

SELF-CARE BETTER

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RECONSTRUCT your SELF-CARE with six weeks of Positive Psychology

Radiance begins on the inside and shines through to the outside. Each of us holds an energetic charge, a “radiance” built upon our internal experience and our relationships with other people. These next six weeks will liberate a “good” charge of energy by building up the internal resources of positivity and present awareness. This about feeling good on the inside so we can radiate on the outside, sharing the good charge within us with all the other people around us. Research shows that true “happiness” comes not from our internal experience but from our contributions and interrelationships with others. We will use this to guide us in our practice.

This is a skill building practice. There will be days that it is harder than others to complete the practice. There will be days you may forget what you learned in our practice. And all of that is part of the practice.

It takes the brain nearly six weeks to make a significant change. Be patient with yourself but be committed. Radiance is cultivated.

For this practice, you will focus on making a change to your self-regulation; how you approach your life either from a place of defense and retreat or from a place of freedom and integration. This regulation has two parts: monitoring and modifying. This practice will work with both.

So what is Positive Psychology?

Positivity is not the denial of negativity. It is the integration of reality. And it is the skill of choosing what to focus on. It is a process of learning that you have control over what you attend to and you can choose to back off of a thought pattern and attend to something else. This is also a practice of acceptance. Accepting doesn’t mean addressing or attending to life, rather it means not wasting energy and increasing suffering by spending valuable time and energetic resources on what we cannot change, what we could never have changed. This kind of suffering blocks radiance.

This practice builds perspective. You may find you feel more hopeful and therefore freer. You will practice moving from a focus inside of yourself to a focus on the many ways you are interconnected to the world around you. Research shows human beings are much happier when the focus is integrated; the soul of our identity is not just the self but also our connection with everything else around us.

Let’s begin!

Tools for building up a positive charge

Create a Pleasant Event Checklist:

These will be activities that you can do to change your energetic state. (ex: baking a cake for someone, reading a book, gardening)

Refer back to this when you feel as though you are beginning to engage in the process of blaming yourself or others or waiting on others to make a situation, moment or experience “better” for you, or when you are in the process of judging or criticizing.

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Now, practice thinking about the pleasant event, like actually doing it (without actually doing it), and titrate between this positive experience and something you are currently struggling to accept or tolerate. Go back and forth between the negative or difficult image and the pleasant, positive one. Practice for 2-5 minutes at a time. This exercise helps us to strengthen presence. What the mind pays attention to is what will manifest.

Internalizing the inter-critic:

Much of our upset comes from judgments and stories about ourselves and about others. Knowing that this writing will not be shared with anyone else, unless you choose to share it, use the chart below to identify the critic within. Notice judgements and stories can be positive as well as negative. And often, they highlight how we feel about ourselves more than what we think about others around us.

For Example:

Jane (Best Friend)	Thoughts: She's prettier than me	Feelings: jealousy, sadness
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PERSON	THOUGHT	FEELING

Now take each person on your list and ask yourself the following:

NAME:

What do we have in common?	
What do they appreciate about me?	
What do they want me to know?	
What do I appreciate about them?	
What do I want them to know?	

NAME:

What do we have in common?	
What do they appreciate about me?	
What do they want me to know?	
What do I appreciate about them?	
What do I want them to know?	

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What do they appreciate about me?	
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What do I want them to know?	

How does this practice change what you radiate to others?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

Take the next JOYful step:

Whether you find yourself in a bad news story or a good news story, we can call get way ahead of ourselves and start living in a place of regret or anxiety. When you notice the spinning, come back to the present moment by checking in with yourself and asking “What is the next joyful step?” This step could be physical, mental, emotional, relational or even spiritual. Life is not happening “to” you. It is happening for you. The focus is on this moment, here and now. All that matters is just that next step because it’s the only sure thing you have any control over. Attend to this and you will find more empowerment in your life.

As you practice mindful walking as part of this retreat and your mind begins to wander, come back to the next joyful step first literally and then figuratively.

Write about this experience here:

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Commit to the HOME practice:

Write down THREE new things you are grateful for EACH AND EVERY day for six weeks.
(No repeats)

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1) Write about GOOD things (at least one) that happen every day.

Examples: witness someone hold the door for someone else, your favorite team won a game, your child discovered a new skill or talent

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3	4
5	6
7	8
9	10
11	12
13	14
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17	18
19	20

21	22
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33	34
35	36
37	38
39	40
41	42

2) Exercise DAILY. (Sometimes on your own, sometimes with others)

Examples: Jump on trampoline, Walk your dog, Shoot baskets

Write down what you did and how you felt after:

EXERCISE	HOW I FELT
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EXERCISE**HOW I FELT**

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Examples: Walking Meditation, Guided Meditation, Yoga and Meditation, Sound Bath, Moving Meditation

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4) Commit to ONE random act of kindness a week.

Examples: Giving a thank you card, Buying someone's lunch, Doing someone's laundry

Write down what you did and how you felt after:

ACT OF KINDNESS	HOW I FELT
1	
2	
3	
4	
5	
6	

[illegible]

[illegible]