Self-Care Presentation

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Self Care

a different look
“People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their beauty is revealed only if there is a light from within.” Elizabeth Kubler-Ross.
Keeping our Light Strong

• If we can look at self care as a way of keeping our inner light strong, the investment of developing our personal tools of care will grow.

• Our capacity to serve and teach will be abundant.

• When we are at source we live with more compassion and peace.
Growing Your Inner Light results in…

We are more effective at negotiating difficult relationships.

We are more effective when communicating our own needs.

We are better at recognizing our limits.

We are more effective at expressing emotions accurately.

We are less likely to blame others for how we feel.

We are less likely to take things personal and make assumptions.

We are more at peace and ease.
My Intention for our time together, is to invite the exploration of self love and self compassion. In order to increase awareness around our own personal tools of self-care.
Break out discussion

Selfishness
Cultural Conditioning
Self indulgent
Self Compassion
Myths
Self Love
Life’s offering
Balanced Health
The Goal
Self care is built into our way of being.

When we are dysregulated, or out of balance, the act of stuffing, denying, and numbing actually reinforces our denial and blocks healing and balance. When we take care of ourselves we are more useful in our roles and can access our innate ability to handle life's challenges.
Keeping the balance between self and others is often lost to the other. At times I have gone so far with my generosity that there was nothing left to give. Not to others, not to myself. Soil needs rest; it needs replenishment. If you don’t give yourself these things you will be depleted. You will no longer be a sustainable resource….I encourage you to take up new tools, with courage, and walk into the boundless unknown.

(Surface Design Journal, spring 1996; Thoughts and Metaphors at Mid-Career by Bhakti Ziekl)
Aspects of our being.....qualities both positive and negative

- **Physical:** healthy food, sleep, healthy exercise, medical care, vacations, days off, massage, time alone, alcohol, drugs, excessive exercise, spending money you don’t have, dance, play, gardening, cleaning, chores, yoga, fashion, sexual life, watching TV and movies, avoiding

- **Intellectual:** journaling, reading, education, counselor, supportive friends, setting goals, anxiousness, perfectionism, procrastination, being curious, sport events/teams, saying “no”, gossip

- **Emotional:** laughter, cry/tears, anger, supportive friends/family, play, isolation, fearful, worry, drama, gossiping, avoiding things

- **Spiritual:** prayer, meditation, faith, yoga, nature, religion, community, volunteering, ritual, ceremony, over giving,

- **Creative:** art, poetry, literature, music, dance, draw, singing, fashion, home decorating, changing paint colors, movies, TV,

write your own list
As we look into the aspects of our mode of being, may we discover or rediscover qualities that need to be nourished or explored.

guided
Stream of Conscious writing exercise…
In Closing......when self care is regularly practiced access to our inner light is readily available.

Don’t Hesitate

You need to create space and time

Being conscious of what and how your care supports you.

Paying attention to how you feel when you are choosing a certain care choice.

Setting Daily Intentions specific to your balanced health.

Mary Oliver from Swans