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7 WAYS TO ENERGIZE YOURSELF

The Guide to Taking Care of Yourself
So You Can Take of Others.

7 WAYS to Energize Yourself

Dear Helpers of the World,

Reeling toward burnout? Did you see the recent YouTube video of the mom munching on some candy in the pantry closet while she hides away from her four kids? Hilarious, and yet it points to the desperation the helpers and givers of the world sometimes feel.

Those in the helping professions (including parents!) often find very little time to care for themselves. Their needs are shoved aside, put at the bottom of the never-ending list of things to do. It's the "Well, I'll get to it if I have time" syndrome. Time for self-care rarely seems to come. It is Imperative That You Take Care of Yourself.

Please understand this...To be an effective helper, especially over the long haul, it is imperative that you take care of yourself.

Is it selfish? NO, it is NOT selfish. Selfish means to take care of yourself to the exclusion of others. This is not what I'm talking about. Responsible self-care is imperative, crucial to your own health as well as those you care for! If you take care of yourself, you can better take care of others.

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The truth is, if you take time to take care of yourself, you have more energy to take care of others. So, can you renew your own energy as you go along? Yes! Here are some ideas:

1. Connect with your friends. Nothing like having a good chat with a friend! Laughter changes you physically and energetically, so hang out with friends that make you laugh. Which of your friends makes you feel energized? Write their names here:

2. Grab a few moments to yourself. How about browsing in a bookstore or walking in nature? Read what Julia Cameron says about taking yourself on an Artist's Date in her book, "The Artist's Way." I have a friend who once a week takes a few moments between work and home while the kids are still with the babysitter to have some regenerating time. She lets the babysitter handle dinner and walks for 20-30 minutes at the local mall to clear her mind before heading home. Take a few moments to really think about what you love doing when you are by yourself. Write down some ideas here:

3. Work out. Yes, work out... when you move your body, you get more energy. I'm not talking about fanatical hours at the gym, just regular exercise. It gets the endorphins going, those feel-good hormones. You can up level your energy and change your consciousness by moving your body. So take a walk or put on some music and dance. Write here when you are going to do some "feel good" exercise:

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4. Schedule a vacation. Having something to look forward to a few months down the road can make the current moment easier to handle. Make sure you take it, whether it is a weekend away or a week-long retreat. Write here when and where you are going to go:

5. Breathe consciously. You can actually get energy from the air. Take a hint from Yoga, Tai Chi, and Chi Gong, which are all modalities using the breath and moving your body. Take five deep breaths right now and put a check mark here: _____

Use my 5-Second Breathing Technique: Imagine a ball of Light over the top of your head. Sit or stand up straight. Breathe in. As you do, consciously imagine that Light coming in through the top of your head into your body. Breathe out. As you breathe out, imagine that light filling up the area around your heart. Breathe in, fill the Light up with Love from your heart. As you exhale, let that Loving Light go to your whole body.

Repeat several times. Almost instantly, you can change your mood and energy. With practice, you can even do it by saying inside “Loving Light” as you breathe in and out consciously. Put a reminder on your phone to Breathe Deeply. Put a check mark here:

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6. Get some treatments and bodywork done. You need to let others take care of you for a bit. Acupuncture treatments are very relaxing and can reenergize you. There’s nothing like having a massage therapist work over your tired muscles. Other healing modalities include Reiki and Healing Touch. Ask friends for recommendations and look for licensed practitioners. Research who could help you and write their names and contact info here:

7. Listen to some music and spoken inspirational readings. Soothing music can calm an overactive mind and give you energy. You can listen sitting at the bedside of a loved one, while you are taking a walk, or as you are going to sleep at night. Write what music and spoken readings inspire you here:

Do responsible self-care. Write it down. Plan to do it. Schedule it. Think it. Ink it. DO it.

Those you care for will benefit!

Visit me at www.LiveWithBoldness.com for more ideas!