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with Jasmin Schott Carvalheiro

DO YOU KNOW THAT?

You have been there for others all day long. You have been empathetic with the people you work with. With your friends, your family, colleagues and clients, your neighbours. Even the acquaintance you hardly know have you been listening to with patience and care. What you forgot next to all this empathy for others was: YOURSELF. You did not eat and drink well during the day, did not pay attention to enough pauses for rest or exercise, you rather feel empty, tired and without energy. What you also feel is: CAN PLEEEEAASE someone can finally take care of ME now?!!

Jasmin Schott Carvalheiro

I HAVE SOME GOOD NEWS FOR YOU!

There is only one person you should train to be an expert in taking care of yourself: YOU!

Your advantages if you are your own
SELFCARE-EXPERT:

- ★ You are always there with yourself and don't need to wait for someone else to come.
- ★ You can't complain that your partner/ friend etc. did not read your mind because you know your mind best.
- ★ Instead of feeling like a victim ("no one takes care of meee!!") you feel empowered ("yep, I know what is best for me now to make me feel better!")

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WHAT IS SELFCARE OR SELFCOMPASSION?

Selfcare or selfcompassion means to treat yourself both with kindness, mindfulness and courage. This SELF of yours consists of things that you and others love about yourself and also of imperfections, sorrows, suffering and stuff you don't feel so skilled to deal with. The courage part is to be willing to look at these aspects of your self with kindness as well.

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WHAT IS SELFCARE OR SELFCOMPASSION?

Selfcompassion does NOT mean self-pity!

When you are in self-pity-mode you are cut off from others and the world. You feel like nobody understands you or understands how you feel.

In self-compassion-mode on the contrary we are **CONNECTED** with others because we understand that painful or awkward feelings belong to life. We know that others experience this stuff too and we connect with our feelings in a way of knowing that what we experience is totally human.

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HOW CAN YOU PRACTICE SELFCARE AND SELFCOMPASSION?

Here are some tips for your selfcare and selfcompassion practice:

★ Have a list ready with your individual MAGIC SHIFTERS. These are things of which you know that they work for you to cheer you up (e.g. taking a bath, meditate, watch an episode of xy...).

★ Find yourself a SYMBOL WHICH MEANS ENERGY for you and connect with it whenever you feel lost, exhausted or needy (e.g. a postcard with a waterfall on it, a stone, a special song...)

★ Connect to your SAFE PLACE in MEDITATION. This is a place where you can be exactly the way you are. Also imagine a COMPASSIONATE COMPANION at this place who treats you exactly how you need it now.

★ Write a COMPASSIONATE LETTER TO YOURSELF in which you tell yourself why you are a wonderful person.

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