

## A NOTE ON SELF-CARE 10 minutes

The work you do in this course might provoke sadness, trepidation, frustration, overwhelm, or confusion. Some past participants have noted these feelings, so they recommended I create a note on Self-Care for future participants. Here it is!

I'm guiding you in this course to examine your stories about yourself. This might stir up the waters for you.

- You might feel conflicted about what you discover about your Hero's story.
- You might wrestle with resistance about naming your wants.
- You might have an "a ha!" moment that you need to sit with for a day, or a week, to process.

Past participants have experienced these effects, and they've progressed through them both individually and/or with support from me.

If you find yourself unexpectedly stumped, stalled, or spinning in circles of possibilities, know that you're not alone, and you will reach a clear landing spot.

**On the next two pages, I've listed some ideas for taking a Self-Care break if you happen to hit a stumbling block while uncovering insights.**

Circle any options that appeal to you, or jot some of your own, for later reference if needed.

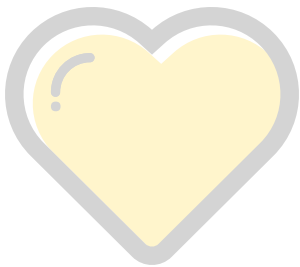
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### PRACTICAL

Make your grocery list, clean the bathtub, refill the bird feeder, dead-head spent flowers in the garden, schedule appointments, vacuum, get consistent rest

Your ideas:



### EMOTIONAL

Journal, sing along to your favorite music, snuggle and/or walk your pet, reach out to a friend or counselor, express kindness to someone

Your ideas:



### SPIRITUAL

Jot down 3 things you're grateful for, hug a tree or play with dirt, name something you've forgiven

Your ideas:

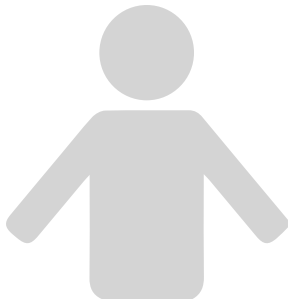
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### MENTAL

Inhale 10 belly breaths, color or doodle, set a timer for 10 minutes & write down or talk about what's fretful - then close "worry time" until at least 12 hours pass (ideally 24 hours)

Your ideas:



### PHYSICAL

Journal, sing along to your favorite music, snuggle and/or walk your pet, reach out to a friend or counselor, express kindness to someone

Your ideas:



### SOCIAL

Post to the Hero Facebook group for support, invite a friend for a meal, assemble a charitable donation for a thrift store, visit your fave coffee spot

Your ideas: