



## Savvy Self-Care Strategies for Busy People

### Module 2 The Elephant in your Head



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### Module 2: What's really stopping your self-care?

- ▶ Top 10 Reasons we Resist Self-Care
- ▶ The Elephant in your Head
- ▶ Discover your personal Elephants
- ▶ Learn an Incredible Tool to get the Elephant on Board
- ▶ Questions

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### Most Asked Question

If I know that self-care is so important to me...

...**WHY DON'T I?**



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## What's REALLY stopping you?

### Our Favourite Reason



I'm too busy!  
I have so much to do!  
We wear it like a "Badge of Honour"

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## What Else is Behind That?

- ▶ Olympic Athletes
- ▶ Bride losing weight for her wedding
- ▶ Reporter at a major newspaper on a deadline

### Pause for a moment....

How do they stick to their resolve?

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## What's Behind Their Achievements?

- ▶ Commitment
- ▶ Goal
- ▶ Priority
- ▶ Action
- ▶ Accountability
- ▶ Belief



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## Top 10 Reasons for Neglecting Ourselves

› Rate each as we go through them on a "truth" scale of 0 – 10

- › I'm too busy for self-care [ ]
- › My work gives me a sense of importance/I matter [ ]
- › If I'm not busy, I'm lazy [ ]
- › I'll be called "selfish" [ ]
- › Self-care is for the weak/needy (and I'm not either) [ ]
- › Others/work are more important than I am [ ]
- › I want to avoid conflict [ ]
- › My boss/clients/husband/children NEED me [ ]
- › I can't relax until all the work is done [ ]
- › People won't like me (if I say no/set boundaries) [ ]

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## More Not-So-Obvious Reasons

› Rate each as we go through them on a "truth" scale of 0 – 10

- › I feel an automatic urge to offer help (I do it before I know) [ ]
- › Self-care is not really on my list of priorities/values (be honest) [ ]
- › I don't know how to strike a balance! [ ]
- › I'm responsible for it all [ ]
- › What's YOUR self-care blueprint?
  - What was your Mom's self-care like?
  - What was your Dad's self-care like?
  - What messages did you get about self-care (words and behaviour)?
  - Make a few notes

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## Let's Discover Some of YOURS

- › Close your eyes and listen to the questions
- › Write down the first thing that comes to mind
- › Some might surprise you!




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## Discovery Questions



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## Where do these come from?



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## There's an Elephant in your Head!



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## Elephant, Rider and Path

- ▶ Rider = Conscious Mind
- ▶ Elephant = Subconscious Mind
- ▶ Path = Environment




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## The Powerful Subconscious

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|---|---|
| <ul style="list-style-type: none"> <li>▶ <b>Conscious</b> <ul style="list-style-type: none"> <li>◦ Rational thinking, plan, analyze, set goals</li> <li>◦ 40 bits/sec</li> <li>◦ 2-3 %</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>▶ <b>Subconscious</b> <ul style="list-style-type: none"> <li>◦ Automatic behaviour, emotional brain, pain and pleasure</li> <li>◦ 40 million bits/sec</li> <li>◦ 97%-98 %</li> </ul> </li> </ul> |
|---|---|

**If the Rider and Elephant are competing about self-care, guess who's going to win??**

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## Do Affirmations Always Work?

- ▶ In my experience, NO.
- ▶ How about in yours?
- ▶ The Elephant is competing with the Rider's plans!
- ▶ "I regularly take time off to recharge" - "YES BUT....."

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## How to Use The Rider and Elephant for Maximum Effect

- ▶ “The Rider does the deciding, but the Elephant does the behaving!”
- ▶ So...
  - Steer the Rider (Set a clear outcome)
  - Motivate the Elephant (Pain/Pleasure)
  - Shape the Path (Guidance, support, training, use herd momentum)

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## How To Motivate the Elephant

“Our brains are like Velcro to pain and Teflon to pleasure” – Rick Hansen

- ▶ Fantastic tools to
  - Remove fear of pain (< Velcro)
    - EFT
  - Increase feelings of pleasure (> Teflon)
    - Affirmations
    - Visualisations and meditations
    - Positive EFT (Module 3)

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## What’s EFT?

Emotional Freedom Techniques

“Quick easy process to calm yourself about any problem, so you can think about it clearly and then get into action”

Created by Stanford Engineer, Gary Craig

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## EFT Recipe

- ▶ Not going to touch on science behind it today – jump straight in and do the simple version
- ▶ **How it works:**
  - Pick a problem and focus on it
  - Measure (0-10) how bad it feels
  - Set-Up Statement (to aim)
  - Tap the stress-relief points
  - Rinse and repeat until 0

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## Focus and Measure



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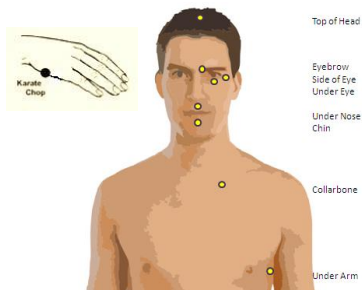
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## Setup and Tap



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## How Do We Do EFT?

- ▶ **Tap on KC point:**
  - “Even though I have [this problem] I deeply and completely love and accept myself”
- ▶ **Tap on every point,**
  - repeat reminder phrase eg [this problem]

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## EFT Example

- ▶ **Rate how intense you feel it**
- ▶ **Tap on KC point and say**
  - “Even though I can’t possible take time out for me, I deeply and completely love and accept myself”
- ▶ **Tap on every stress-relief point**
  - repeat reminder phrase “I can’t possibly take time out for me”
- ▶ **Rate again**

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## Let’s Do it Together!

- ▶ Measure (number, where)
  - KC: “Even though I can’t possibly take time out for me, I deeply and completely love and accept myself”
- ▶ Tap on every point, repeating reminder phrase
  - “I can’t possibly take time out for me”
- ▶ Measure (number, where)

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## Now Motivate YOUR Elephant by reducing fear

- ▶ Create your personal EFT Session:
  - Measure your fear/distress about self-care
  - “Even though I [your problem in here], I deeply and completely love and accept myself”
  - Tap all the points with [your problem]
  - Measure again
  - Rinse and repeat
  - Real example – who wants to tap?

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## Module 2 Hot Tips for Self-Care

- ▶ Use EFT for any emotion (stress/anxiety/worry/fear) that arises during your day
- ▶ The calmer you are, the easier it is for your Elephant to go towards your goal
- ▶ It works fast – Try it on EVERYTHING
- ▶ Heart-Math Breathing




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## Action Steps

- ▶ Identify your biggest fears/show-stoppers about self-care
- ▶ Use EFT on one fear this week
- ▶ For more EFT information, Bonus Anxiety Webinar
- ▶ Choose an affirmation or two and use it daily
- ▶ Choose 1 self-care activity (Module 1) and schedule it in your calendar!
- ▶ Share in the Facebook Group




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## Comments and Questions



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