

Healing the Healer Cultivating Self-care Through Mindfulness

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Objectives

At the end of this presentation the learner will be able to

- Discuss the impact of self-care on one's overall health and wellbeing.
- Describe how mindfulness practices can improve emotional, physical, and spiritual wellbeing.
- Identify mindfulness self-care practices that can be incorporated into one's daily life.

What is self-care?

Giving kindness and compassion to yourself

Taking time out of your day to care for yourself

Cultivating a nurturing relationship with yourself

“Self-care is not selfish, it is necessary”

Dr. Derby-Davis

What is mindfulness?

Setting the intention to be “present” each moment of the day

Releasing our need to control our past and our future

Releasing our need to suffer by choosing to live in the “now”

Learning to observe our thoughts and emotions without shame and judgement

Learning to release the emotions, relationships, or situations that no longer serve us

Where do I begin?

“The journey of a thousand miles begin with a single step” Lao Tzo



Realize that you matter

- Do not wait for others to validate you
- Realize that you are good enough just the way you are
- Give yourself permission to take care of yourself
- Allow others to take care of themselves

Learn to set healthy boundaries

- Set healthy boundaries in your relationships
- Teach people how to treat you
- Decide what you will and won't accept

"Boundaries are a part of self-care. They are healthy, normal, and necessary."

Dorren Virtue

Learn to say no

“Give yourself the permission to say no to anything that makes you unhappy or drains your energy” Anonymous

“It is only by saying no that you can concentrate on the things that are really important” Steve Jobs

Love yourself

Learn to love yourself from the inside out

Own your story

Release all that no longer serves

Give yourself the gift of forgiveness

- Forgive yourself
- Forgive others

Forgiveness does not justify or condone one's behavior....forgiveness frees you from the pain of suffering

"**IAM** forgiving you not because you deserve it but because I deserve to live a life free of pain and suffering"

Set an intention for each day

Set the intention for how you want to move through your day

Decide each moment what you want to experience

Decide everyday how you want to feel

Start each day with gratitude

Before you get out of bed think of 4-5 things you are grateful for

Move through the day with gratitude

Keep a gratitude journal at your bedside

No more excuses!

I don't have enough time

There is too much to do

No one else can do my job

There are no emergencies except the ones we create

Develop a mindset that inspires health eating

Be intentional about your food choices

Choose to be present when you are eating

Put away the distractions during mealtime

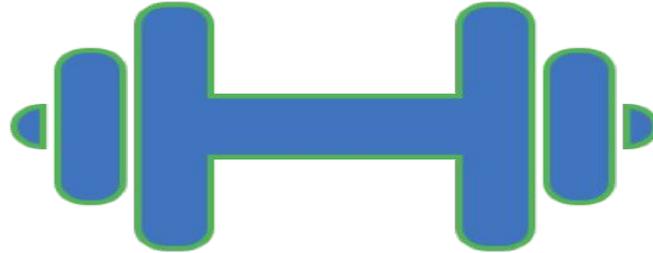
Focus on the experience of eating

When your mind wanders bring your attention back to the process of being **fully present**



Strengthen the body with movement

“The only bad workout is the one that didn’t happen” Anonymous



Take an inventory of your thoughts

Identify your self-limiting thoughts and beliefs

Release your negative thoughts and self-limiting beliefs

Replace negative thoughts with high vibrational thoughts:

- Gratitude
- Self-compassion
- Loving-kindness

Surround yourself with people who celebrate you

“You can't change the people around you, but you can change the people you choose to be around” Anonymous

“Other people's perception of you is a reflection of them, your response to them is an awareness of you” Roy T. Bennett

Develop a spiritual Practice

“Your sacred space is where you can find yourself over and over again” Joseph Campbell

Let's prepare for our meditation

With Gratitude

“You will never be satisfied with your life until you are satisfied with your work” Heather Schuck

Dedicated to my daughter “Lucy Pink”
August 11, 1990-December 26, 2016

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