Self-Care and Healing as Change Agents: Regrounding, Rejuvenating, & Recommitting

Facilitated by:

Kathy Obear, Ed.D., Alliance for Change Consulting and Coaching

www.drkathyobear.com  kathy@drkathyobear.com  (413) 537-8012

Identify How You Spend Your Time

1. Down the left-hand-side of this page, make 2 lists of all the common activities you do: 1) in a WORK DAY, 2) on a WEEKEND DAY.

2. Below, draw TWO large circles and create pie charts 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 circles 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 circles, 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.
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
- Agitated
- Alarmed
- Alienated
- Ambivalent
- Amused
- Angry
- Anguish
- Annoyed
- Anxious
- Appreciative
- Apprehensive
- Appalled
- Awe
- Ashamed
- Bitter
- Bored
- Burned out
- Calm
- Carefree
- Confident
- Confused
- Crushed
- Defeated
- Deflated
- Dejected
- Depleted
- Depressed
- Despair
- Determined
- Disappointed
- Discouraged
- Disgusted
- Disheartened
- Disillusioned
- Dissatisfied
- Distracted

- Distressed
- Distrustful
- Drained
- Dumbfounded
- Eager
- Edgy
- Embarrassed
- Empowered
- Empathetic
- Enraged
- Envious
- Exasperated
- Excited
- Exhausted
- Exhilarated
- Fascinated
- Fearful
- Forlorn
- Frightened
- Furious
- Grateful
- Gratified
- Grief
- Guilty
- Hateful
- Heartbroken
- Hesitant
- Hopeless
- Hurt
- Impatient
- Incensed
- Indifferent
- Indignant
- infuriated
- Insecure
- Inspired
- Irritated

- Jealous
- Jubilant
- Lonely
- Longing
- Mean
- Mortified
- Nervous
- Numb
- Outraged
- Overwhelmed
- Panic
- Paralyzed
- Peaceful
- Perplexed
- Powerless
- Preoccupied
- Puzzled
- Raging
- Regretful
- Relieved
- Remorseful
- Repulsed
- Resentful
- Sad
- Surprised
- Sympathetic
- Tender
- Tense
- Terrified
- Touched
- Unsettled
- Useless
- Vulnerable
- Wary
- Weary
- Worried
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
## Common Universal Needs/Values
*(Adapted from R. Gill, L. Leu, and J. Morin (2009). NVC Toolkit for Facilitators.)*

<table>
<thead>
<tr>
<th>Acceptance</th>
<th>Follow-through</th>
<th>Relaxation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adaptability</td>
<td>Freedom</td>
<td>Reliability</td>
</tr>
<tr>
<td>Appreciation</td>
<td>Fun</td>
<td>Relief</td>
</tr>
<tr>
<td>Authenticity</td>
<td>Growth</td>
<td>Respect</td>
</tr>
<tr>
<td>Autonomy</td>
<td>Harmony</td>
<td>Rest</td>
</tr>
<tr>
<td>Awareness</td>
<td>Healing</td>
<td>Safety</td>
</tr>
<tr>
<td>Balance</td>
<td>Health</td>
<td>Security</td>
</tr>
<tr>
<td>Beauty</td>
<td>Honesty</td>
<td>Self-expression</td>
</tr>
<tr>
<td>Belonging</td>
<td>Hope</td>
<td>Self-reliance</td>
</tr>
<tr>
<td>Caring</td>
<td>Humor</td>
<td>Space</td>
</tr>
<tr>
<td>Celebration</td>
<td>Inclusion</td>
<td>Stimulation</td>
</tr>
<tr>
<td>Challenge</td>
<td>Independence</td>
<td>Spontaneity</td>
</tr>
<tr>
<td>Choice</td>
<td>Inspiration</td>
<td>Stability</td>
</tr>
<tr>
<td>Clarity</td>
<td>Integration</td>
<td>Support</td>
</tr>
<tr>
<td>Collaboration</td>
<td>Integrity</td>
<td>Trust</td>
</tr>
<tr>
<td>Communication</td>
<td>Intimacy</td>
<td>Understanding</td>
</tr>
<tr>
<td>Community</td>
<td>Joy</td>
<td>Warmth</td>
</tr>
<tr>
<td>Companionship</td>
<td>Learning</td>
<td>Wellbeing</td>
</tr>
<tr>
<td>Compassion</td>
<td>Love</td>
<td></td>
</tr>
<tr>
<td>Competence</td>
<td>Mattering</td>
<td></td>
</tr>
<tr>
<td>Consciousness</td>
<td>Meaning</td>
<td></td>
</tr>
<tr>
<td>Connection</td>
<td>Mourning</td>
<td></td>
</tr>
<tr>
<td>Consideration</td>
<td>Movement</td>
<td></td>
</tr>
<tr>
<td>Contribution</td>
<td>Mutuality</td>
<td></td>
</tr>
<tr>
<td>Cooperation</td>
<td>Nurturance</td>
<td></td>
</tr>
<tr>
<td>Creating</td>
<td>Openness</td>
<td></td>
</tr>
<tr>
<td>Creativity</td>
<td>Order</td>
<td></td>
</tr>
<tr>
<td>Dependability</td>
<td>Participation</td>
<td></td>
</tr>
<tr>
<td>Dignity</td>
<td>Partnership</td>
<td></td>
</tr>
<tr>
<td>Ease</td>
<td>Peace</td>
<td></td>
</tr>
<tr>
<td>Effectiveness</td>
<td>Play</td>
<td></td>
</tr>
<tr>
<td>Efficiency</td>
<td>Presence</td>
<td></td>
</tr>
<tr>
<td>Empathy</td>
<td>Progress</td>
<td></td>
</tr>
<tr>
<td>Equality</td>
<td>Purpose</td>
<td></td>
</tr>
<tr>
<td>Fairness</td>
<td>Reflection</td>
<td></td>
</tr>
</tbody>
</table>
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?