

# Taking Care of Me: 1,2,3

*Breathe. Move. Reflect.*

Presented by Kate P. Webster  
AOSA 2020 Virtual Symposium

**Gentle reminder:** You set aside this time for yourself. You deserve it. Take care of you.

**Give yourself permission:** This is a time for self-care...whatever that looks like, feels like, sounds like for you...right here and now. Grab that tea. Turn off that screen. Lie down. Take care of YOU:)

**Dive in:**

How are you? How are you REALLY? What does the term **self-care** mean to you?

**Grounding Ideas for Exploration:**

\*Great to start your morning at home, while you're waiting for a meeting, or if you are feeling anxious, worried, and/or stressed.

Use the senses

Body Scan/Self Field Trip

Focus on the BREATH

**Let's MOVE our bodies!**

**Guided reflection:** What are your tenets of self-care? Pick 3-5 action items that you can take daily to help you feel your best self.

-----✂Cut here✂-----

## My Self-Care Checklist:

- 
- 
- 
- 
- 

-----✂Cut here✂-----

✓ Action Step...take a picture, cut it out...place it somewhere as a gentle reminder to yourself. You are worth it!

**Guiding question:**

Does this feel nourishing or depleting? Adjust your response accordingly.

**Energizer:**

\*Great in morning/Late afternoon or after sitting too long.

*Breath of Joy*

Three part breath (in,in,out), Typically done standing, but can also be done sitting

*Inhale:* audible through nose, bring arms up parre to floor palms facing up in front of you

*Inhale:* audible through nose, bring arms out to the sides floor palms facing up in "T" position

*Exhale:* Open mouth with "Ha" Sound, bend forward dropping arms to sides in relaxed forward fold

**Questions:**

**Closing.**

You can find me:

[katepwebster@gmail.com](mailto:katepwebster@gmail.com)

@RunTeachOM 

*Be well.*