



Beyond Bubble Baths:  
*Redefining Self-Care*

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Thank  
you!



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I help people create more balance and peace in their lives by optimizing their self-care practices, mindset and habits.

# Self-Care as Stress Mitigation

“Sometimes the most important thing in  
a whole day...  
...is the rest we take between two deep  
breaths.”  
– *Etty Hillesum*



What does self-care  
mean to YOU?





For most of my life, I...

- put my self-care at the very bottom of my to-do list, and
- put everyone else's needs above my own

*I believed this is what it meant to care for others.*



"Superwoman-Complex",  
anyone?



Little Leah as Wonder Woman



Big Leah as Wonder Woman





- Out of Balance-  
→ unhealthy "self-care "
- Burning the candle at both ends-  
→ depleted and resentful
- Disconnected-  
→ from myself and others



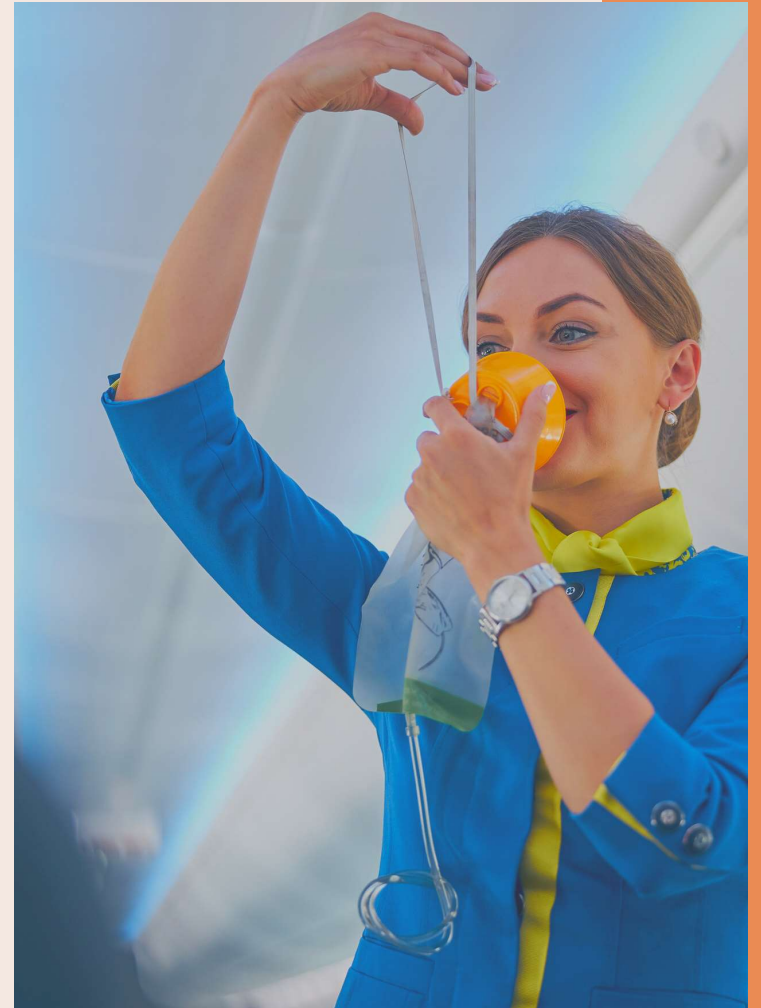
A nudge from  
the Universe.

A Time to  
Rescue and  
Reclaim Myself...



Take care of  
yourself, **FIRST!**

If you want to be someone who  
**cares well for others**, you must  
care for yourself, first.

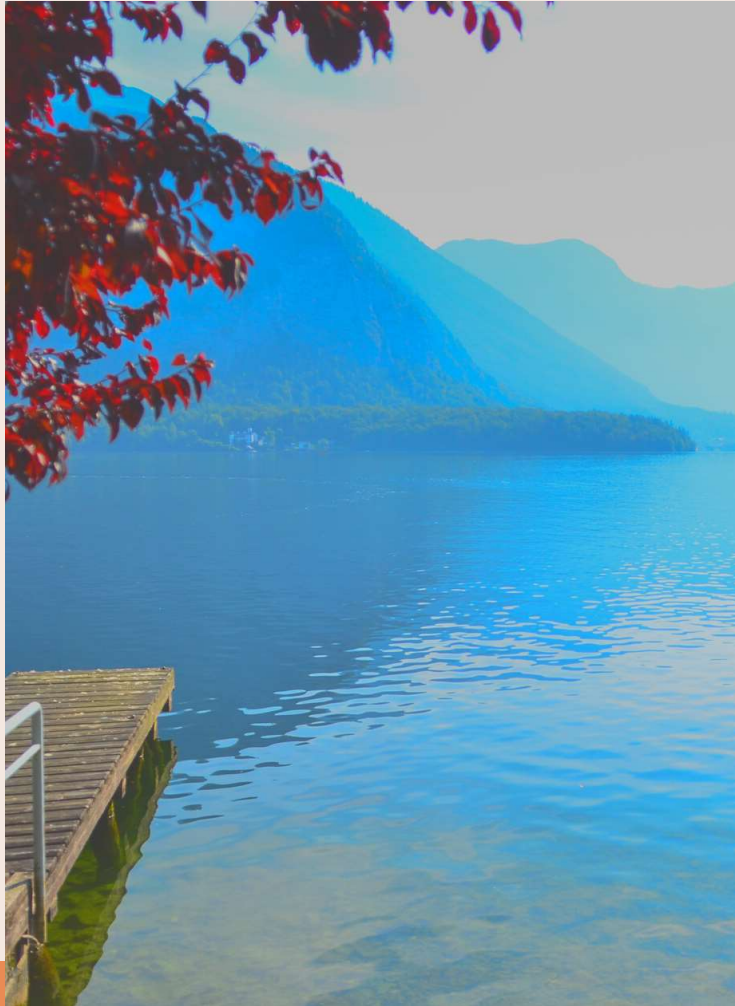


# What Self-Care means to ME....

- Solitude...
- Time for self-reflection...
- Getting good sleep...
- Being creative...
- Not eating too much sugar...
- Spending time in nature...
- Connecting to my higher power.
- Regular meditation practice.

For me, Self-Care is about  
**remembering who I am at my core  
and honoring that person.**

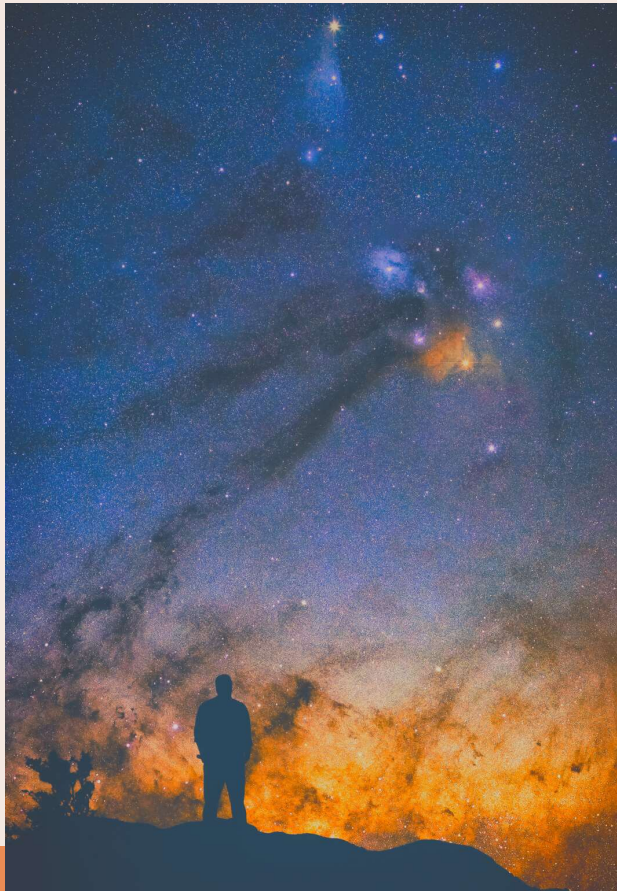




# Self-Care is the foundation for all wellness.

- **Builds your resistance** to the effects of stress
- Is the balm that **soothes the soul**.
- **Protects and replenishes your energy reserves**, so there's enough for you AND those you care for.
- Creates space for **joy and connection to self and others**
- Allows you to show up as the **best version of yourself**, to the benefit of everyone.

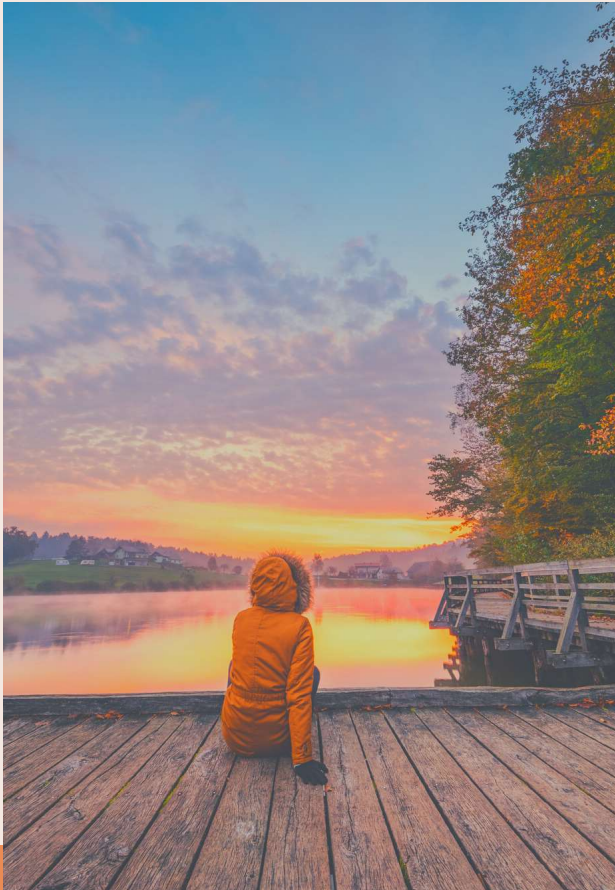
# Self-Care is the Currency of Self-Worth



- Self-Care **supports the belief that you are worthy of love, respect and kindness**, and that you are inherently valuable.
- Your worth is not determined by your job title, income, appearance, or accomplishments.

**A healthy sense of self-worth gives you access to peace regardless of life's circumstances.**

# Self-Care is the Currency of Self-Worth



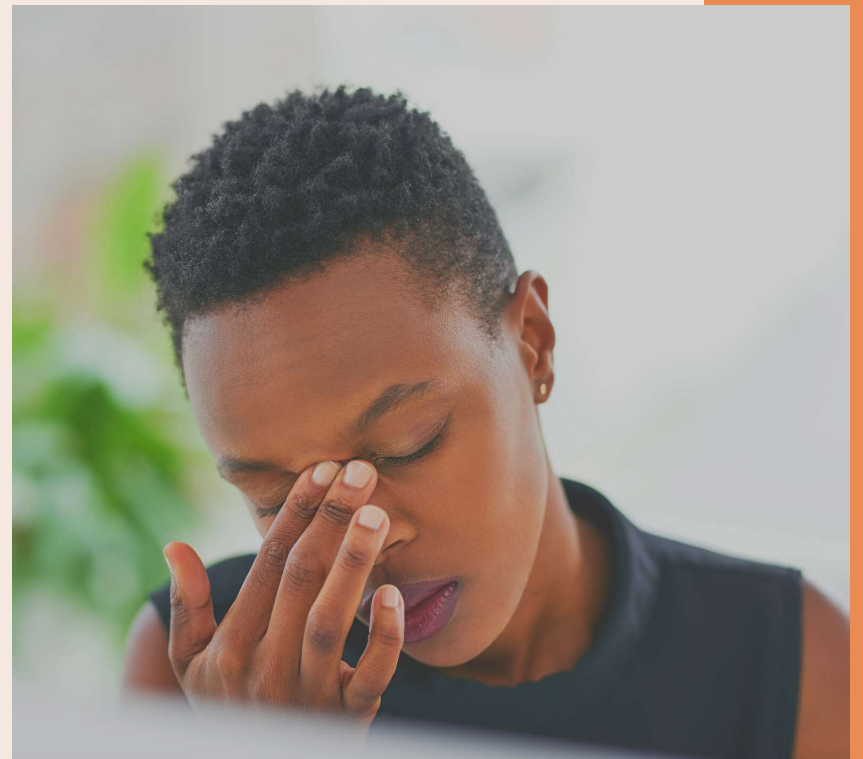
- **Self-care must not be withheld or "saved-up"** for the weekend, or vacation, or on a retreat.
- **When woven into our everyday lives**, self-care helps us create more peace, balance and fulfillment, every day, even in the face of life's challenges.
- **Ritualizing self-care keeps the "self-worth tank" full**, which increases your **resistance to stress** and your **capacity for joy**.



# Self-Care is...

## **Increasing self-awareness.**

- Paying attention to your body's signals.
- Working to increase awareness of your response to stress.
- Noticing, noticing, noticing!



# Self-Care is...

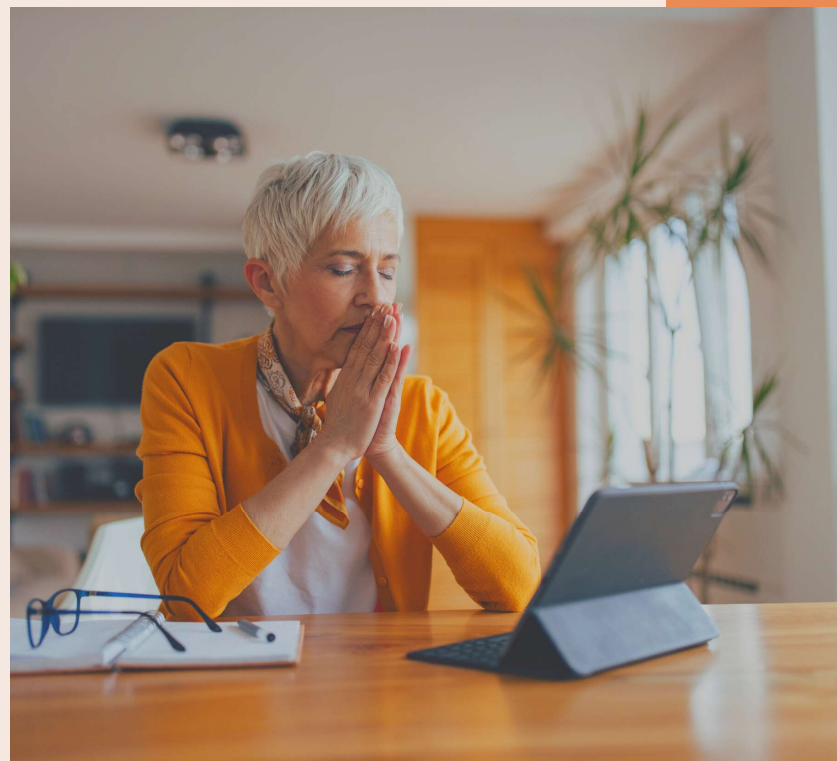
**Recognizing** when you're overwhelmed and taking steps to course correct.

## IN THE MOMENT:

Have strategies for getting out of your head (where overwhelm lives) and into the present moment (where peace lives).

- **5 Senses Check-In**
- **Calm Palm**
- **Mindful breathing**

*("I..feel...relaxed...now...inhale...  
exhale...repeat)*



# Self-Care is...

**Recognizing** when you're overwhelmed and taking steps to course correct.

## BIG PICTURE STRATEGIES:

- Evaluate where you can **scale back, delegate, or say "no"**, to reduce the overall burden.
- Note, this will require you to confront your **inner people-pleaser, perfectionist, and overachiever.**



# Self-Care is...

Learning how to "Care But Not Carry"



- Creating and maintaining **boundaries**
- Staying **grounded**
- Monitoring your vital energy (life force), and **taking steps to protect it.**

# Self-Care is...

Staying connected to your body.

- Remember to **breathe**.
- Move your body not as a matter of fitness, but to **maintain your connection to self**. Stand, reach, twist, stretch and **move energy through the body!**
- **Eat intuitively**. What foods feel truly nourishing? Eat more of those.
- Acknowledge **the gift of your body's ability to move freely through the world**.



# Self-Care is...

Staying connected to your authentic self..

- What inspires you?
- What lights you up?
- What is your purpose? (This is more about your values than your job, by the way)

Recall what it felt like to live with childlike wonder and creativity. What were your favorite activities?.



# Self-Care is...

## Cultivating Self-Trust and Intuition

- Spend time in quiet reflection (prayer, meditation or writing)
- Don't "outsource your wisdom", and learn how to access your own inner-wisdom.
- Resist the urge to seek approval and validation.

“



# Self-Care is...

## Investing in Yourself.

- Therapy
- Coaching
- Body work
- Recreation
- High-quality food
- Fitness membership
- Education
- Travel
- Taking time off

Investing in yourself affirms your self-worth and motivates you to show up for yourself.





# Self-Care is...

Living with Intention.

- How you feel is a CHOICE.
- Decide what's most important, SET YOUR INTENTION, and **let it be your compass.**
- Be purposeful and deliberate about **the choices you make**, the **thoughts you allow to predominate** in your mind, and **the things you focus on.**

"Living with intention means...  
saying YES to what matters most."

-Crystal Paine

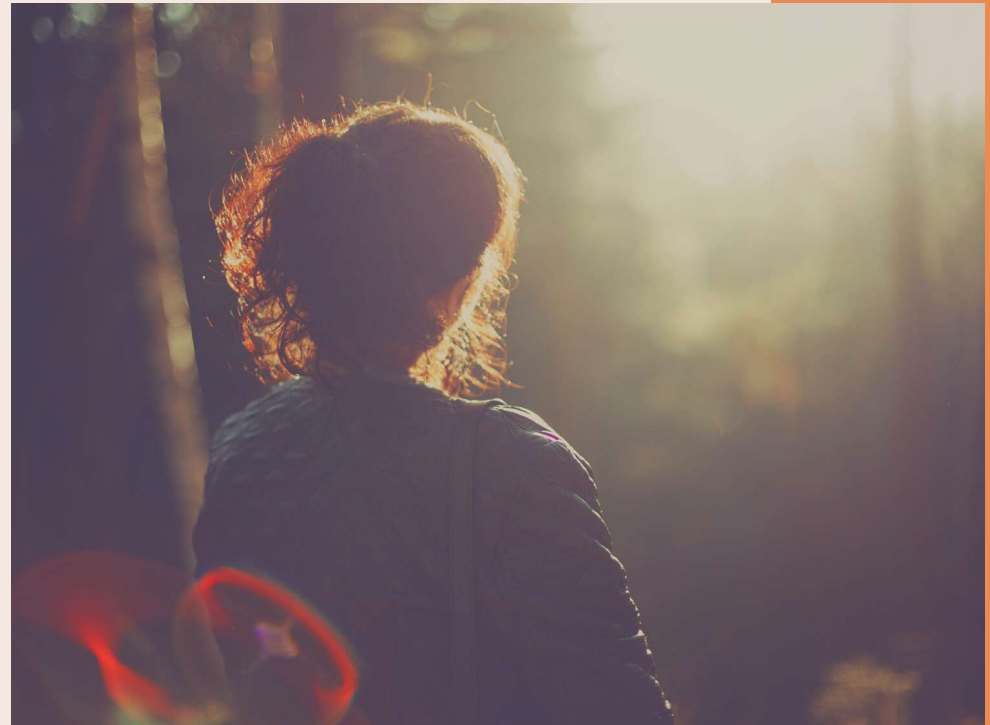


What **thoughts** will YOU choose?  
What **intention** will YOU set?

# Self-Care is...

## Slowing Down.

- When we slow down, we **awaken to the present moment**...where peace lives
- Slowing down allows us to **connect at a deeper level** with ourselves and others, and...
- ...**find more meaning and joy in our everyday experiences.**

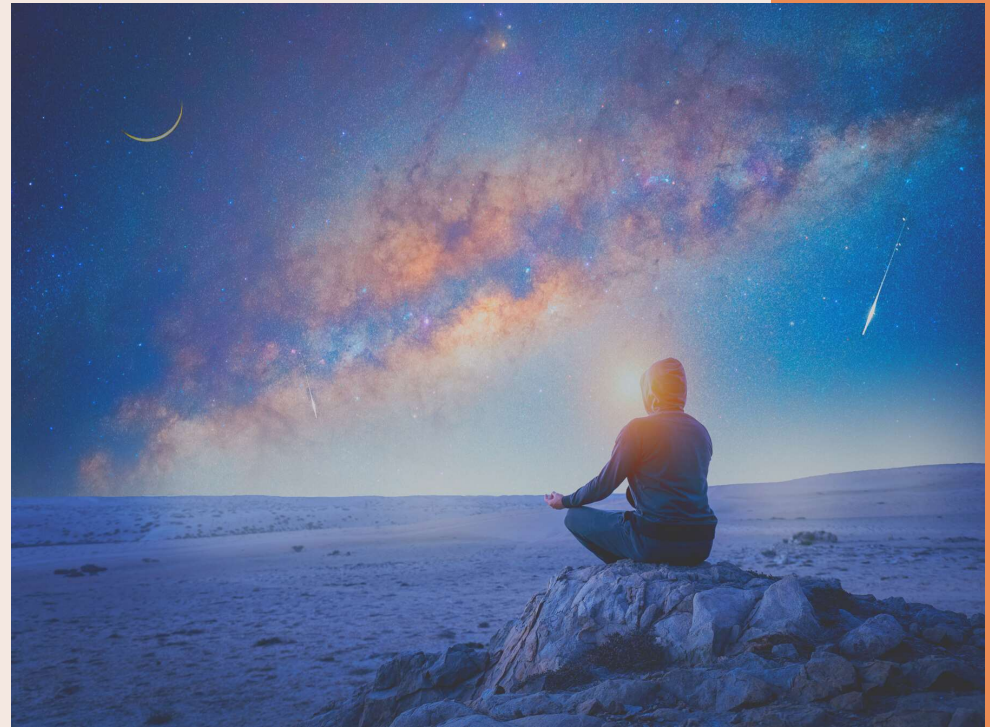


# Self-Care is...

## Practicing Mindfulness

Mindfulness teaches us how to...

- Get **out of our heads and more in the moment**, without all the worry and fear
- Live our lives with more **peace, clarity and creativity**
- **Free up space for joy to emerge**





# When we practice Mindfulness...

- Life feels more manageable
- We feel calmer
- Less reactive
- More creative
- More clear-headed
- More joyful



# Self-Care Check-In Exercise

- One of the most impactful things we can do for ourselves is to **take time to reflect.**
- Pause and take stock of **where you are**, and **NOTICE what you need.**



1. My Energy Levels ..... / 10 \_\_\_\_\_
2. How Inspired I'm Feeling ..... / 10 \_\_\_\_\_
3. Fun and Play ..... / 10 \_\_\_\_\_
4. Self-Honesty ..... / 10 \_\_\_\_\_
5. Physical Activity..... / 10 \_\_\_\_\_
6. Peace and Quiet ..... / 10 \_\_\_\_\_
7. Feeling Heard or Seen ..... / 10 \_\_\_\_\_
8. Connection to That Which is Greater..... / 10. \_\_\_\_\_
9. Feeling Accepted and Understood ..... / 10 \_\_\_\_\_
10. My Friendships ..... / 10 \_\_\_\_\_
11. My Physical Appearance ..... / 10 \_\_\_\_\_
12. Feeling Loved and Appreciated ..... / 10 \_\_\_\_\_
13. My Environment (eg. home, workspace) ..... / 10 \_\_\_\_\_
14. Physical Health ..... / 10 \_\_\_\_\_
15. My Feelings and Emotional Health ..... / 10 \_\_\_\_\_
16. Organization and Simplicity ..... / 10 \_\_\_\_\_
17. Being Challenged and Stretched ..... / 10 \_\_\_\_\_
18. Learning and Personal Growth ..... / 10 \_\_\_\_\_
19. Money/Finances ..... / 10 \_\_\_\_\_
20. Connection to Myself ..... / 10 \_\_\_\_\_
21. Relaxation and Pampering ..... / 10 \_\_\_\_\_
22. Time Spent in Nature..... / 10. \_\_\_\_\_
23. Something else? ..... / 10 \_\_\_\_\_

# Self-Care Check- In

- **Instructions:**  
Score each item on a scale of 1-10, with **10 being completely full in your life, and 0 being non-existent.** Don't overthink these! Take 3 minutes.



- |  |           |       |
|--|-----------|-------|
| 1. My Energy Levels .....                      | ___ / 10  | _____ |
| 2. How Inspired I'm Feeling .....              | ___ / 10  | _____ |
| 3. Fun and Play .....                          | ___ / 10  | _____ |
| 4. Self-Honesty .....                          | ___ / 10  | _____ |
| 5. Physical Activity.....                      | ___ / 10  | _____ |
| 6. Peace and Quiet .....                       | ___ / 10  | _____ |
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| 20. Connection to Myself .....                 | ___ / 10  | _____ |
| 21. Relaxation and Pampering .....             | ___ / 10  | _____ |
| 22. Time Spent in Nature.....                  | ___ / 10. | _____ |
| 23. Something else? .....                      | ___ / 10  | _____ |

# Self-Care Check-In

**Instructions:**  
2. Starting with item #1 (My Energy Levels), ask yourself, "What do I need?" "What would raise my score?"

Examples:

- Low "Energy Level" score: *Turn off the TV earlier at night*
- Low "How Inspired I'm Feeling" score: *Read a new book, or book a daytrip somewhere new*

Take 5 minutes to complete this



- |  |           |       |
|--|-----------|-------|
| 1. My Energy Levels .....                      | ___ / 10  | _____ |
| 2. How Inspired I'm Feeling .....              | ___ / 10  | _____ |
| 3. Fun and Play .....                          | ___ / 10  | _____ |
| 4. Self-Honesty .....                          | ___ / 10  | _____ |
| 5. Physical Activity.....                      | ___ / 10  | _____ |
| 6. Peace and Quiet .....                       | ___ / 10  | _____ |
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| 23. Something else? .....                      | ___ / 10  | _____ |

# Self-Care Check- In

## Instructions:

3. Answer the following questions on paper:
- What surprised you most about your responses?
  - What patterns or themes did you notice?
  - Name ONE action that you will take in the next 7 days to care for yourself. (No "shoulds", only something that you can pleurably and realistically commit to doing for yourself!)



# Additional Services:

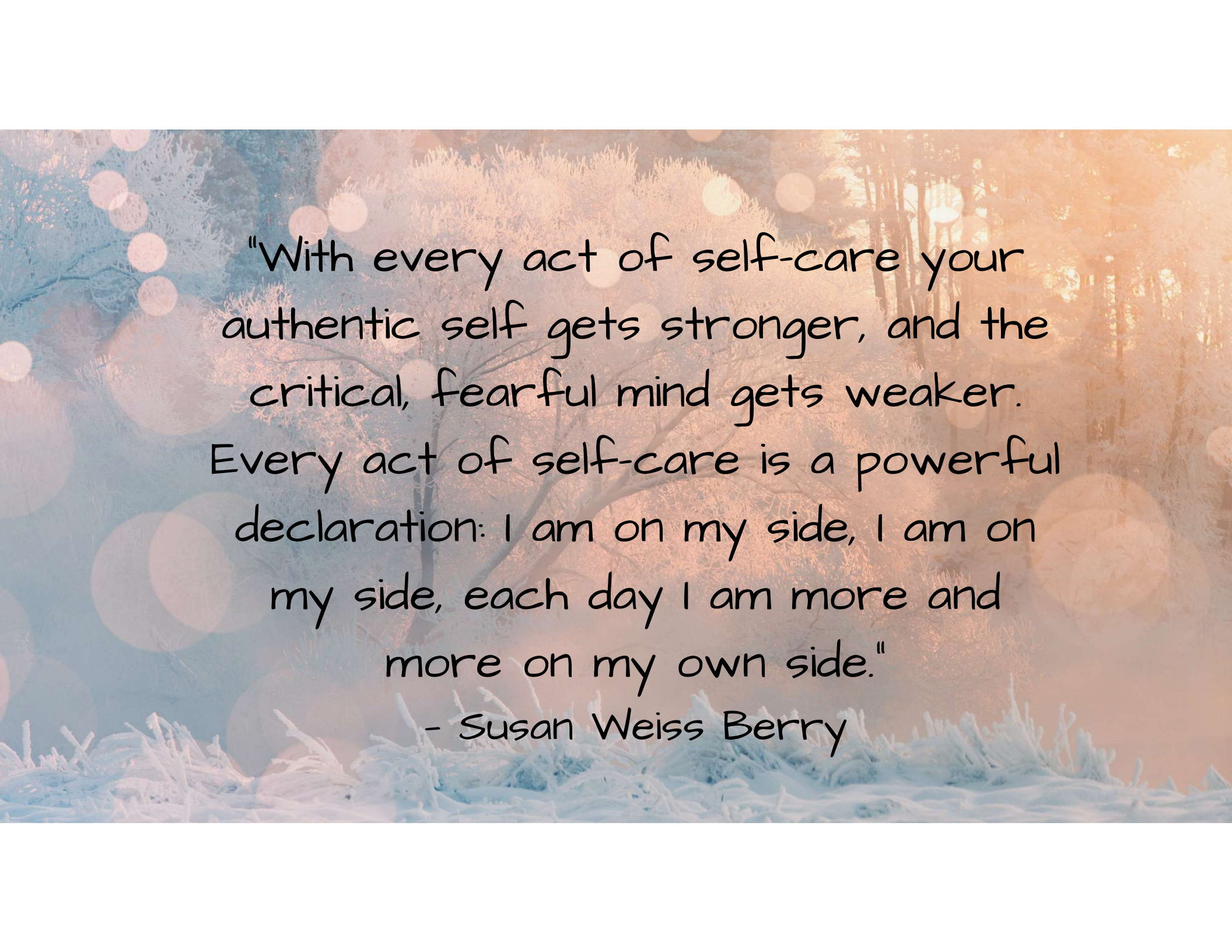


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"With every act of self-care your authentic self gets stronger, and the critical, fearful mind gets weaker. Every act of self-care is a powerful declaration: I am on my side, I am on my side, each day I am more and more on my own side."

- Susan Weiss Berry