

Healing Habits for Helpers

Self Check-Ins

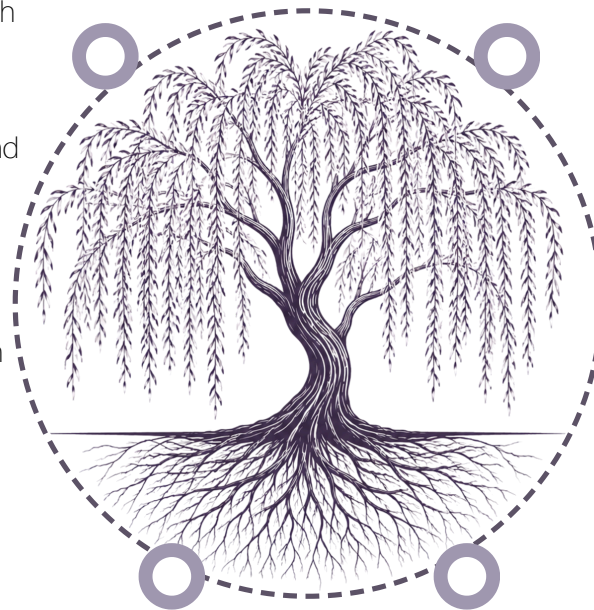
Make a habit of checking in with yourself on a regular basis. Pay attention to signs of wellness, warnings signs that chronic stress is building up in your mind and body and acknowledge your limitations. The more deeply we can **connect with ourselves**, the more likely we are to find what we need to do our work joyfully and well, even in the face of significant hardship and obstacles.

- Journaling
- Assessments
- 2 Handed tea drinking
- Zero-tasking

Differentiation

Make a habit of consciously separating yourself from the supportive work you do for others. Take a moment to **reconnect & recalibrate** with self so that you don't unconsciously become enmeshed in your helping work or the trauma stories of others. The practice of differentiation is a healthy form of self-protection and emotional boundaries.

- Panoramic vision
- Vagus nerve reset
- Mindfully wash hands
- Return to sender
- Oil and water separating



Self Energy

Make a habit of "**coming home to yourself**." Discover and connect with your self-energy; all the inner qualities that contribute to wholehearted living.

The 8 C's of Self-Energy are:
Curiosity, Calm, Confidence,
Compassion, Creativity, Clarity,
Courage, Connectedness.

- "Coming home" guided practice
- Grounding
- Connecting with heart-mind

Self Compassion

Make a habit of showing up for yourself in compassionate ways.

First, we must take the time to acknowledge our feelings and challenging moments, and then we want to intentionally treat ourselves with warmth, understanding and kindness.

- Tame your inner critic
- Be mindfully aware of your strengths
- Speak kindly to yourself
- Acknowledge our common humanity

Simple healthy habits that we repeat become integrated wellness practices