



Taking care of myself doesn't mean "me first," it means "me, too"

Now is the time to learn
the "why" and the "how" of self-care



GE APPLIANCES
a Haier company



GE APPLIANCES
a Haier company

What path am I on?

How do I change?

Where can I find the time?

Where do I begin?

Self-care looks different for everyone. Find the things that work for you.

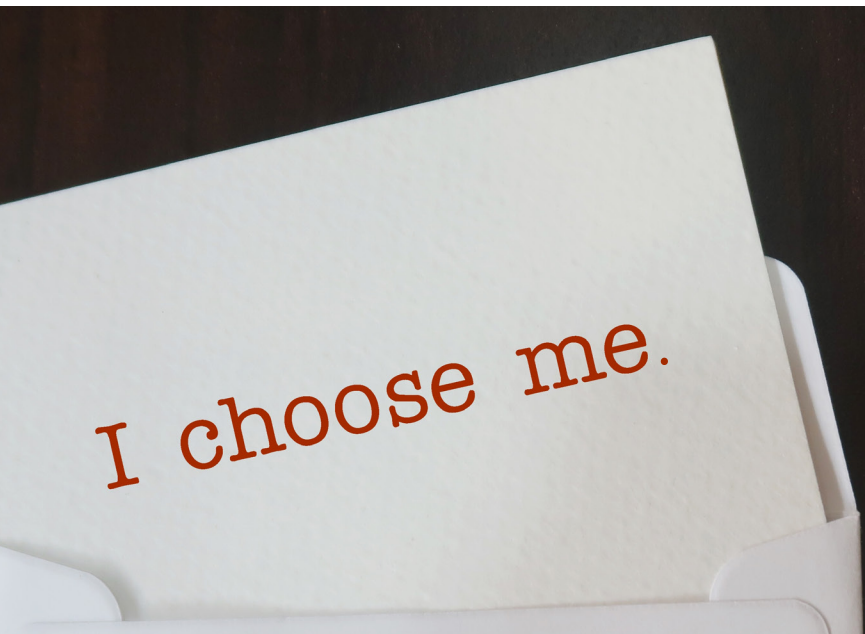


Personal Bill of Rights

I have the right to ...

1. Ask for what I want.
2. Say "no" to requests or demands I can't meet.
3. Express all of my feelings – positive or negative.
4. Change my mind.
5. Make mistakes and not have to be perfect.
6. Follow my own values and standards.
7. Say "no" to anything when I feel I am not ready, it is unsafe, or it violates my values.
8. Determine my own priorities.
9. Not to be responsible for others' behavior, actions, feelings, or problems.
10. Expect honesty from others.
11. Be angry at someone I love.
12. Be uniquely myself.
13. Feel scared and say, "I'm afraid."
14. Say, "I don't know."
15. Not to give excuses or reasons for my behavior.
16. Make decisions based on my feelings.
17. My own needs for personal space and time.
18. Be playful and frivolous.
19. Be healthier than those around me.
20. Be in a non-abusive environment.
21. Make friends and be comfortable around people.
22. Change and grow.
23. Have my needs and wants respected by others.
24. Be treated with dignity and respect.
25. Be happy.

Read this list often. You'll eventually accept you're entitled to each one of these rights.



I choose me.

Amy and Stephanie-Approved Tools and Resources

APPS

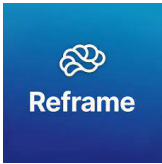
WOMAZE

Womaze sends inspirational push notifications to lift you up, calm your mind, and brighten your day.
womaze.com



Libby the library reading app where you can borrow ebooks, audiobooks, magazines, and more from your local library for free.

overdrive.com/apps/libby



Reframe uses neuroscience to reframe your relationship with alcohol.

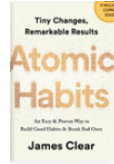
reframeapp.com



Calm helps you improve your health and happiness.

calm.com

BOOKS



jamesclear.com/atomic-habits



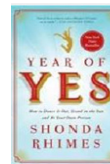
www.besselvanderkolk.com/resources/the-body-keeps-the-score



untamedbook.com



us.macmillan.com/books/9781250223210/whathappenedtoyou



simonandschusterpublishing.com/yearofyes/index.html

PODCASTS



wecandohardthingspodcast.com



www.shondaland.com/shondaland-podcasts/



Check out these 15 inspirational podcasts for women.

oprahdaily.com/entertainment/g29616399/best-podcasts-for-women/

Helpful Tips to Practice Self-Care

- **Self-care means taking time to do things you enjoy.** Usually, self-care involves everyday activities that you find relaxing, fun, or energizing ... something as simple as reading a book or as big as taking a vacation.
- **Self-care also means taking care of your health.** Eating nutritious meals, getting enough sleep, regular exercise, and caring for personal hygiene.
- **Make self-care a priority.** There are always other things to do, but don't let those things interrupt the time you need for self-care. It's just as important as other responsibilities.
- **Set specific self-care goals.** It's hard to follow through on vague goals like "I'm going to take more time for myself." Instead, try something specific like "I will walk 30 minutes every night after dinner."
- **Make self-care a habit.** Just like eating one apple doesn't eliminate health problems, practicing self-care once won't have much effect on reducing stress. Choose activities that you can do often and will stick with.
- **Set boundaries to protect your self-care.** You don't need a major obligation to say "no" to something ... self-care is reason enough. Your needs are as important as everyone else's.
- **A few minutes of self-care is better than no self-care.** Set an alarm if you need to remind yourself to take regular breaks, even if it's just to walk around or have an uninterrupted snack. Stepping away will energize you and make you more efficient when you return.
- **Unhealthy activities are not self-care.** Substance abuse, over-eating and other unhealthy behaviors might hide uncomfortable emotions temporarily, but they cause more problems in the long run.
- **Keep up with self-care even when you're feeling good.** Self-care might be part of the reason you're feeling good so maintain your healthy routine.



Self-Care



Permission Slip

I _____

give myself permission to prioritize my needs
and implement a self-care plan that works for me.

I do not owe anyone an explanation.

I am worth my own time!

Signed,

(Me)

We're here to help

For individual questions:



Stephanie Medley, LCSW

502-586-0289
stephaniemedley@careatc.com

careatc.com/appliancepark



Amy Collier, LCSW

502-586-0288
amycollier@careatc.com

careatc.com/appliancepark