

## Welcome to Module 1

First things first.

This week we will be responding to the immediate needs. Depending on where you are at, and how energised you are feeling, I like to share my 7 tips for emergency self-care below.

If you are feeling inspired and ready to go, great! If you aren't feeling like a superhero, I gently invite you to action 3 or 4 of these right now. Doing so will maximise your body's ability to process heavier emotions and start normalising after the event.

### EMERGENCY SELF CARE ACTIONS

Often in a crisis at work or at home we can focus solely on what needs to be done and sometimes forget the basic necessities WE require to pull through the other side. Don't get me wrong, being brave, reactive, resilient and resourceful are all very important aspects of being a person who is called upon in a crisis. What I'm talking about is just creating a small space of nurturing and nourishment to allow ourselves to momentarily recharge and continue on following up or acting again if required.

Studying and practicing kinesiology taught me the incredible natural and ease-ful ability of the body to soak up any "goodness" we give it, so here are my most helpful tips for giving your mind, body and soul the best support after witnessing or experiencing a physical, emotional or mental crisis.

- 1 **Hydrate. Drink a glass of water.** this is the most overlooked, yet most simple solution to hydrate your brain, make you feel more alert, alive and capable.

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- 2 If you can, **find somewhere in nature to sit and just be.** Enjoy a park, watch the sunrise or sunset on your way home from work, go for a bush or beach walk nearby if that's an option, or even finding some time to watch trees or the clouds can be enough to remind us that we are just a smaller piece of a huge puzzle in a huge world.

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- 3 **Limit sugar, coffee, and soft drink, and eat something nutritious and nourishing.** In winter it may be a warm beefy stew or in summer a salad can provide you with the best nutrients to support your body to keep on going. Note: greens contain phytonutrients, which interestingly are the nutrients that ensure plants can withstand stress.

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- 4 **Seek out additional supplements** such as zinc, magnesium, fish oils, Vitamin B and C are also commonly known for supporting the body to process stress hormones. (Please refer to your health professional or naturopath to confirm that this is appropriate for you).

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- 5 **Meditate – for as little or as much as you can.** Even 5 minutes of meditation a day can allow the cells in your body to more quickly recover from a stressful event. There is no need to become a hermit and go to the Himalayas. Youtube and iTunes provide unlimited options but I recommend the Buddhify app for a range of short 3-14 minute meditations of all styles, or a Yoga Nidra sequence which involves lying on the floor and listening to a guided sequence as an easy option to start with.

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- 6 **Give yourself time to feel your emotions.** Often we try and push them away but often if we feel them in our body they can rise up, expand, and then dissipate or lessen of their own accord.

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- 7 **If you feel up to it, connect with others** – this can be your peers, or a loved one if they are available. If conversations are too intense right now a pet or child (yours, or one you know) can provide grounding and comfort without words.

## HOMework TASK 1 – SELF CARE

Now that we have addressed the immediate concerns, I'd like to invite you to complete Homework Task 1.

This task is to select from the list below to apply 1 or 2 of these **daily** and record how you feel immediately after them. Notice which ones are most powerful for you, which come easily and which need a little more determination to follow through on.

- 1 If you know you do not drink enough water, try and drink more water this week. 8 glasses a day is considered the norm, more if you are exercising or live in a humid climate.  
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- 2 If you love nature and there is a park or reserve near you try and spend at least 5 minutes enjoying the feeling of being on the earth, breathing in fresh air and enjoying watching the day go by.  
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- 3 Limit your soft drink, tea or coffee intake, if this sounds right for you  
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- 4 If you have supplements you know you should be taking and you aren't\*, focus this week on taking these regularly, and track how you feel when you do take care of yourself in this way. Often we already know what we need but can be carried away with other aspects of our lives. \*Please refer to your health professional or naturopath to confirm that this is appropriate for you.  
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- 5 Revisit your old favourite meditations or explore some new meditation options. If time is an issue there are some great short meditations available online.  
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- 6 Dance to some of your favourite music, go for a run, or do a yoga sequence **daily**. I started a daily yoga practice simply by committing to doing 2 sun salutations each morning, no matter what.

**The key to improving any habits, including our self care, is to start somewhere. I also highly recommend tracking how we feel after we do what we need to do. Tracking our habits daily has multiple benefits, including:**

- Giving us measurable data to compare our mood from one day to the next.
- Allowing us to pay attention to patterns that we may miss in everyday life. For example, taking my multivitamin usually improves my mood exponentially after I have taken it for more than 5 days in a row. If I'm not committed to those 5 days, I often lose momentum to keep pushing through those early habit making days.
- Facilitating the acknowledgement and celebration of each teeny change that comes about, perhaps that niggly shoulder pain went away after day 3 or my neck seems to drop further than before on Day 8.

To help with remembering actions and tracking progress, I have included a printable self care tracker to use if you wish. This should only take about 5 minutes of your time. So just jot your thoughts down before carrying on the rest of your day.

Alternatively, you can use an app on your phone to use as a reminder or prompt to do your self-care action. One app that I recommend for doing this is Way of Life. The free version allows you to track 3 habits you are working on, and the paid version allows you to work on more than this.

Now that the basics have been sorted, I invite you to plan and think deeply about your goals. Tapping into what we want the most is a great way to connect with what inspires us, what we value and how we want to contribute to our own lives and the lives of those around us.

## SETTING UP FOR OUR TIME TOGETHER

One of the most important lessons I learnt was to put my wellbeing first, and to not let my over-active brain get in the way of me relaxing and savouring all the good parts of life and taking some time out to really focus on the resting into the goodness of what life is offering now.

## HOMework TASK 2 – GOAL SETTING - (OPTIONAL)

Goal setting can be a powerful way of highlighting areas of our lives that need attention or are important to us. Spending time writing down what we want to change is a great way of living with greater purpose and happiness.

This goal setting exercise has been specifically selected because it asks you to get to the core of why it is important to you, which in turn makes you more motivated to prioritise your goals.

For each of the listed areas I'd like to you write what it is you would like to bring to your life over the next 12 months, why you would like it, what you would be feeling like once you receive it/do it/obtain it and the three next steps to get it.

**Here is a brief list of life areas to get you started:**

- Health and wellness
- Finances
- Friendships
- Relationships
- Career
- Spirituality/personal development
- Contribution to the world
- Learning and professional
- Any additional ones you feel are important to you

**Choose 2 or 3 priority areas and ask yourself the following four questions:**

- What you like to bring into your life?
- Why this goal is important to you?
- How will you feel when you achieve it?  
Eg. Describe exactly how your mind, body and soul would react once you achieve the ideal outcome?
- What are the 3 mini steps you can take to achieve it in the near future to take you closer to your goals?

**Focus Area 1**

Describe in 100 words what you would like to bring into your life, being very specific about the details:

Describe why this goal is important to you?

Vividly describe how you will feel once you have achieved your goal?

List three mini steps you can take in the coming weeks to start to achieve this.

Step 1

Step 2

Step 3

**Focus Area 3**

Describe in 100 words what you would like to bring into your life, being very specific about the details:

Describe why this goal is important to you?

Vividly describe how you will feel once you have achieved your goal?

List three mini steps you can take in the coming weeks to start to achieve this.

Step 1

Step 2

Step 3

**Focus Area 3**

Describe in 100 words what you would like to bring into your life, being very specific about the details:

Describe why this goal is important to you?

Vividly describe how you will feel once you have achieved your goal?

List three mini steps you can take in the coming weeks to start to achieve this.

Step 1

Step 2

Step 3

Best of luck on your journaling and self care week and I look forward to reconnecting with you in **Module 2** as we delve into the world of support networks. Feel free to reach out with any thoughts, questions or insights that arise.

Until then,

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