



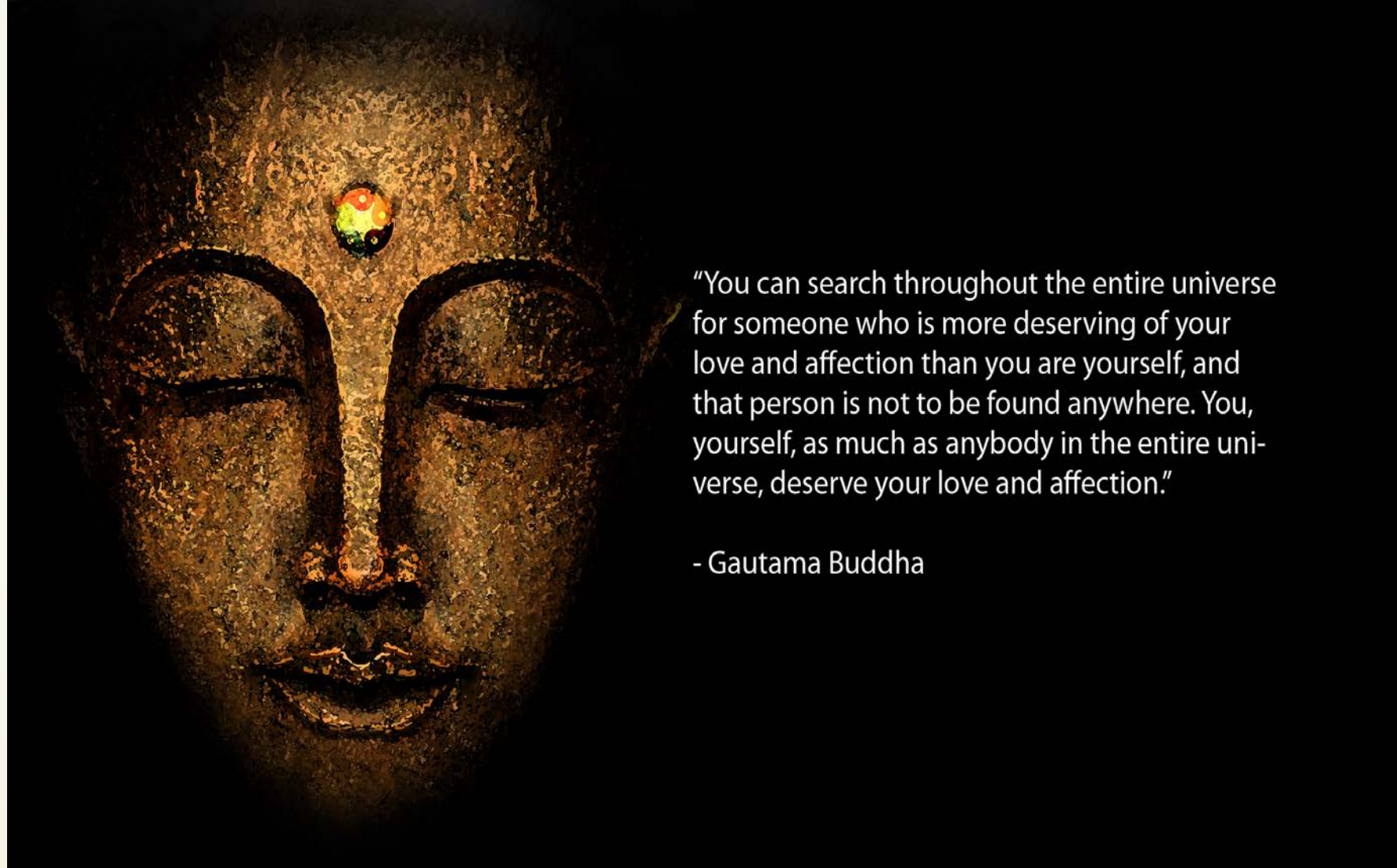
# The Importance of Self-Care

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Mary Fran's Healing Hands

Intentional self care through energetic healing

# Self care starts with self love



"You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You, yourself, as much as anybody in the entire universe, deserve your love and affection."

- Gautama Buddha

# Self Care Quiz-complete this test

## Self Care Quiz

How good are you at taking care of yourself?

5 = More True; 1 = Less True

1. I take time for myself every day.	[5] [4] [3] [2] [1]
2. I make time for spirituality (in any form), mindfulness, or religious discipline.	[5] [4] [3] [2] [1]
3. I limit the amount of television I watch each day.	[5] [4] [3] [2] [1]
4. I limit the amount of Facebook/internet surfing I do each day.	[5] [4] [3] [2] [1]
5. I exercise at least 5 days a week for 30 minutes.	[5] [4] [3] [2] [1]
6. I drink 6-8 glasses of water each day.	[5] [4] [3] [2] [1]
7. I take care of my body: a. I get 7-8 hours of sleep every night b. I brush and floss my teeth and practice good hygiene c. I eat approximately 5 fruits & veggies a day d. I limit junk food/fast food consumption.	[5] [4] [3] [2] [1] [5] [4] [3] [2] [1] [5] [4] [3] [2] [1] [5] [4] [3] [2] [1]
8. My hair, nails and appearance are good and I like most things in my wardrobe.	[5] [4] [3] [2] [1]
9. I generally wear clean clothes	[5] [4] [3] [2] [1]
10. I get together with a friend at least once a month and enjoy hobbies regularly.	[5] [4] [3] [2] [1]
11. I have a relaxing routine before bed and a nurturing morning routine.	[5] [4] [3] [2] [1]
12. I usually know what I need and what I am feeling.	[5] [4] [3] [2] [1]
13. My organized environment supports my goals.	[5] [4] [3] [2] [1]
14. I take frequent breaks and have something to look forward to every evening.	[5] [4] [3] [2] [1]
15. I know what I am passionate about.	[5] [4] [3] [2] [1]
<b>Total Your Score:</b>	

Total your score and look at the back of test to see how well you provide self care.



# Self care requires

- ▶ Daily commitment
- ▶ Self discipline/Self love

Setting attainable, realistic, measurable goals

Evaluating goal attainment


Celebrating goal attainment

Setting new attainable, realistic, measurable goals.

Use the self test to set one realistic, attainable, measurable goal for yourself.



# U of M Depression Toolkit offers excellent resources to track self care



UNIVERSITY OF MICHIGAN DEPRESSION CENTER

## Weekly Motivator

www.DepressionToolkit.org

This tool is intended to help remind you to take care of yourself and follow through on the different components of your self-care program. Select one or more of the areas indicated below to work on in a given timeframe. Focus on setting realistic goals, and on identifying barriers you may need to overcome in order to achieve your goals.

Today's date: \_\_\_\_\_

My timeframe for these goals:  Today  This week  This month  
 Before my next appointment

**Physical Activity**

I will spend at least \_\_\_\_ days doing the following physical activity for \_\_\_\_ minutes:

\_\_\_\_\_

\_\_\_\_\_

**Fun**

Regardless of how I feel, I will commit to scheduling \_\_\_\_ fun activities, including:

\_\_\_\_\_

\_\_\_\_\_

**Eating Right**

I will make the following choices to improve my eating habits:

\_\_\_\_\_

\_\_\_\_\_

**Support from Others**

I will spend at least \_\_\_\_ minutes on at least \_\_\_\_ days spending time with:

\_\_\_\_\_

\_\_\_\_\_

**Relaxation**

I will spend at least \_\_\_\_ minutes on at least \_\_\_\_ days on the following relaxing activities:

\_\_\_\_\_

\_\_\_\_\_

**My Specific Goal**

My goal is: \_\_\_\_\_

Step #1: \_\_\_\_\_

Step #2: \_\_\_\_\_

Step #3: \_\_\_\_\_

How likely are you to follow through with these activities during the timeframe you have set?

Not likely	1	2	3	4	5	6	7	8	9	10	Very likely
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What might get in the way of meeting the goals you have set for this timeframe? \_\_\_\_\_

Brainstorm possible ways to overcome these barriers: \_\_\_\_\_

For More Information  
University of Michigan Depression Center  
800-475-5600 www.umdepression.org ©2008-2011 Regents of the University of Michigan



# 7 Principles of Self Care for Wellness- from Janet Mentgen, Founder, HTP

- 1. Physical Clearing-take care of your physical body, your physical existence
  - 2. Emotional Clearing-express your hurts and pains, your joy and happiness
  - 3. Mental Clearing-create new habits, new ways of doing things.
  - 4. Sacred Space-create your sacred space at home, create sacred space when you are away
  - 5. Experience Silence-move into quiet, meditation, Holy Silence
  - 6. Holy Leisure-bring balance into your life, restore yourself through leisure
  - 7. Holy Relationships-commit to yourself and others.
- 

# Starting or ending the day

## Healing Touch Technique Self Chakra Connection



The Chakra Connection is a full body balancing technique that facilitates movement of energy from chakra to chakra by connecting the major and minor energy centers, and opening them to flow freely. The Chakra Connection was developed by W. Brugh Joy, M.D. and is referred to in his book *Joy's Way*. Designed to connect, open and balance the energy centers and enhance the flow of energy in the body, it can be used alone or in combination with other energy techniques.

*The Chakra Connection is an excellent self-care technique, which can be incorporated into your daily or weekly self-care practice. It can also be effectively used to care for yourself during stressful situations, times of decision making or for relaxation and rejuvenation at the end of the day.*

**Procedure:** The Self Chakra Connection can be done sitting or lying down. Begin by opening either foot chakra by holding the foot position shown in figure 1 for approximately one minute.




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For more information: [www.HealingTouchProgram.com](http://www.HealingTouchProgram.com) or call (210) 497-5529




# Suggestions to try in your journey

- ▶ Become comfortable saying no or “I need to think about that”
  - ▶ Think STOP and picture a stop sign prior to committing to anything.
  - ▶ Schedule time in your daily planner for exercise, relaxation, fun activities
  - ▶ Start with a small goal, practiced daily, until it becomes routine.
  - ▶ Repeat to yourself 300-400 times a day, “I love and approve of you.”
- 





# Remember

- ▶ Take what you need and leave the rest
  - ▶ What works for someone else might not work for you
  - ▶ If it is not working let it go and try something else.
  - ▶ Take Deep Relaxing Breaths and release what is not needed.
  - ▶ Inhale through your nose, filling your lungs and feeling abdominal expansion, release on exhalation through your mouth
  - ▶ Repeat-Let go of what no longer serves you.
- 



# Final thought

My Healing Journey started October 30, 2005 when I attended my first Level 1 Healing Touch Certification Course. At that time, I did not understand the importance of self care but I had a glimmer and this central tenet of HT drew me to it. In June of this year after completing Level 4 HT I dedicated myself to experiencing 10 different healing modalities over the next year.

Acupuncture has become a necessity. Massage will also become a necessity. The more I experience self care the more I realize its importance in my life.

Self care is essential. My hope is that what has been shared, will help you understand the importance of your own self care.

Godspeed on your journey!