



Savvy Self-Care Strategies for Busy People

Module 1 The Surprising Inside Secrets on Self-Care



What we'll do today

- ▶ Welcome
- ▶ Module 1
 - New Definitions
 - Why Self-Care is crucial for yourself and others
 - What happens without it
 - YOUR Vision
 - Values – your compass for life
 - 2 Beliefs that can stop us
 - Hot Tips
 - Action Steps
- ▶ Questions

About Liesel

- ▶ Passion to help people
- ▶ Started career in the health and wellness industry in 2005
- ▶ Co-founder of EFT Academy of Southern Africa and EFT Trainer
- ▶ Self-Care “I’m too Busy” Crisis
- ▶ Author of *No Problem: The Upside of Saying No*



Inside Scoop on Self Care

Traditionally

- ▶ Self Care = Stress Relief
 - Exercise
 - Massage
 - Water
 - Meditation



- ▶ It's so much more!



Inside Scoop on Self Care

“You have the power to create your **personal reality**, which is what self-care is ultimately about.”

“Caring for yourself today is exactly what **determines your life** for decades to come.”

~ Deepak Chopra



Savvy Definitions of Self Care

- ▶ Prioritizing what we need to keep our energy tanks full or close to full
 - Physical
 - Emotional
 - Mental
 - Spiritual



- ▶ Serve others from the overflow



Why The Big Deal About Self Care?

- ▶ Create your personal reality
- ▶ Create joy, time, energy, freedom
- ▶ Happiness, purpose and meaning



What Happens with No Self-Care

- ▶ Resentment
- ▶ Anxiety
- ▶ Overwhelmed
- ▶ People make "demands"
- ▶ Low resilience
- ▶ Irritation and frustration
- ▶ Low Energy => Exhaustion/ Adrenal Fatigue
- ▶ No motivation / enthusiasm
- ▶ Soldiering on - Martyr
- ▶ Depression
- ▶ Severe illness

8

Isn't that SELFISH?



Self Care is Caring!

▶ Recent Research showed:

- ▶ Our well-being influences that of those around us, up to 3 levels of separation.
- ▶ To try and be happy may seem like a selfish endeavour but it is actually a **worthwhile goal** to pursue not just for oneself but for our community.



Happiness Research

Recent Research (review of 225 studies) showed
People who are happier & experience more positive emotions

- ▶ Make more money, more productive at work, more creative at work
- ▶ Better leaders and negotiators
- ▶ More likely to get married & have fulfilling marriages
- ▶ More social support, more friends
- ▶ More philanthropic, more generous and kind to others
- ▶ Give more to charity
- ▶ Better "copers", more resilient, healthier; strong immune systems
- ▶ Evidence they actually live longer

It is not the case that happy people are more self-centered; you could actually argue that they are more other-centered.



What it Is, and Isn't

▶ TRUE Self-Care ISN'T

- Conditional (I'll love myself IF)
- Vain or egocentric (Stuck-up, wrapped up)
- Disregarding of others needs
- Defensive (reveals insecurity)
- Running away from problems
- Over-Giving

▶ TRUE Self-Care IS

- Compassionate (Definition)
- Open, honest, caring



Top 5 Regrets of the Dying

- ▶ I wish I'd had the courage to live a life true to myself, not the life others expected of me.
- ▶ I wish I hadn't worked so hard.
- ▶ I wish I'd had the courage to express my feelings.
- ▶ I wish I had stayed in touch with my friends.
- ▶ I wish that I had let myself be happier.



What if this was possible instead....?

- ▶ A life filled with joy, fun and love
- ▶ A feeling of security and safety
- ▶ Creative self-expression
- ▶ Enjoyable and meaningful activities
- ▶ Fulfilling your deepest needs
- ▶ Self-esteem and confidence
- ▶ Realizing your full potential
- ▶ Would you say that's a life well-lived?



Every Change Starts with a Vision

- ▶ Creation Process
- ▶ Commitment
- ▶ Vision
 - RAS
 - Destination
 - FOCUS



YOUR Self-Care Vision?

- ▶ What does it mean to YOU to put yourself back on your own priority list?
- ▶ If you were there, what would you do now, that you're not giving yourself YET?
- ▶ If you no longer had this problem, what would your life be like?

YOUR Self-Care Vision?

- ▶ Visualisation
- ▶ Jot down ideas



How to Set an Outcome for the Biggest Chance of Success

- ▶ RAS – Subconscious Mind
 - Can understand only language of the senses
- ▶ What does it LOOK like?
- ▶ What does it SOUND like?
- ▶ What does it FEEL like?

Still feel selfish?

- ▶ **Don't worry!**
- ▶ Module 2 – learn a tool to help you change those critical, judgemental voices
- ▶ Two angles:
 - Eliminate the negative voices/guilt/fear
 - Instil new positive ideas and a vision

Values

- ▶ What we NEED
- ▶ Unique
- ▶ Compass
- ▶ How we spend our resources
- ▶ My example



Values: Definition

“Your personal values are what're important to you; not something you want or would like to have, but something you literally **need in your life to be happy**.”

A value is a **principle** or **quality** intrinsically valuable or desirable to you. Values are personal. They are your convictions, your beliefs, and your ethics rolled into one. Your personal code of values may be identical to your family's values. Or they may be dramatically different.”

Jerry Lopper

Values and Stress

“Stress does not result from hard work, long hours, or multiple roles in life. Stress results from **values conflicts**.

When put in a situation where you are **unable to honor a value**, you will feel stressed out.

No amount of relaxation, meditation, or exercise will eliminate the stress until the values conflict is resolved.”

Jerry Lopper



Values and Goals

“You stand in the way of your own success when you set **goals that are incongruent with your true higher values** and have unrealistic expectations in terms of what you want and when.

Either **adjust your goals to match your values** or adjust your values to match your goals.

Otherwise **unrealistic expectations can lead to frustrating results and volatile emotions.**”

Dr John Demartini



Values: Examples

- ▶ Wealth
- ▶ Health
- ▶ Time with family
- ▶ Travel
- ▶ Peace
- ▶ Fun
- ▶ Spontaneity
- ▶ Freedom
- ▶ Transformation
- ▶ Variety & Spice
- ▶ Joy/enjoyment
- ▶ Aliveness
- ▶ Learning



Simplest Values Exercise



Today's Hot Tips for Self-Care

- ▶ What is self care for YOU?
- ▶ What are your "red flags"?
- ▶ What's your vision for your life?
- ▶ What are your highest values?
- ▶ What drains your energy?
- ▶ What increases your energy?
- ▶ Affirmations



Today's Self-Care Affirmations

- ▶ I choose to live a life of happiness.
- ▶ I choose to inspire others with my self-care.
- ▶ I set a great example for my children to care for themselves.
- ▶ I gradually make myself a bigger priority.
- ▶ I choose to live a fulfilled life.
- ▶ I choose to listen to my body and it's needs.
- ▶ I choose to believe that the happier I am, the happier my family and friends will be.
- ▶ I am willing to learn how to care for myself.
- ▶ I am learning how to put myself first while being kind to others.
- ▶ I am learning that the oxygen mask is important.
- ▶ I am learning how to fill my own cup of energy so I can joyfully serve others from the overflow.
- ▶ What's yours?

Action Steps

- ▶ Cast your self-care vision
- ▶ Visualize it often
- ▶ Determine your values
- ▶ What's your energy drainers?
- ▶ What's your energy boosters?
- ▶ Choose an affirmation or two and use it daily
- ▶ Choose 1 self-care activity and schedule it in your calendar!



But ... others needs are more important than mine!

- ▶ That is a BELIEF (Module 2)
- ▶ Conversation with Annabel and Telesummit
- ▶ Actions sometimes come first
- ▶ We have to give our body a different experience
- ▶ We can act despite our thinking and feeling
- ▶ You do NOT have to fully believe you're worth it before you can start
- ▶ So.... What action can you take this week to give yourself a new experience?



Comments and Questions





Savvy Strategies for Self-Care

Module 1 The Surprising Insider Scoop on Self-Care


