

TREAT YO' SELF

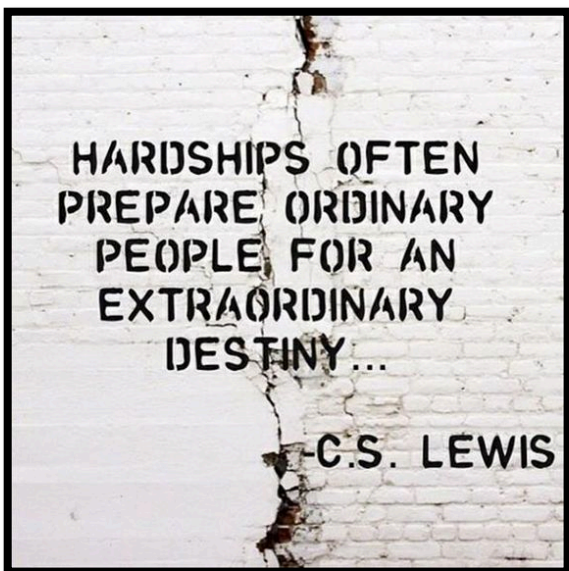
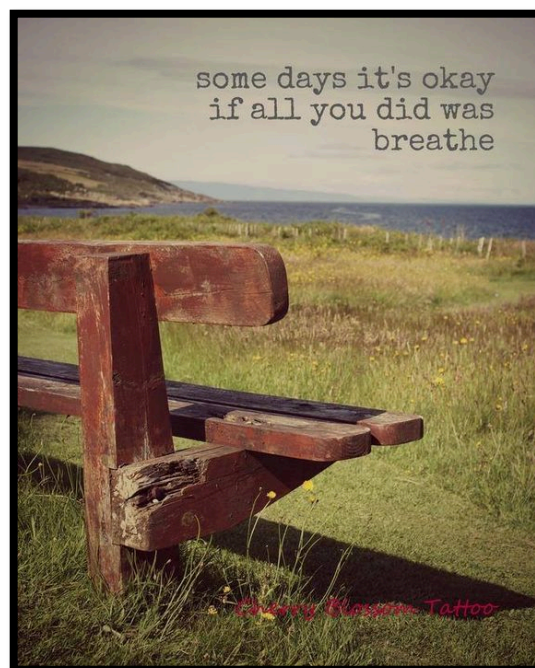
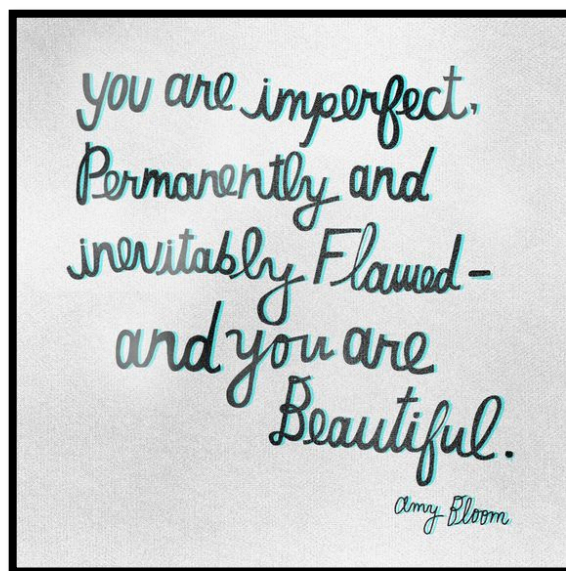
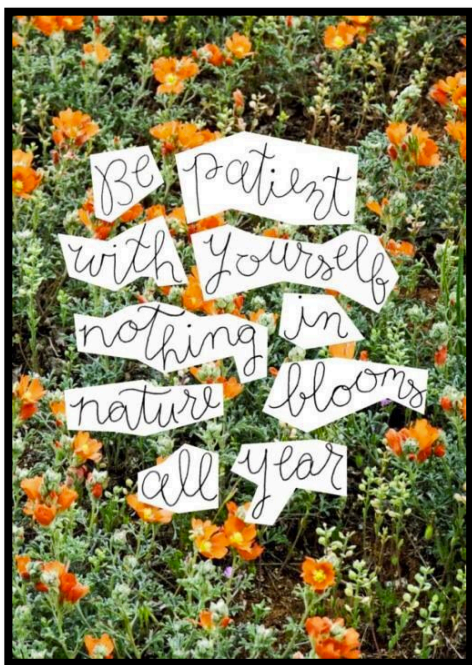
A SELF CARE INSPIRATION AND WORKBOOK

BY CLAIRE MICHELSON



Authors note: In the airplane we are told to always put our own oxygen mask on before assisting others. This is the fundamental concept of self care. Before we can be good friends, parents, siblings, teachers, mentors, bosses, change-makers, students, artists, social justice activists, allies, leaders, and before we can be helpful to ourselves and others, we must take care of our selves first. This is not selfish. It is courageous and wise. Self care looks like a million different acts that are unique to each individual (I like to eat pizza in my bathtub or drive to the train tracks to listen to the rumbles booms and clangs). Whatever self care means to you, I hope this workbook helps you continue to give yourself patience, gentleness, humor, simplicity, care, and above all, love.

*Much love,
Claire*



My friends, do not lose heart. We were made for these times. I have heard from so many recently who are deeply and properly bewildered. They are concerned about the state of affairs in our world now. Ours is a time of almost daily astonishment and often righteous rage over the latest degradations of what matters most to civilized, visionary people.

You are right in your assessments. The lustre and hubris some have aspired to while endorsing acts so heinous against children, elders, everyday people, the poor, the unguarded, the helpless, is breathtaking. Yet, I urge you, ask you, gentle you, to please not spend your spirit dry by bewailing these difficult times. Especially do not lose hope. Most particularly because, the fact is that we were made for these times. Yes. For years, we have been learning, practicing, been in training for and just waiting to meet on this exact plain of engagement.

I grew up on the Great Lakes and recognize a seaworthy vessel when I see one. Regarding awakened souls, there have never been more able vessels in the waters than there are right now across the world. And they are fully provisioned and able to signal one another as never before in the history of humankind.

Look out over the prow; there are millions of boats of righteous souls on the waters with you. Even though your veneers may shiver from every wave in this stormy roil, I assure you that the long timbers composing your prow and rudder come from a greater forest. That long-grained lumber is known to withstand storms, to hold together, to hold its own, and to advance, regardless.

In any dark time, there is a tendency to veer toward fainting over how much is wrong or unmended in the world. Do not focus on that. There is a tendency, too, to fall into being weakened by dwelling on what is outside your reach, by what cannot yet be. Do not focus there. That is spending the wind without raising the sails.

We are needed, that is all we can know. And though we meet resistance, we more so will meet great souls who will hail us, love us and guide us, and we will know them when they appear. Didn't you say you were a believer? Didn't you say you pledged to listen to a voice greater? Didn't you ask for grace? Don't you remember that to be in grace means to submit to the voice greater?

Ours is not the task of fixing the entire world all at once, but of stretching out to mend the part of the world that is within our reach. Any small, calm thing that one soul can do to help another soul, to assist some portion of this poor suffering world, will help immensely. It is not given to us to know which acts or by whom, will cause the critical mass to tip toward an enduring good.

What is needed for dramatic change is an accumulation of acts, adding, adding to, adding more, continuing. We know that it does not take everyone on Earth to bring justice and peace, but only a small, determined group who will not give up during the first, second, or hundredth gale.

One of the most calming and powerful actions you can do to intervene in a stormy world is to stand up and show your soul. Soul on deck shines like gold in dark times. The light of the soul throws sparks, can send up flares, builds signal fires, causes proper matters to catch fire. To display the lantern of soul in shadowy times like these - to be fierce and to show mercy toward others; both are acts of immense bravery and greatest necessity.

Struggling souls catch light from other souls who are fully lit and willing to show it. If you would help to calm the tumult, this is one of the strongest things you can do. There will always be times when you feel discouraged. I too have felt despair many times in my life, but I do not keep a chair for it. I will not entertain it. It is not allowed to eat from my plate.

The reason is this: In my uttermost bones I know something, as do you. It is that there can be no despair when you remember why you came to Earth, who you serve, and who sent you here. The good words we say and the good deeds we do are not ours. They are the words and deeds of the One who brought us here. In that spirit, I hope you will write this on your wall: When a great ship is in harbor and moored, it is safe, there can be no doubt. But that is not what great ships are built for.

By Clarissa Pinkola Estes

American poet, post-trauma specialist and Jungian psychoanalyst, author of *Women Who Run With the Wolves*.



X M J T E Y M C T I D E N T I T Y F U R
 V Y L Y Z F O D S D E M S T E U G J N P
 R X N A R W U X Z N Y H T A P M E E I Z
 B I B B C T U B V S Y Z D E N Y V M Q Y
 N M C I C B H S S U U Y V G A O S E U A
 R A W L K U S X G R T I Y N P K Q S E F
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 C I T O F J N H L C P Y A Y I W N E G K
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 N U Q G Z T H E R A P Y M A T W E L K R
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 G R G Q F S N O I T O M E Z S C O I A E
 G A H W X Y C K V F W D R K D G R I G D
 D G T P P F Q O O K V B C I H P P P F Y

ANXIETY
 CALM
 CONSTRUCTIVE
 COPING
 DEPRESSION
 EMOTIONS

EMPATHY
 IDENTITY
 IMAGINATION
 PANIC
 PERSONALITY
 PROJECTION

RATIONALIZATION
 STRESSOR
 THERAPY
 UNIQUE
 VISUALIZATION
 FOCUS

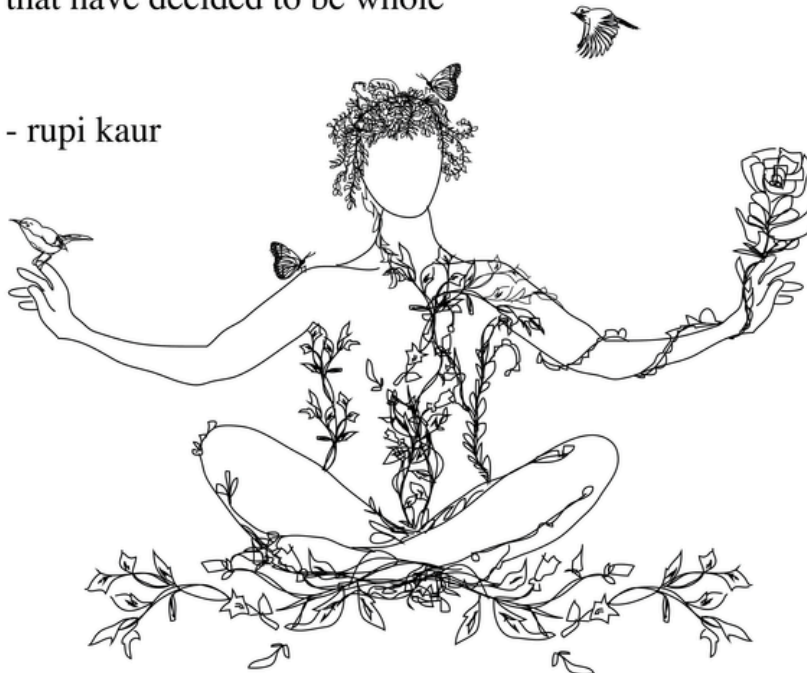
the universe took its time on you
crafted you precisely
so you could offer the world
something distinct from everyone else
so when you doubt
how you were created
you doubt an energy greater than us both

- rupi kaur



it was when i stopped searching for home within others
and lifted the foundations of home within myself
i found there were no roots more intimate
than those between a mind and body
that have decided to be whole

- rupi kaur



INSPIRATION

PLACES YOU FIND INSPIRATION:

PEOPLE THAT INSPIRE YOU:

SUPPORT SYSTEM

Who can I call when...

I'm feeling lonely:

I need some company:

I need someone to talk to:

I need someone to encourage me to get out of the house and do something fun:

I need someone to remind me to follow my self care plan:

Other:

SACRED SPACE

In a spiritual practice, it can be useful to have a space that is private, quiet, and completely personal. A place to reflect, meditate, or even just sit and read. It can be something as simple as your own bedroom, or maybe a shrine or altar.

Do you have a sacred space? Where is it?

How do you practice self care and spirituality in your space?

How have you decorated your space? What symbols are present?

DEALING WITH WORRIES

I am worried about _____

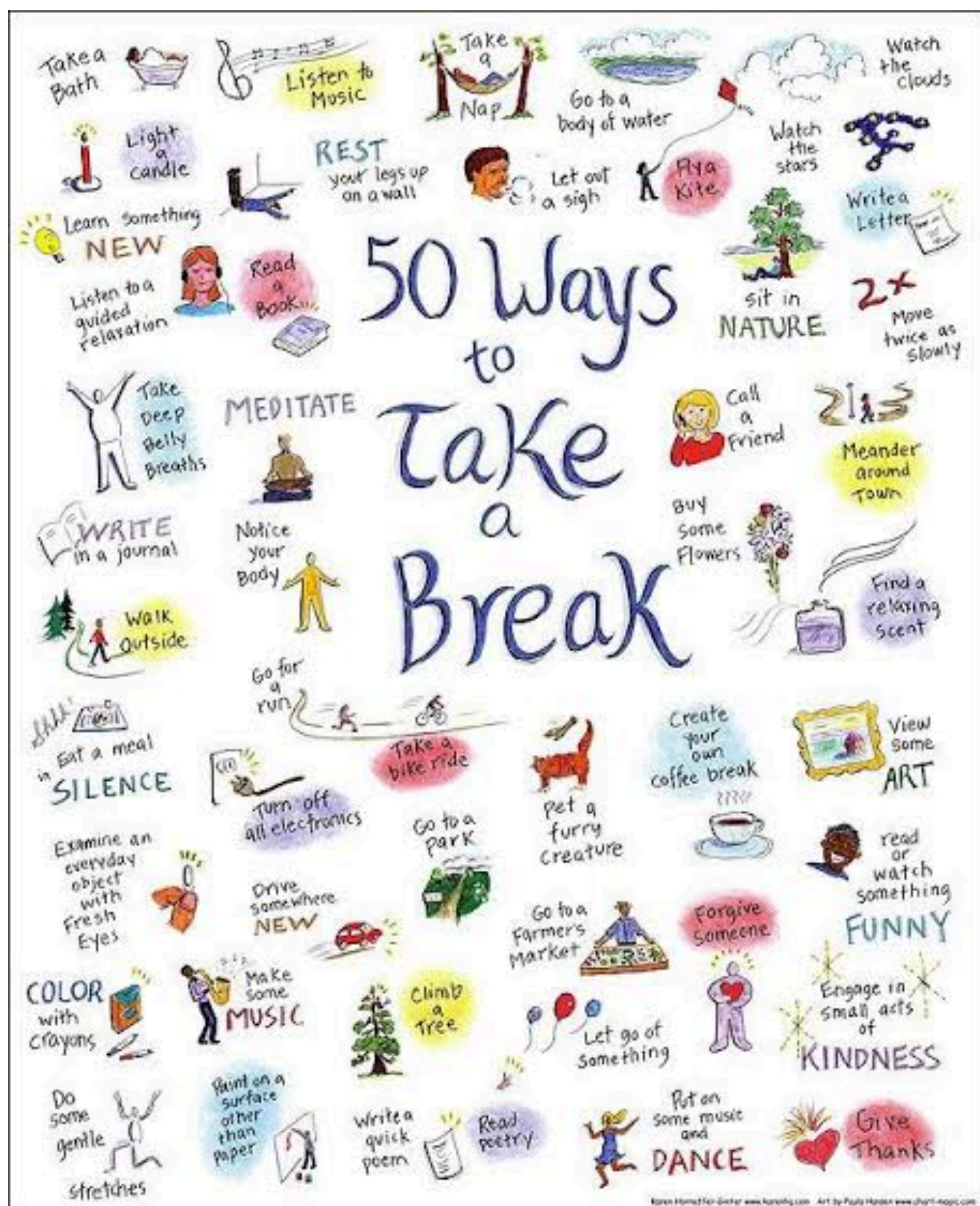
What can I do about it? _____

I am worried about _____

What can I do about it? _____

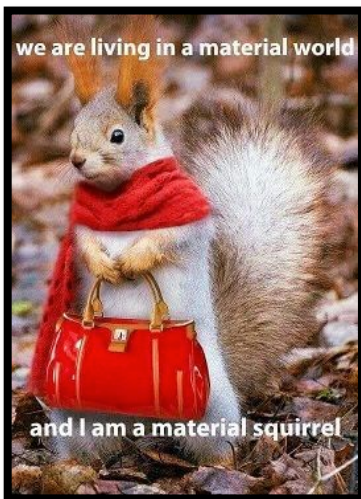
I am worried about _____

What can I do about it? _____



THINGS I AM FREAKING THE
HECK OUT ABOUT TODAY:

(SCRIBBLE ABOUT WHATEVER AND WHEREVER)

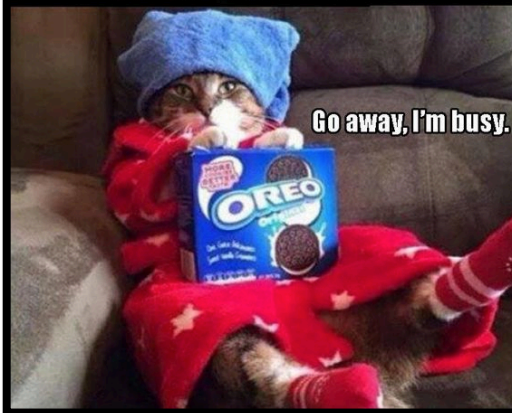


FUNNIES

when you're having a bad hair day and you're trying to love yourself enough to leave the house

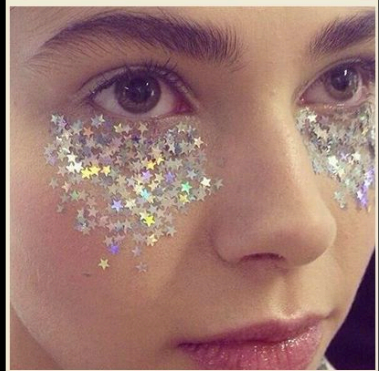


When my friends ask if I'm going out tonight, I'm like...



HOW TO COVER YOUR DARK EYE CIRCLES

KUSHANDWIZDOM.TUMBLR



Baby Rabies

15 minutes ago

Thanks to all the horror movies that depict little kids as possessed goblins, I now have to fight back the urge to roundhouse kick my kid in the face when she walks down the hall in the middle of the night.

WHAT DO YOU MEAN YOU NEED WATER, TINY SATAN.

385 Likes 43 Comments

Directions

You know the brick path in back of the house,
the one you see from the kitchen window,
the one that bends around the far end of the garden
where all the yellow primroses are?

And you know how if you leave the path
and walk up into the woods you come
to a heap of rocks, probably pushed
down during the horrors of the Ice Age,
and a grove of tall hemlocks, dark green now
against the light-brown fallen leaves?

And farther on, you know
the small footbridge with the broken railing
and if you go beyond that you arrive
at the bottom of that sheep's head hill?

Well, if you start climbing, and you
might have to grab hold of a sapling
when the going gets steep,
you will eventually come to a long stone
ridge with a border of pine trees
which is as high as you can go
and a good enough place to stop.

The best time is late afternoon
when the sun strobes through
the columns of trees as you are hiking up,
and when you find an agreeable rock
to sit on, you will be able to see
the light pouring down into the woods
and breaking into the shapes and tones
of things and you will hear nothing
but a sprig of birdsong or the leafy
falling of a cone or nut through the trees,
and if this is your day you might even
spot a hare or feel the wing-beats of geese
driving overhead toward some destination.

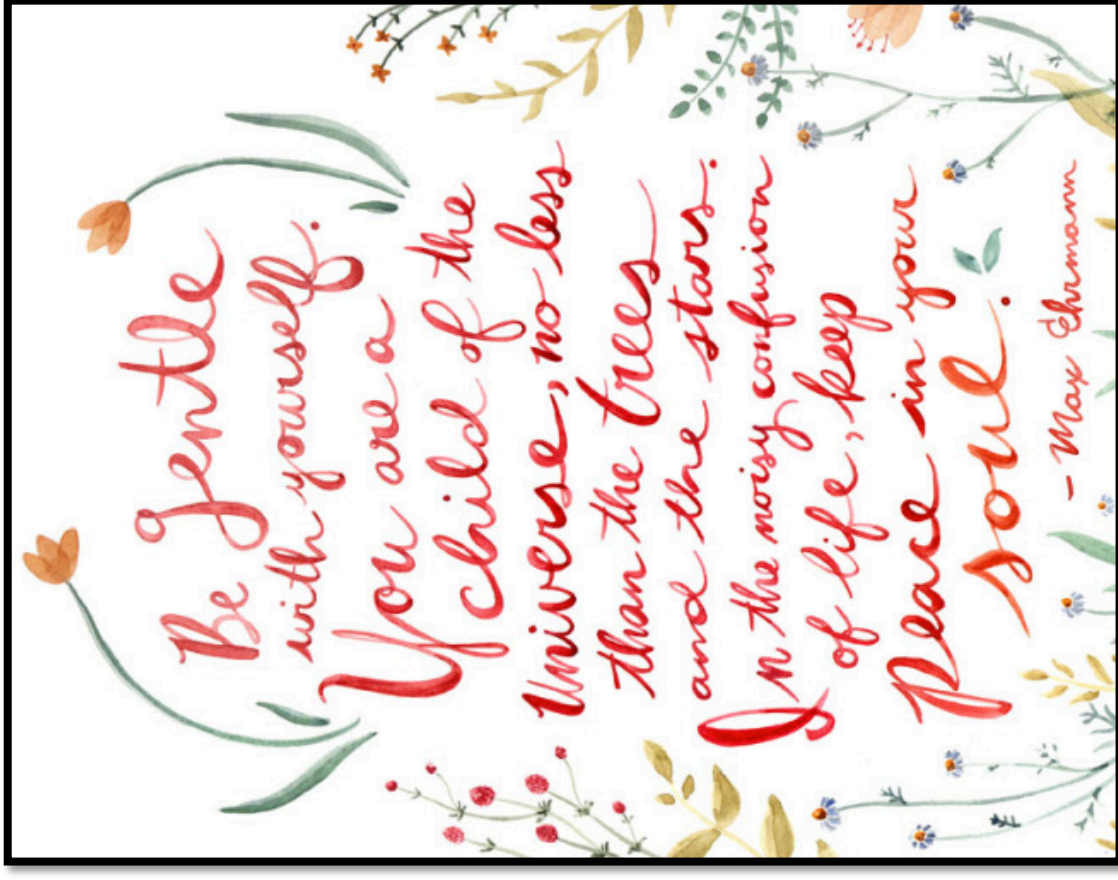


But it is hard to speak of these things
how the voices of light enter the body
and begin to recite their stories
how the earth holds us painfully against
its breast made of humus and brambles
how we who will soon be gone regard
the entities that continue to return
greener than ever, spring water flowing
through a meadow and the shadows of clouds
passing over the hills and the ground
where we stand in the tremble of thought
taking the vast outside into ourselves.

Still, let me know before you set out.
Come knock on my door
and I will walk with you as far as the garden
with one hand on your shoulder.
I will even watch after you and not turn back
to the house until you disappear
into the crowd of maple and ash,
heading up toward the hill,
piercing the ground with your stick

- Billy Collins

*There is champagne--
bubble effervescence
in life force*



Haiku-na matata!

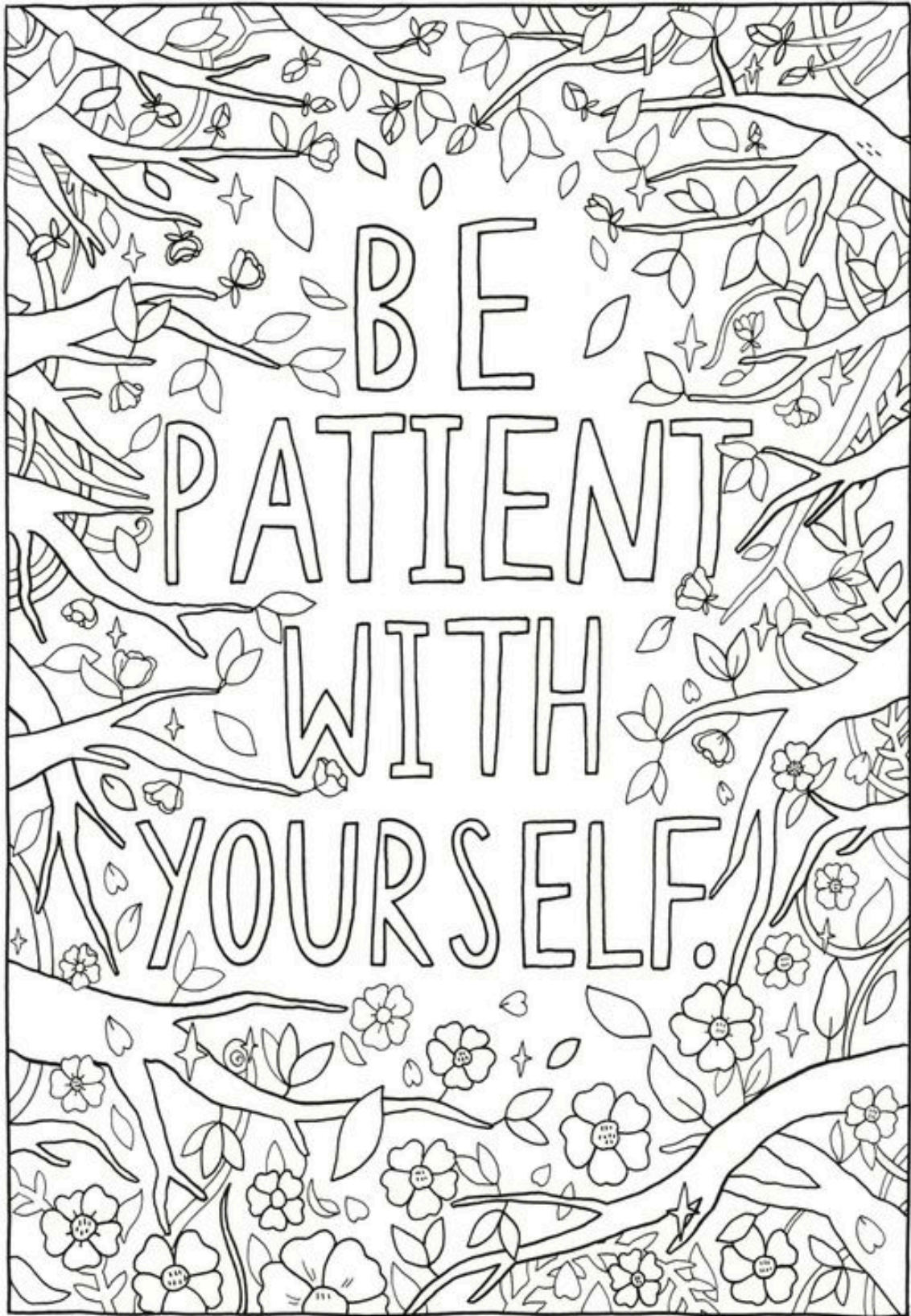
Writing is a wonderful form of self-care, but sometimes can seem daunting. One form of poetry that can help provide a more manageable framework is the haiku. Haikus are a traditional Japanese poetry form and are short and structured. Try a few!

Structure:

*1st line: five syllables
2nd line: seven syllables
3rd line: five syllables*

Example:

*I hate the triggers
Crouching round every corner
Unexpected claws*



3 things I'm totally dreading doing:

- ☐ _____
- ☐ _____
- ☐ _____

Now choose one thing you can get done... I promise you can do it and it will help you feel better! Afterwards, treat yo'self!

3 things I'm totally dreading doing:

- ☐ _____
- ☐ _____
- ☐ _____

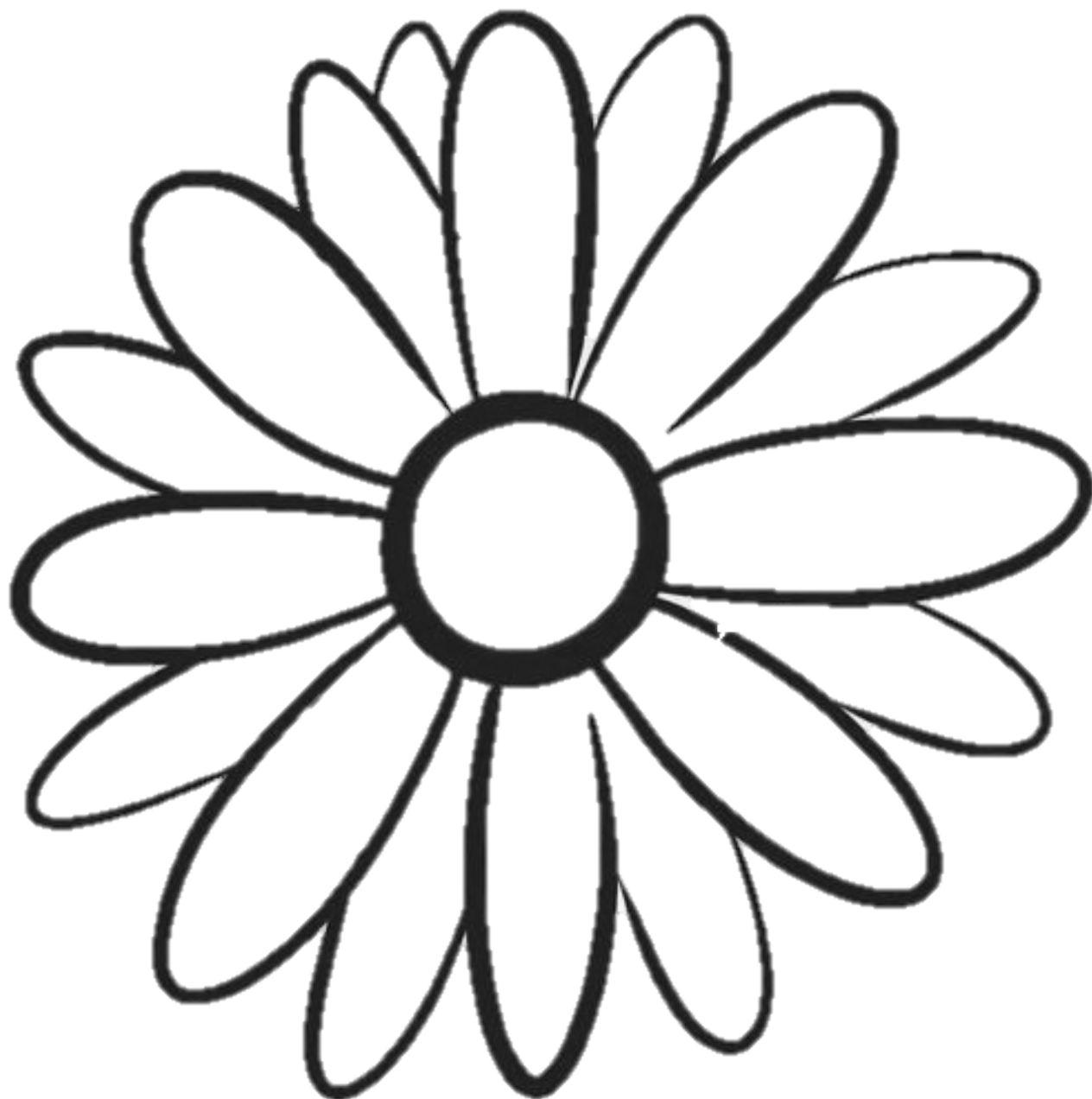
Now choose one thing you can get done... I promise you can do it and it will help you feel better! Afterwards, treat yo'self!

3 things I'm totally dreading doing:

- ☐ _____
- ☐ _____
- ☐ _____

Now choose one thing you can get done... I promise you can do it and it will help you feel better! Afterwards, treat yo'self!

Directions: on each petal write one thing you love or are grateful for, then color in.



I am having a conflict over how to handle a situation....

Here is a brief summary of the situation:

Here is what I **feel**:

Here is what I **want** to do:

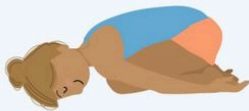
Here is what I **feel** I **should** do:

Here is what I **think** I **will** do:

CALMING YOGA POSES FOR STRESS RELIEF

13 POSES TO RELEASE YOURSELF FROM STRESS

Child's Pose



INSTRUCTIONS

- 1 Kneel on a yoga mat with legs together, sitting back on heels
- 2 Hinge forward until chest rests on thighs; forehead is on the floor
- 3 Curl shoulders forward and let hands rest, palms up, next to feet. Hold for 5 breaths

HOW IT CALMS

- A resting posture that quiets the mind and eases stress
- Benefits the nervous system and lymphatic system

Bridge Pose

INSTRUCTIONS

- 1 Lying on back, bend knees and place feet flat on the floor hip width apart; slide arms alongside the body with palms facing down (fingertips should lightly touch the heels)
- 2 Press feet into floor; inhale, and lift hips, rolling spine off floor; keep knees hip width apart.
- 3 Press into arms and shoulders to lift chest and engage legs and buttocks to lift hips higher
- 4 Hold for 4-8 breaths, then release on an exhale, slowly rolling spine back to floor

HOW IT CALMS

- Provides gentle stretching of the back and legs
- Reduces anxiety, fatigue, backaches, headaches, and insomnia
- May be therapeutic for high blood pressure



Standing Forward Bend

INSTRUCTIONS

- 1 From standing, exhale forward and bend knees enough to bring palms flat to floor with head pressed against the legs
- 2 Feel spine stretch in opposite directions, as head pulls down and in, then press the hips up; straighten legs to deepen stretch
- 3 Hold for 4-8 breaths, then bend knees, inhale arms out to sides, and raise arms and torso up back to standing



HOW IT CALMS

- Pose stretches hamstrings, thighs, and hips
- Thought to relieve stress, fatigue, and mild depression

Eagle Pose

INSTRUCTIONS

- 1 Begin standing with arms at sides
- 2 Bend knees, balance on right foot and cross left thigh over right, then hook top of left foot behind right calf; balance for one breath
- 3 Extend arms straight in front of body and drop left arm under right
- 4 Bend elbows, raise forearms perpendicular to floor, and wrap arms and hands, pressing palms together
- 5 Square hips and chest to front wall and draw belly in and up
- 6 Gaze at the tips of thumbs
- 7 Hold for up to one minute, then gently unwind arms and legs; repeat on opposite side



HOW IT CALMS

- Pose can ward off stress by improving focus and balance
- An empowerment pose that releases tension in the shoulders, legs, and back

Corpse Pose

INSTRUCTIONS

- 1 Lie flat on back with legs together but not touching, and arms at sides with palms up
- 2 Keep eyes closed and face relaxed; breathe deeply
- 3 Bring attention to each part of the body, starting at the top of the head
- 4 Hold position for 3-5 minutes

HOW IT CALMS

- Pose puts body at ease and emphasizes total relaxation
- Can trigger a state of deep rest that:
 - Slows breathing
 - Lowers blood pressure
 - Quiets the nervous system



Extended Triangle Pose

INSTRUCTIONS

- 1 Start from standing, then exhale, spreading legs and placing them 4 feet from each other
- 2 Stretch arms out sideways with palms facing down
- 3 Turn right foot out at a 90-degree angle; turn left foot in toward the right
- 4 Tighten thigh muscles, turning right thigh outward
- 5 Bend body from hips toward right leg
- 6 Twist body to left, making sure both sides remain long
- 7 Push left hip slightly forward while lengthening tailbone toward heel
- 8 Keep right hand on ankle, shin, or the floor and stretch left arm up towards the sky
- 9 Keep head straight or turn it slightly to the left
- 10 Hold this position for 30 seconds

HOW IT CALMS

- Pose is an excellent stress reliever and full-body stretch
- Helps improve digestion
- May lessen the symptoms of anxiety, osteoporosis, and sciatica



Legs-Up-The-Wall Pose

INSTRUCTIONS

- 1 Sit with hips against the wall and roll onto back, taking legs up the wall
- 2 Bottom should be pressed as close to the wall as possible; hold for 5 minutes

Warning: Avoid if you have glaucoma. If toes become tingly, bend knees and with feet together bring feet closer to pelvis

HOW IT CALMS

- Helps stress reduction
- Helps renew blood and lymph drainage back into the heart area



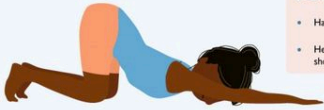
Puppy Pose

INSTRUCTIONS

- 1 Start on all fours with shoulders stacked over wrists, hips stacked over knees, and the tops of your feet relaxed down on the mat
- 2 Slowly walk hands out, lowering chest toward ground; keep hips over knees and arms shoulder distance apart, and gently release forehead to ground
- 3 Activate arms by pressing down palms and lifting elbows and forearms away from the ground, then draw shoulder blades onto back and reach hips up toward the ceiling
- 4 Invite your neck to relax, and breathe into your back, lengthening your spine in both directions
- 5 Remain in the pose for 5 to 10 breaths, then gently lift forehead and walk palms back toward body, returning to all fours

HOW IT CALMS

- Has a heart-opening effect
- Helps counter slouching shoulders when stressed



Cat Pose

INSTRUCTIONS

- 1 Begin on all fours; exhale, drawing the belly to the spine
- 2 Round back toward ceiling
- 3 Release crown of head toward the floor; don't force chin to chest

HOW IT CALMS

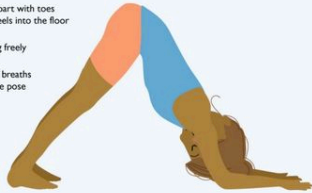
- Soothes and stretches the lower back
- Relieves stress and massages spine



Dolphin Pose

INSTRUCTIONS

- 1 Starting on all fours, lower forearms to the floor, tucking toes under and lifting the hips toward the ceiling
- 2 Place hands shoulder width apart with fingers spread wide
- 3 Press forearms, fingers, and palms into the floor and press hips up and back while keeping a straight spine
- 4 Keep feet hip's width apart with toes facing forward; press heels into the floor
- 5 Let head and neck hang freely
- 6 Remain in pose for 2-4 breaths and then return to table pose



Easy Pose

INSTRUCTIONS

- 1 Extend legs in front of body and sit straight; cross legs at the shins
- 2 With knees wide, place each foot beneath the opposite knee and fold legs in toward torso
- 3 Place hands on knees, palms down
- 4 Balance weight evenly across sit bones, aligning the head, neck, and spine, then gaze ahead with soft eyes
- 5 Hold for up to one minute, then release and change the cross of the legs



HOW IT CALMS

- Promotes inner calm
- Opens hips, lengthens spine, and increases serenity
- Eliminates anxiety and relieves physical and mental exhaustion

Cow Pose

INSTRUCTIONS

- 1 Begin on all fours; inhale as the belly drops toward the mat
- 2 Lift chin and chest, gazing up toward the ceiling
- 3 Broaden across shoulder blades and draw shoulders away from ears



HOW IT CALMS

- Gently warms the spine
- Relieves stress and calms the mind
- Massages and stimulates organs and creates emotional balance

Head-to-Knee Forward Bend

INSTRUCTIONS

- 1 Begin seated with legs extended
- 2 Bend left leg, bringing the sole of the foot to the upper inside of the right thigh; left knee should rest on floor
- 3 Place both hands to either side of the right leg then inhale, turning toward the extended leg
- 4 Exhale and fold forward
- 5 Hold for 5 breaths and repeat on other side



HOW IT CALMS

- Calms the brain
- Helps relieve mild depression, anxiety, fatigue, headache, menstrual discomfort, and insomnia

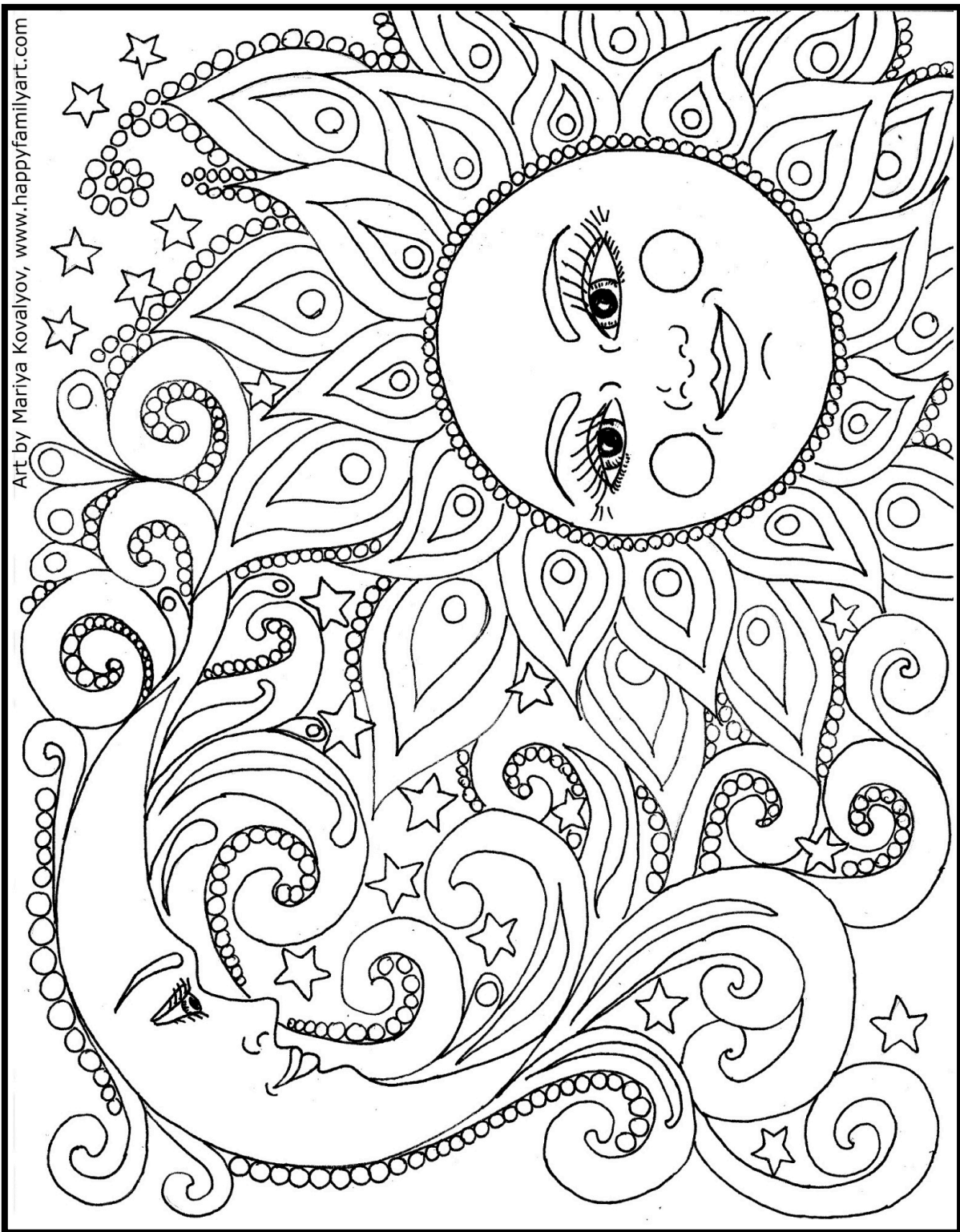
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BROUGHT TO YOU BY:

HEALTH PERCH

IN PARTNERSHIP WITH:





I'm anxious about and upcoming event/interaction:

The event is:

The **worst case** thing to happen would be:

The **best case** thing to happen would be:

The **most likely** thing to happen is:

I'm anxious about and upcoming event/interaction:

The event is:

The **worst case** thing to happen would be:

The **best case** thing to happen would be:

The **most likely** thing to happen is:

On Trauma, by Claire

**Content warning: allusions to self harm.*

It's like this wound was infected and got ripped open and I need to let out all the crap and try to clean it up so it can heal a little more. Trauma is like that. Rip. Clean. Heal. Rip. Clean. Heal. ∞

But the hope is that the wound heals better each time... or at least over time. Some days we just have to slap a Band-Aid on that shit and call it good. Other times we're willing to prod a little deeper, picking out the grit, adding stitches.

Sometimes you just need to bleed. That's okay. It's what wounds do. Let it seep out, cleansing as it goes. But know that there comes a point where you'll have to apply some pressure and bandage it back up. You could let someone help you with this. Your hands are capable, but may be shaky, and it's good to call upon another pair.

You may not want to stop the blood.

It feels incredible to sink. To bleed. To rip yourself open.

But we need blood in our bodies,
winding and whispering,

*rush, rush, rush,
keep going,
I love you,
rush, rush, rush,
we've got this.*

I will give you energy for the adventure, sustenance for the long haul, nourishment for the leaps and falls.

I will tend to the aches and breaks and remind your heart it is safe as long as I can fill it.

I can cleanse your wounds but gravity is a force to be reckon with and I am a waterfall diving every second off the cliff of your forearm unless you help me find my way back home.

Love me and I will love you.

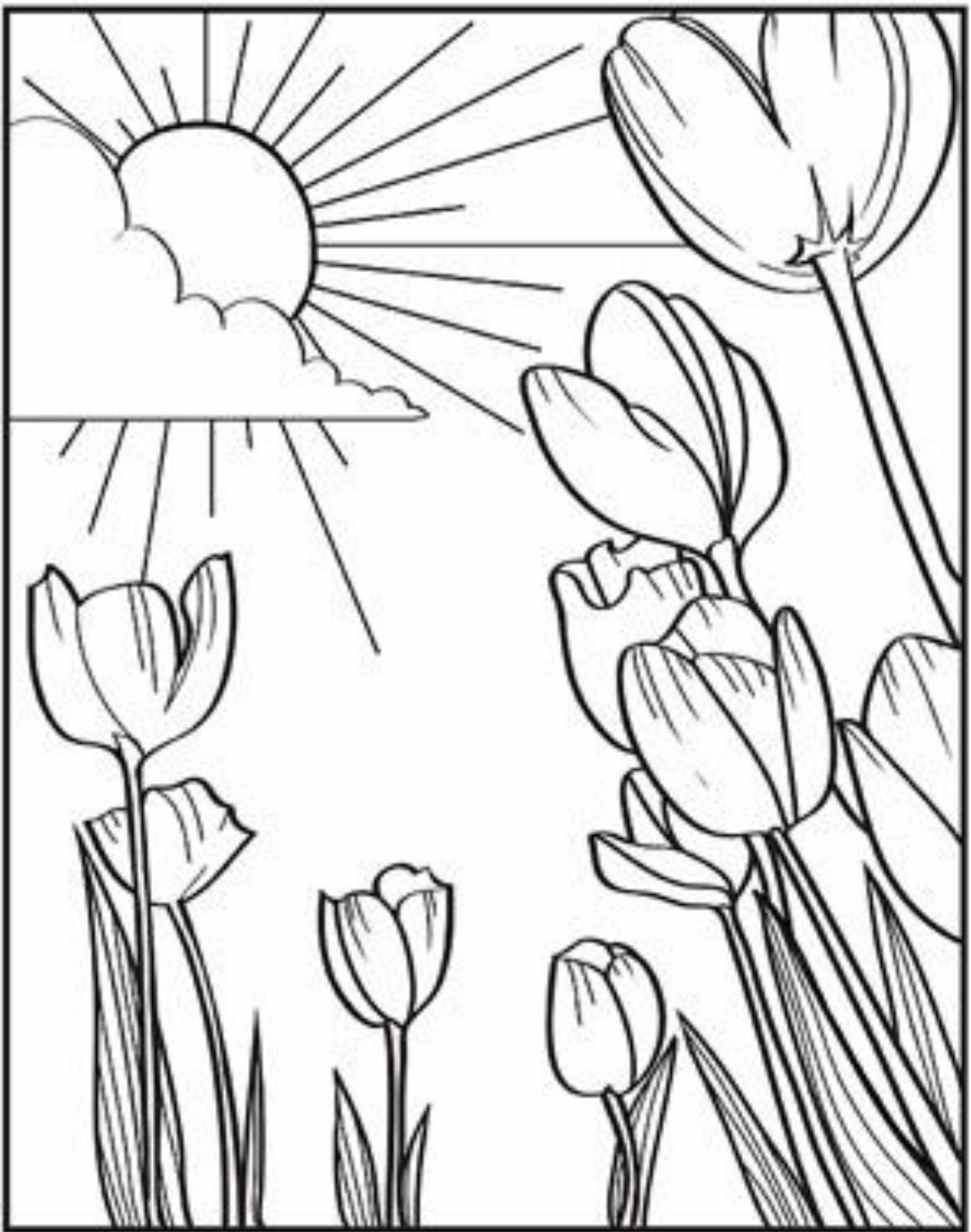
I am you.

We are always a home.

Wild Geese

You do not have to be good.
You do not have to walk on your knees
for a hundred miles through the desert, repenting:
You only have to let the soft animal of your body
love what it loves.
Tell me about despair, yours, and I will tell you mine.
Meanwhile the world goes on.
Meanwhile the sun and the clear pebbles of the rain
are moving across the landscapes,
over the prairies and the deep trees,
the mountains and the rivers.
Meanwhile the wild geese, high in the clean blue air,
are heading home again.
Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting—
over and over announcing your place
in the family of things.

- Mary Oliver





Self - Care

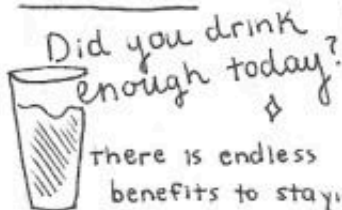
TO DO LIST : H & R [mistudies]

66 I have to believe that caring for myself is not self indulgent.

Caring for myself is an act of survival. 99

AUDRE LORDE

HYDRATION



Did you drink enough today?

there is endless benefits to staying hydrated all day long!

- Combats fatigue
- reduces acne
- helps digestion

HYGEINE



Stay clean, stay focused.

- shower daily
- wear clean clothes (even on lazy days)
- brush your teeth twice a day
- wash your face

HYPERACTIVITY



have you moved around today?



get up and do some exercise!

- reduces stress
- sleep better
- have fun

REST

Why you should be catching every Z you possibly can:

- improves memory
- spurs creativity
- sharpens attention
- lowers stress



REWARD



recognize hard work

don't save special things for "special occasions"...
MAKE THE OCCASION
SPECIAL

- brighten your mood

RECHARGE

Introvert



- netflix and actual chill time

extrovert



- go meet up with some friends

ambivert

- how do you feel today?
- pick something to do that you always enjoy (a movie, a store, a friend, etc.)

IT'S OK TO TAKE A
ME DAY
TO BE A BETTER YOU

Five Areas of Therapeutic Self-Care



Fill in each section with self care acts that work well for you or that you'd like to try.

