

## **Healing the Healers: Tools for Self-Care – Michelle Dowd**

- A) Story of Keith Jarett and Vera Brandeis - how limitations can enhance creative problem-solving
- B) Self-care begins when we ask ourselves what we need. Listening to our bodies can help us learn about our physical and emotional needs. Let's drop into our body and listen to what it's telling us right now. Notice what feels stuck or tight or tense. Let's breathe into this space and put our hands there. Say to yourself: "I love you. I'm listening."
- C) There are 8 types of self care: physical, psychological, emotional, social, professional, environmental, spiritual, and financial. Our bodies can help us identify what we most need.
- D) Pranayama - breathing practices can stimulate the Parasympathetic Nervous System (PNS) which allows the body to rest and digest, slowing the heart rate, lowering blood pressure and respiratory rate and diverting blood supply towards the digestive and reproductive systems. Our breathing can effectively control and calm a stress response. Let's practice. (**cue Shanti music**)

Yoga breathing (hand on heart and belly)

4-7-8 breathing

Box breathing - 4/4/4/4

- E) What are some ways we can practice self-care throughout our day?
  - i) Breath practice
  - ii) Stillness/Quiet
  - iii) Sitting and practicing mindfulness or meditation
  - iv) Drink a glass of water
  - v) Take a walk
  - vi) Sit under, hug or even just look at a tree
  - vii) Say no to a request
  - viii) Yoga movements
- F) We can practice many yoga movements from our chairs, or in simple standing positions. Let's practice (**cue OM/AUM**):
  - i) Neck and shoulder extensions
  - ii) Side stretches
  - iii) Seated Twists and seated pigeon
  - iv) Grip back of chair
  - v) Eagle arms in motion
  - vi) Forward fold

**(Cue Just Breathe)**

Let go of the need to do something, even if all you're trying to do is control your breath. Repeat these phrases, in your mind, or if you have privacy, maybe experiment with saying them out loud:

- G) I am doing enough
- H) I don't need to be perfect.
- I) I am learning at my own pace
- J) I can trust my intuition
- K) All emotions are welcome here