How Self-Care Can Help your Personal and Professional Relationships Thrive.

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The neighbor's daughter's senior pictures turned out nice.
What is in your backpack? And what do you need to do to take it out today to feel more at ease?
FIGHT OR FLIGHT RESPONSE
Hand Sanitizer

+ Vitamin E

- Leaves hands soft
- Contains moisturizers
- Kills more than 99.99% of germs

28 FL OZ (828 mL)
SELF CARE

Oxford Dictionaries defines it as the practice of taking action to preserve or improve one’s own health.

I define it as having tools and resources to support you mentally, physically and emotionally in order to continue to be available to connect with others and yourself.
WHY?

1. 20 minutes a day you will have better health, sleep, and income.
2. Combats depression and anxiety.
3. You will flourish rather than merely survive.
4. An awareness of reciprocity in the care of self and others — the kindness you show others should be the kindness you show yourself.
5. Those who practice self-care are 3x less likely to get sick.
6. Stronger and healthier relationships.
selfcare
is not cowardly
P.A.C.
PRESENT
AWARENESS
COMPASSION
Be Present to what you are feeling. You can say to yourself sadness, fear, anxiety, grief. Almost as if to honor this feeling as you would your more comfortable feelings. This allows the feeling to open & it may even intensify for a bit but stay present.
Be aware of where these feelings are in the body, identify it, the color, shape, or denseness.
Emotional states in the body

Anger: Heart and Head
Fear: Gut, heart and hips
Happiness: heart and head
Sadness: Heart and lower belly
Anxiety: Belly, heart, throat,
Love: Head, throat, heart and belly
Depression: lower belly and legs
Control: Heart, throat and head
Grief: Lungs
Voice: Throat
• Bring **compassion** for all your fears and confusion. Make space for the feelings and they will have time to be felt.
• Then your awareness will get bigger and you can hold these emotions with greater ease and compassion.
• Compassion will help you build resiliency.
WRITE

1. When are you at your best?

2. When are you at your worst?

3. How do you get to your best place?

3. What are the steps that lead you to your worst place?

4. What could you have done to turn that difficult place around?
Go to a partner and talk about the 2-3 self-care tools you will integrate into your life.