

Self-Care and Healing as Change Agents: Regrounding, Rejuvenating, & Reconnecting to Ourselves

Facilitated by:

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Identify How You Spend Your Time

1. Down the left-hand-side of this page, make a list of all the common activities you do in a day.
2. Below, draw a large circle and create a pie chart with 12 equally-spaced intersecting lines.
3. Each space between the lines represents 2 hours of time.
4. Next fill in the spaces in the circle to represent how much time you spend in each activity.
 - For instance, if you sleep for 8 hours, you would use one color to fill in four spaces and label that area "sleep."
 - If you watch a couple of hours of TV at night, you would use a different color to fill in 1 space and label it "TV."
5. After you completely fill in the circle, notice how you spend your time.
 - Which activities add value? Bring joy?
 - Which activities are draining? Depleting?
6. Then, keep track of how you use your time over the next 1-2 weeks. As you review your notes, identify 2-3 changes that will help you find more time for self-care.

How Satisfied Are You?

Rate each of the following using a 0-10 Scale:

0 = Not at all 10 = Completely

- ___ 1. work life, career
- ___ 2. life vision and dreams
- ___ 3. physical health
- ___ 4. exercise, fitness
- ___ 5. emotional and mental health
- ___ 6. eating
- ___ 7. sleep
- ___ 8. time with family and friends
- ___ 9. love life
- ___ 10. play, fun, adventure
- ___ 11. meditation, religious/spiritual/ways of knowing practices
- ___ 12. activities that add joy and happiness to your life
- ___ 13. rest, relaxation, rejuvenation
- ___ 14. emotional care and release
- ___ 15. stress management
- ___ 16. activities that enrich your learning, creativity, intellectual growth
- ___ 17. ways to be of service, pay it forward
- ___ 18. financial health

Feelings and Emotions

Major source: Raj Gill, Lucy Leu, Judi Morin, **NVC Toolkit**, 2009

Sit with your reactions/reflections/experiences....**Check-off/Circle any that you felt/feel.** Add any others to the list.

Aggravated	Distressed	Jealous
Agitated	Distrustful	Jubilant
Alarmed	Drained	Lonely
Alienated	Dumbfounded	Longing
Ambivalent	Eager	Mean
Amused	Edgy	Mortified
Angry	Embarrassed	Nervous
Anguish	Empowered	Numb
Annoyed	Empathetic	Outraged
Anxious	Enraged	Overwhelmed
Appreciative	Envious	Panic
Apprehensive	Exasperated	Paralyzed
Appalled	Excited	Peaceful
Awe	Exhausted	Perplexed
Ashamed	Exhilarated	Powerless
Bitter	Fascinated	Preoccupied
Bored	Fearful	Puzzled
Burned out	Forlorn	Raging
Calm	Frightened	Regretful
Carefree	Furious	Relieved
Confident	Grateful	Remorseful
Confused	Gratified	Repulsed
Crushed	Grief	Resentful
Defeated	Guilty	Sad
Deflated	Hateful	Surprised
Dejected	Heartbroken	Sympathetic
Depleted	Hesitant	Tender
Depressed	Hopeless	Tense
Despair	Hurt	Terrified
Determined	Impatient	Touched
Disappointed	Incensed	Unsettled
Discouraged	Indifferent	Useless
Disgusted	Indignant	Vulnerable
Disheartened	Infuriated	Wary
Disillusioned	Insecure	Weary
Dissatisfied	Inspired	Worried
Distracted	Irritated	

Common Fears

Directions: Check-off any of the following fears that you have felt or anticipate as you engage in difficult conversations.

1. What if I make a mistake?
2. What if I say something stereotypic or biased?
3. Will I be seen as a fraud?
4. What if I can't handle a situation?
5. If I don't manage this well, will people could get hurt...
6. If I don't manage this well, it might hurt my relationships with others
7. Am I making this worse?
8. Am I ready to participate in this discussion?
9. People will get defensive and I won't know how to respond.
10. The conversation will "get out of control."
11. People will get too emotional and I won't have the skills to manage the situation.
12. I don't know enough to engage in the conversation effectively.
13. If I don't do this well, I'll let people down.
14. "Things won't change."
15. My comments will be dismissed.
16. I'll feel triggered by someone's comments or behaviors.
17. My personal opinions and behaviors will become the focus of the conversation.
18. I will lose credibility and be seen as less competent.
19. If I am too confrontational, there will be repercussions.
20. People will be disappointed in me.

Common Universal Needs/Values

(Adapted from R. Gill, L. Leu, and J. Morin (2009). NVC Toolkit for Facilitators.)

acceptance	follow-through	relaxation
adaptability	freedom	reliability
appreciation	fun	relief
authenticity	growth	respect
autonomy	harmony	rest
awareness	healing	safety
balance	health	security
beauty	honesty	self-expression
belonging	hope	self-reliance
caring	humor	space
celebration	inclusion	stimulation
challenge	independence	spontaneity
choice	inspiration	stability
clarity	integration	support
collaboration	integrity	trust
communication	intimacy	understanding
community	joy	warmth
companionship	learning	wellbeing
compassion	love	
competence	mattering	
consciousness	meaning	
connection	mourning	
consideration	movement	
contribution	mutuality	
cooperation	nurturance	
creating	openness	
creativity	order	
dependability	participation	
dignity	partnership	
ease	peace	
effectiveness	play	
efficiency	presence	
empathy	progress	
equality	purpose	
fairness	reflection	

My Declarations: Self-Care

Directions: Below, write some declarative statements about your beliefs and intentions as you choose to center self-care in your life:

1. I deserve to take care of myself, and I will.
2. I can only serve others if I continue to replenish my energy reserves.
3. I will put myself on top of my to-do list so I can be helpful to others.
4. There is always enough time to take care of me.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

My Plan for Better Self-Care

- a. How I will take better care of my health? (sleep, exercise, stress management, doctor appointments, religious/spiritual practice, etc.)

- b. How I will eat (and drink) in ways that are better for me.

- c. How I will create a better work/life balance?

My Plan for Healing My Intrapersonal Roots

1. How I will get support and help to navigate my current life issues (financial pressures, relationship dynamics, burnout from deadlines and numerous responsibilities, illness, grief and loss, etc.):
2. How I will release the stress and pressure from the cumulative impact of recent events (talking with others, exercise, stress release activities, meditation...):
3. How I will work with others to resolve unfinished business and heal old wounds:
4. How I will identify and release my fears and anxieties:
5. How I will rearrange my life to find healthy ways to meet my needs more frequently and consistently:
6. How I will examine, heal, and shift my ego-centered desires (be in control, avoid conflict, be right, make others learn and change, be perfect, to be liked, prove I am competent, etc.)
7. How I will identify and shift assumptions, stereotypes, shoulds, expectations and judgments: