

Self-Care It's Not Just a Theory Workshop Exercises

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MUSC COVID-19 RESILIENCY PROGRAM

EXERCISE 1:

- Define Self-Care- where does this idea of self-care come from?
- List out all of your past and current self-care activities.
- List out all of the activities you want to do but have never done.
- List out things you have done to try to make self-care a priority.
- What thoughts, emotions, tasks, and behaviors get in the way of you practicing self-care.
- Describe the impact of your current self-care practices on your personal, professional and social life.
- What do you hope would change if you were able to engage in self-care daily?

EXERCISE 2:

1. What emotions am I feeling?
2. Say it's okay to feel this emotions- I consent.
3. What is my mind telling me?
4. It's okay, they are just words, thoughts, images or memories... They cannot hurt me I am safe.
5. Breathe-close mouth completely and inhale through nose to a mental count of 4 and hold breath for 2 and exhale completely through mouth making whoosh sound to count of 4 and pause for 4 counts and repeat for at least 5x.

EXERCISE 3:

- Make a list of all the demands on your time and energy.
- Think about how you could give each of these demands the same amount of time and energy... What do you envision happening?
- If you cannot give them all the same amount of time, what would you be willing to give up?

EXERCISE 4:

- What are you believing about yourself? (i.e. falling short, not good enough, I will be rejected, unlovable, etc.)
- What is wrong with letting go of these beliefs? What bad might happen if you let go of this self-judgment?
- What is it like to live with this belief?
- What is the opposite belief? Write them and say them to yourself. If the opposite were true, then how would I behave? What would I do differently? Identify one act associated with belief.

EXERCISE 5:

- **DECLARE YOUR MISSION:**
- It is my mission...
- To live
- To work
- To continue
- To love
- To be
- To become
- To promote
- To strive
- To seek