



Improv(ing) Self Care and Confidence: Takeaways

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Takeaways

- Know and honor your whole self with compassion
 - Self-awareness and compassion are the building blocks to handling all relationships well. The importance of your relationship with yourself will create how you relate to others. The essential skill is to get to know yourself with loving eyes and not critical ones.
 - We wouldn't yell at a giraffe for being tall (We wouldn't judge this as positive or negative/ right or wrong, just it's nature, we need to be that kind and non-judgemental with ourselves)
 - Build a relationship with yourself so you can support your health and wellness
Building a relationship with yourself means knowing yourself, for example
 - Your likes/dislikes
 - What drains you?
 - What fills you?
 - What scares you?
 - What inspires you?
 - In what areas do you lead?
 - In what areas do you need support?
 - Where do you find your strength?
 - What sustains you?
 - The essential skill (trick) is to get to know yourself and honor your authentic self and fight the comparison quicksand that surrounds us all.
 - More awareness building:
 - Are you a morning person?
 - An introvert?
 - What areas of your life feel smooth-ish?
 - What areas feel stressful?
 - What is your typical stress response?
 - Fight, flight, freeze, fawn is science. When do you notice this?
 - Can you omit calling things "good" or "bad" "better" or "worse"?
 - And call it just information?

- How do you help yourself through stressful situations?
- Is there a kinder way to help yourself or ask for help?
 - Slowing down is the antidote for our cultural frenzy
- The important point is you find out what works for you! Not what should work, or what is trendy or you wished would work.
- We need to be kind to our nervous systems so they can regroup/rest/recalibrate
- Ongoing commitment to your own health and well being in a realistic and attainable way
- Have trusted allies and build resources of useful information
- And let's not forget the basic building blocks for our health:
 - Breathing deeply
 - Talking it out
 - Exercise
 - Sleep
 - Healthy food/water
 - Nature
 - Music
 - Journaling
 - Taking a break
 - Other things that work for you....