

Self-Care and Wellness A Team Effort

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Life Designs

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R I P E

Maturing into Excellence (Webster's dictionary)

- ♦ Using Stress to Enhance our Best Selves

R I P E

- ♦ Recognition: of the stress
- ♦ Intention: of desired way of being
- ♦ Practice: maintaining balance
- ♦ Expectation: of being our best

R E C O G N I T I O N

- ♦ Stressful situations, events, people, activities
- ♦ Unhealthy expectations
- ♦ Symptoms of stress: physical, mental, emotional, spiritual

Stress Busters

Hands/Transitions

Oi! Moment/Breath

Stretching-whole body decompression

Chair Dancing-cardiovascular

INTENTION

Set your intention:

- ♦ To live what you **Value** most in life
- ♦ **Focus** on what you can change, and accept what you can't
- ♦ Stay in **Mindfulness** to keep your poise

PRACTICE

- ♦ Letting go of negative or limited thinking
- ♦ Develop a willingness to shift perspectives
- ♦ Strategies for coming back to balance
- ♦ Maintaining your center

5 Min. Sprint Writing

When?

You need clarity and focus

- want to remember highlights/aha's

- don't have much time

- want to concretize an idea

- want to track an issue/feeling/whatever over time

5 Min. Sprint Writing

What?

Present moment

A person or relationship

Your meeting or counseling session

An urge

A decision or choice

A check-in with yourself

Musings on a project

What went well or what you'd like to change

Your goals for the day.....Anything!

5 Min. Sprint Writing

Tips

If you have a timer or watch set it for 5 min.

If not set the kitchen timer

IMPORTANT: Stop when you told yourself you would!

You can always write more

From The Way of the Journal, Kathleen Adams (1993 Sidran Press)

NO 2 HB

Expectation

- Highest good
- Personal best
- Living in the moment “as if” the best were happening

Appreciation Circle

That which you
appreciate multiplies.

The Universe gives
what you affirm, so
say “**Yes**” to life.