

Self-care isn't Selfish

Using Stress Management Techniques
to Help You Perform Your Best



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Roadmap

- Self-care: What's the real issue?
- Definition
- Focus point: Stress Management
- Simple, easy application

How we **define**
elements of our life
decides how much
time and
importance they
are allowed

Common thoughts about self-care

A luxury

A reward

A treat

Indulgent

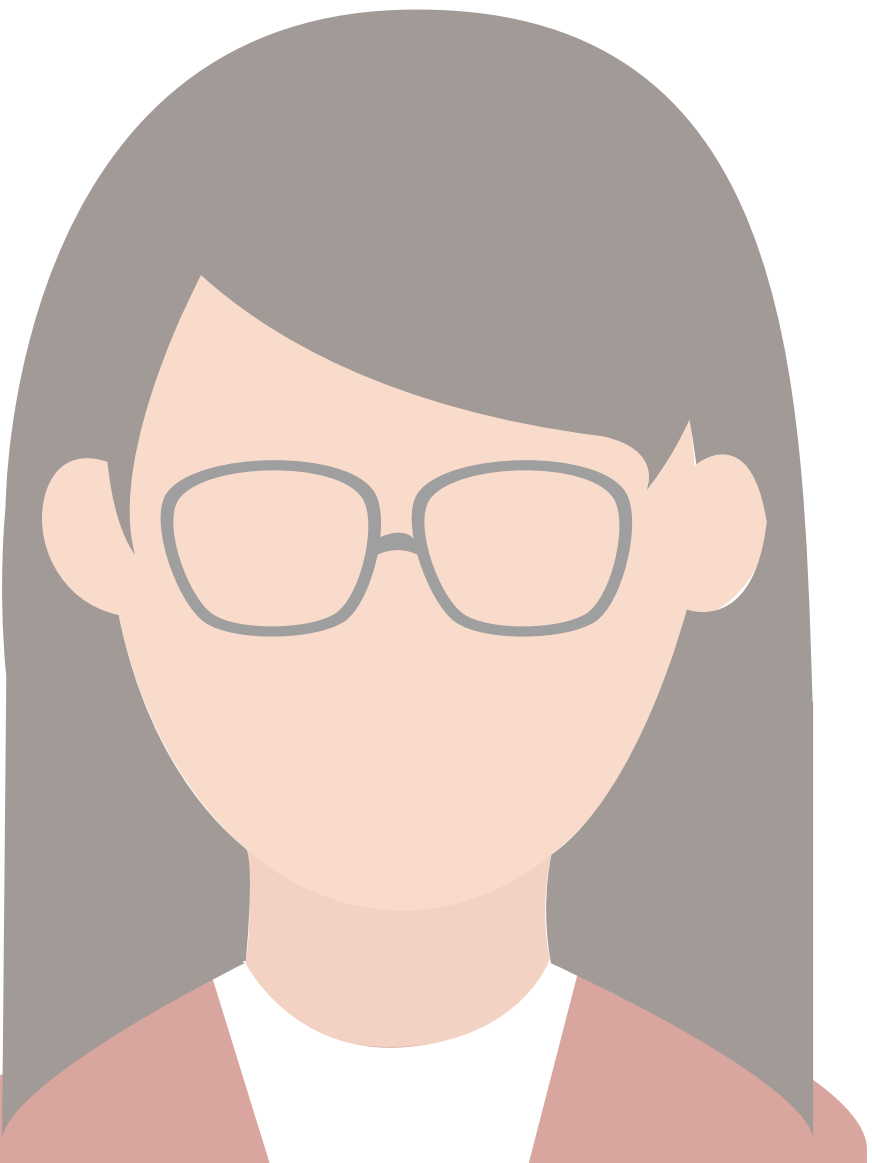
Selfish

Pampering

Low-Priority

Once in awhile

Trendy



Reframe self-care

A fundamental need

Critical to our emotional, physical and mental well-being

Daily practice

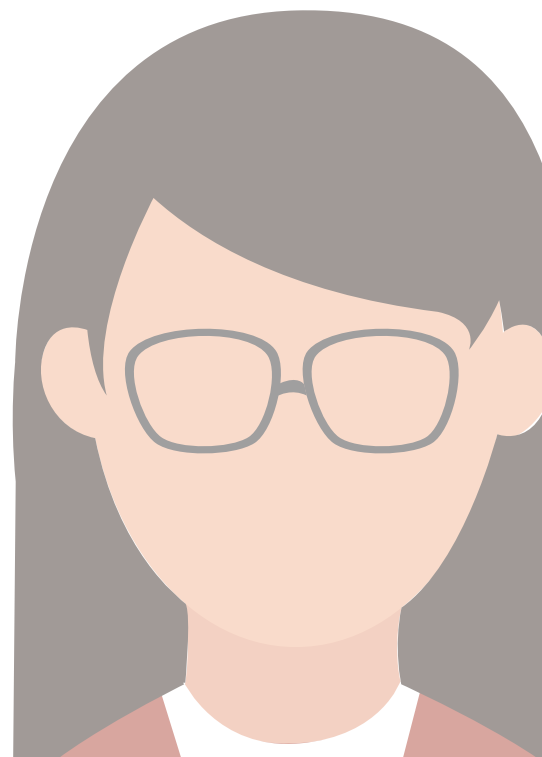
Non-negotiable

Small, manageable actions

Specific to the individual AND the moment

Necessary in order to give energy to others

Not always enjoyable



Self-care is the practice of **taking care of one's own physical, emotional and mental needs**, in an effort **to remain healthy and resilient.**

What it can look like

- Eating when you are hungry
- Sleeping when you are tired
- Setting and holding healthy boundaries
- Letting go of toxic relationships
- Finding balance in work and life
- Showing self-compassion
- Managing stress in healthy ways
- Expressing emotions in productive ways
- Exercising
- Following a passion

Know and Identify

Understand

Apply

example: *Stress Management*

KNOW AND IDENTIFY:
WHAT DOES STRESS
FEEL LIKE?

example: *Stress Management*

UNDERSTAND:
IN THIS MOMENT,
WHAT CARE CAN I TAKE?

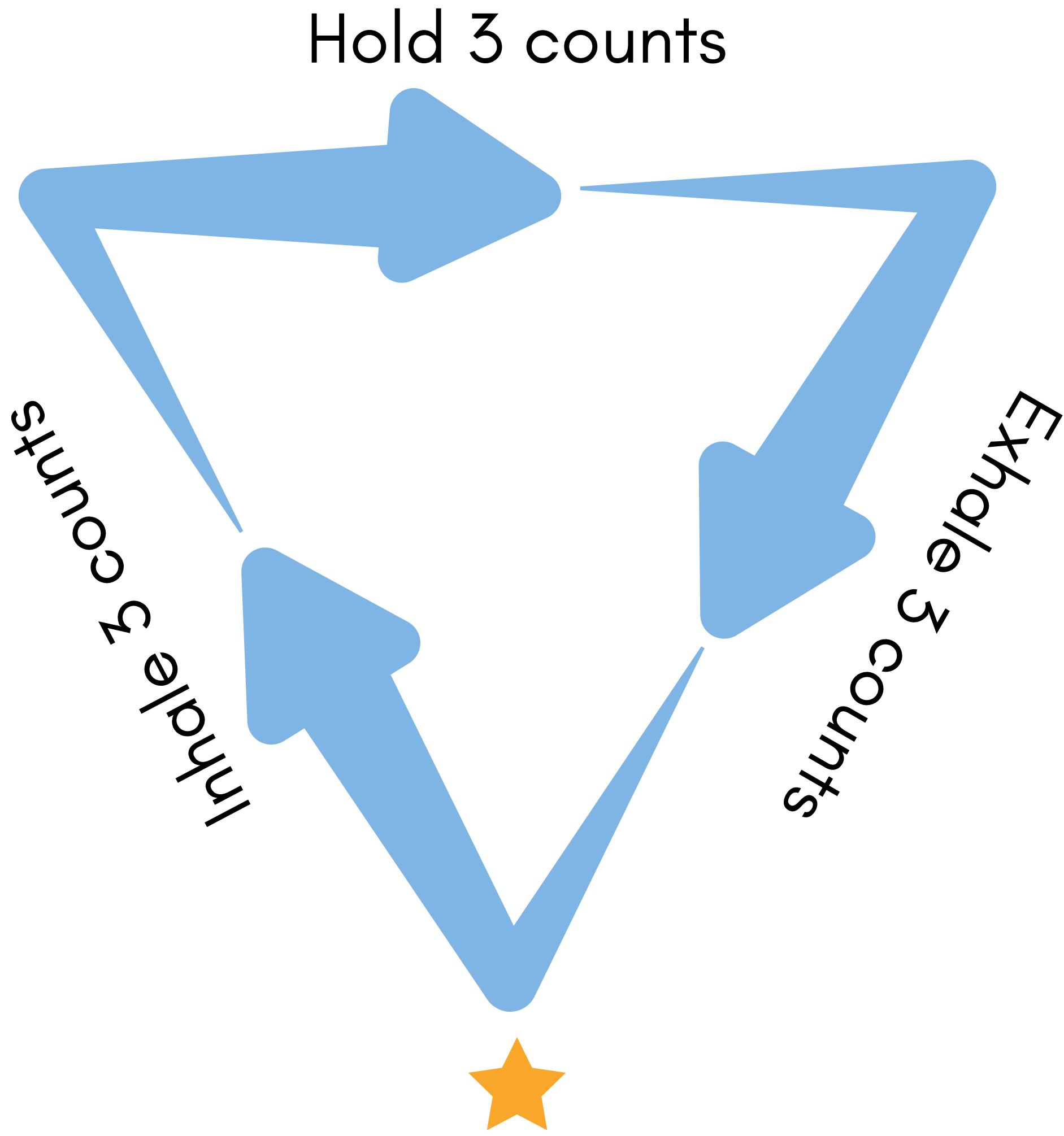
example: *Stress Management*

APPLY:

PRACTICE SELF-CARE

Practical Application:

BREATHWORK



Triangle Breath

Counted Breath

Inhale: 4

counts

Exhale: 8

counts

Take-aways

1. Breathwork Guide
2. Kids Yoga Workbook
3. Positive Affirmation Cards



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Questions, comments, discussion