

# Self Care Isn't Selfish!

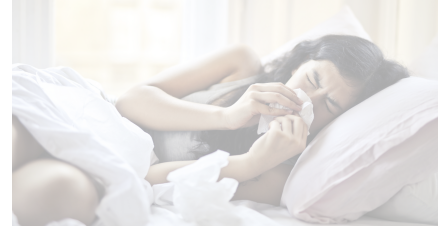
Balanced,  
healthy people  
put themselves  
first!



Becky Shapiro  
Mind-Body-Spirit  
Coach

# What is Self Care?

## Reactive Self Care:



Reactive Self Care is our response when the body is sick: we may go to the doctor, up our vitamin intake, or get extra sleep.

We might also see a therapist if we are struggling with overwhelming emotions.

## Proactive Self Care:



Self Care is defined as the process of taking care of oneself with behaviors that **PROMOTE HEALTH**.

Self Care is not selfish!

Self Care is not forcing yourself to do something you don't want to do.

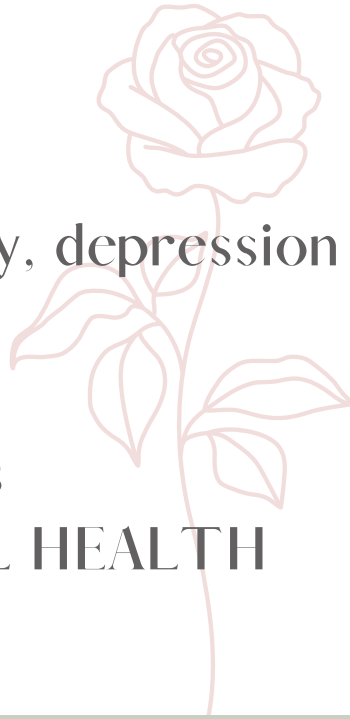
Self Care does not include self sabotaging behaviors.



# Importance of Self Care

## Self Care:

- reduces stress, anxiety, depression
- reduces burnout
- improves happiness
- improves relationships
- **IMPROVES OVERALL HEALTH**



Which of these could you use help with right now?

How would you rate your health on a 1-10 scale?



# 5 Levels of Self Care

Level 1: Physical Self Care



Level 2: Emotional Self Care



Level 3: Mental Self Care



Level 4: Spiritual Self Care



Level 5: Energetic Self Care



# Why do we neglect our Self Care?

## Reasons:

- lack of time
- lack of resources
- physically unable
- emotionally unable
- guilt
- feel unworthy



Why are you neglecting your Self Care?

Empty rectangular box for response.

How would your life change if your well-being improved?

Empty rectangular box for response.



# Level 1: Physical Self Care

## Physical Self Care Encompasses:

- movement
- breathwork
- nutrition
- sleep



How would you rate your physical Self Care on a 1-10 scale?

What can you do to improve your physical Self Care?



# Level 2: Emotional Self Care

## Emotional Self Care Encompasses:



- awareness of our feelings
- honoring our feelings
- processing of our feelings
- releasing our feelings

How would you rate your emotional Self Care on a 1-10 scale?

What can you do to improve your emotional Self Care?



# Level 3: Mental Self Care

## Mental Self Care Encompasses:

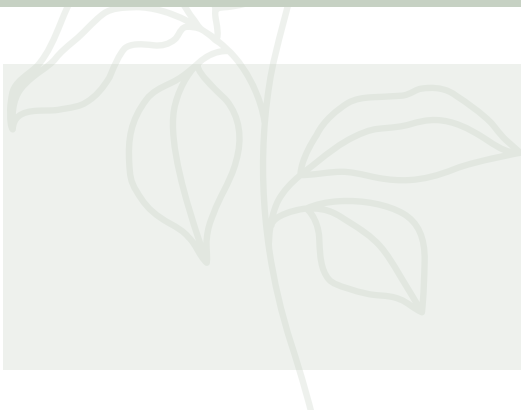


- awareness of our thoughts
- decluttering the mind
- focusing the mind
- reframing our thoughts from negative to positive

How would you rate your mental Self Care on a 1-10 scale?



What can you do to improve your mental Self Care?





# Level 4: Spiritual Self Care

## Spiritual Self Care Encompasses:

- connection with self
- connection with Higher Power
- determining the real you
- discovering your purpose



How would you rate your spiritual Self Care on a 1-10 scale?

What can you do to improve your spiritual Self Care?



# Level 5: Energetic Self Care

## Energetic Self Care Encompasses:

- body awareness
- grounding ourselves
- raising our vibration
- improving the health of our chakras



How would you rate your energetic Self Care on a 1-10 scale?

What can you do to improve your energetic Self Care?



# Meet Becky

- Mom
- Wife
- 21 year Teacher
- Foot Reflexologist
- Energy Healing Practitioner
- Yoga Instructor
- Meditation Instructor
- EFT Practitioner
- Mind-Body-Spirit Coach



## Ways to Connect With Me:

- FREE Facebook Group
- Website: [GroundedMonkey.com](https://GroundedMonkey.com)
- Podcast
- TikTok
- Subscribe to Email List
- Email Me
- Book Release-

Check out my book titled: Like Son, Like Mother: Untethering My Spiritual Wings

