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SELF-CARE CHALLENGE

Be inspired by whatever the words
mean to you.

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|----------------|---------------|----------------|
| 1. Goals | 11. Adventure | 21. Stretch |
| 2. Water | 12. Favorite | 22. Cozy |
| 3. Forgiveness | 13. Inspired | 23. Love |
| 4. Breathe | 14. Hobby | 24. Music |
| 5. Rest | 15. Cook | 25. Journal |
| 6. Laughter | 16. Release | 26. Sweetness |
| 7. Food | 17. Yoga | 27. Solitude |
| 8. Meditation | 18. Sleep | 28. Expression |
| 9. Sweat | 19. Movie | 29. Pamper |
| 10. Socialize | 20. Movement | 30. Nature |

BlessingManifesting

Practice Self-compassion –what would you say to your best friend?

I Am In Control vs I Am Not In Control

These things are within my control	These are the steps I need to take
These aspects are outside my control	This is how I deal with the aspects outside of my control

Recognize what you do have control of and things that are outside your control helps to alleviate some of the stress you are feeling. You still have control over your schedule and habits. Make sure you give yourself a pat on the back for those times you take control!

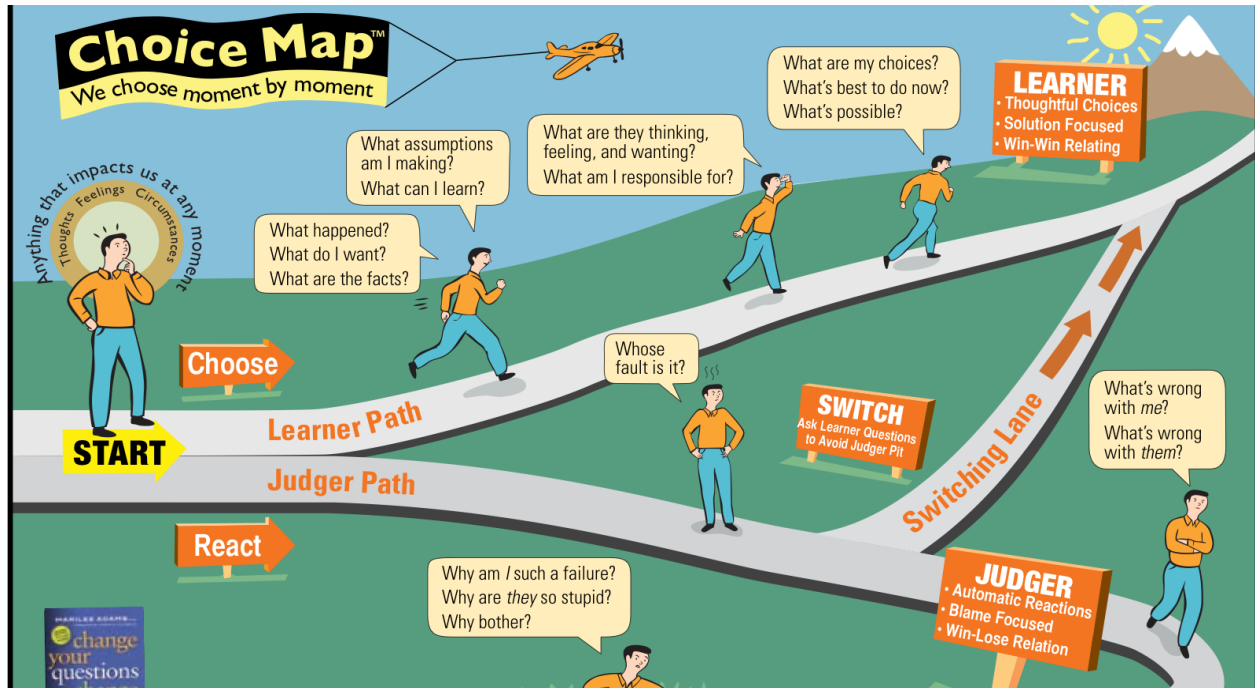
Knee Jerk Behaviors

Make a list of incidents that you notice trigger negative reactions for you.

- Describe how you feel when these occur
 - Heart races, get extremely angry, anxious
- What do you tell yourself about these times?
- How do you react?
- How do you feel after an hour or so after your reaction?
- What is the cost of the damage this reaction caused?
- What would be a better response?
 - How would you feel if you chose this response rather than the one you normally do?

The Flourishing cocktail

- Shake it up and thrive!
 - Give yourself permission to be human - accept your emotions, but don't let them overwhelm you.
 - Notice, name and navigate. Don't let the emotion spiral out of control. If you have to, put a time limit on it
 - Try to take control of the elephant and get you and your elephant on the same path
 - Aerobic exercise 3 times a week for 30 minutes each
 - Our bodies change our minds, our minds change our behavior and our behavior changes our outcomes. If you can, get up and move
 - Create a playlist for various moods
 - 7-8 hours of sleep a night
 - This is helpful when trying to increase your resiliency.
 - Mindful meditation: prayer, walking, listening to calming music (The apps: Calm and Headspace)
 - Breathe several times a day – belly breaths.
 - Practice daily so when you are stressed, you go to it automatically. I use inhale for 7, hold for 7, exhale for 7, but you can use what is comfortable for you
 - At least 8 hugs a day (more if you can)
 - Smile consciously at least 3 times a day – put a pencil in your mouth if you have to get yourself to smile!
 - Be grateful - write in a journal - share your gratitudes with your family/friends.
 - Start with 3 things that happened in the past 24 hours and how you contributed to the good thing happening, or how it made you feel. If you are journaling, add your successes and accomplishments for those times when nothing seems to be going right.
 - Write 3 successes you have had today. They do not have to be big ones
 - Write 3 challenges you are facing and 1 thing you can do to move each thing in a positive direction
 - Appreciate what you do have.
 - Savor the moments, especially the small ones



Mind Chatter or How My Drunken Monkey Takes Over

- You cannot unthink a thought. You need to replace the thought, just as you have to sometimes replace the song that keeps playing through your mind.
- Tell your mind chatter to shut up!
- Is this thought serving me?
- Recognize you have a choice – how else can I think about this?
- Use the “Learner Path” questions
- And remember the power of YET!

“Learn to Fail or Fail to Learn.”~ Dr. Tal Ben-Shahar