promotion Code BLU10%** at point of check out for self-care products

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