

2020

NO MORE FEELING LESS-THAN COURSE



At times when our black and white thinking discounts a whole day when we experience an unwelcome intrusion of stress or disappointment, it is worth while to remember that:

**We do not remember days, we remember moments.
Pavese, C.**

Don't always be appraising yourself, wondering if you are better or worse than others... "I will not Reason and Compare," said Blake; "my business is to Create." Besides, since you are like no other being ever created since the beginning of Time, you are incomparable.

Ueland, B.



MINDFUL JOURNALING OF THE JOURNEY

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Self-Care

A simple, effective way that helps to tap into an experience of self-love.



Self-Care

What are some things that you can do to take care of yourself today?



- Quality time with ourselves
- Nourishing the body
- Supportive, empowering self-talk
- Connecting with loved ones
- Connecting with faith/spirituality/nature



Benefits of investing time in activities that we value:

- Quality time with self
- Nourishes self-love
- Respite from stress-inducing thoughts
- Popular intervention in the treatment of depression

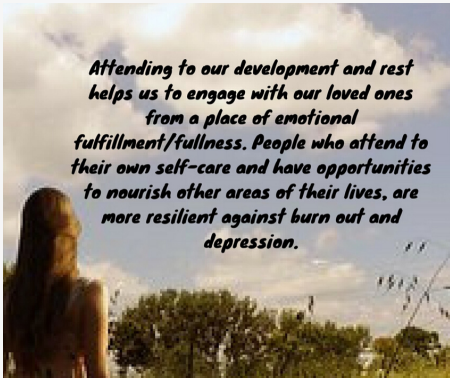


Consider compiling a "Self-Care" ideas list, and adding to it regularly...

Self-Care Reflections...



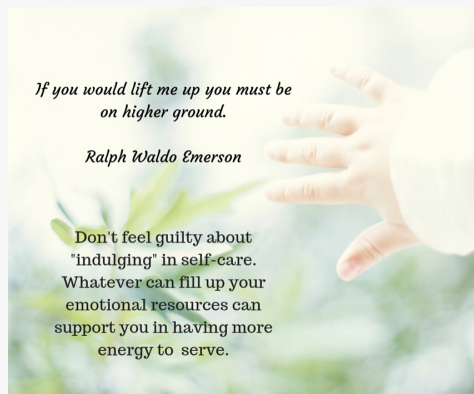
Many cells in your body regenerate at various rates, the beliefs in your mind continually refine... Your whole being is designed for growth and healing. Support this process in your body and mind by nourishing them well...



Attending to our development and rest helps us to engage with our loved ones from a place of emotional fulfillment/fullness. People who attend to their own self-care and have opportunities to nourish other areas of their lives, are more resilient against burn out and depression.



Selfish is caring for ourselves at others' expense...
Self-care is caring for ourselves so we can be there for others.
Crawford, B.



If you would lift me up you must be on higher ground.

Ralph Waldo Emerson

Don't feel guilty about "indulging" in self-care. Whatever can fill up your emotional resources can support you in having more energy to serve.



Point of Reference



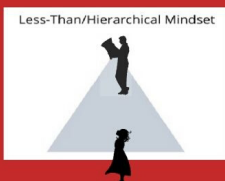
When other people's expectations are our reference point, we can find ourselves asking "what should I be doing?," vs "what are the most meaningful choices for me, based on what is of passion and value..."

- "What should I be doing?"
- Berating ourselves for not doing something right/perfectly...

- What would I LOVE to do?
 - A balance of solitude and connecting with others



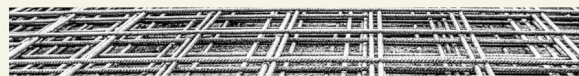
Getting the foundation of our Self Love right...



Foundation



- Temporary self-image
- Circumstances
- External judgements



- Time
- Kindness/Care
- Authenticity/Uniqueness
- Compassion...





Transforming "Less-Than" Thoughts

How can we go about disputing the "Experiencing ourselves as less-than thoughts"?



Cognitive Behavior Therapy involves checking our thoughts for distortions, alternative ways perceiving...

DISPUTING "experiencing oneself as less than" thoughts...?



Checking thoughts for:

- evidence
- distortions
- alternative ways of thinking...

Compassionate Awareness...

DISPUTING "experiencing oneself as less than" thoughts...?



Be aware of / monitor those thoughts associated with "feeling less than" ...

- What if they think I am a bad person?
- What if they don't like me anymore?
- I'm not as good as?
- Will I be judged?

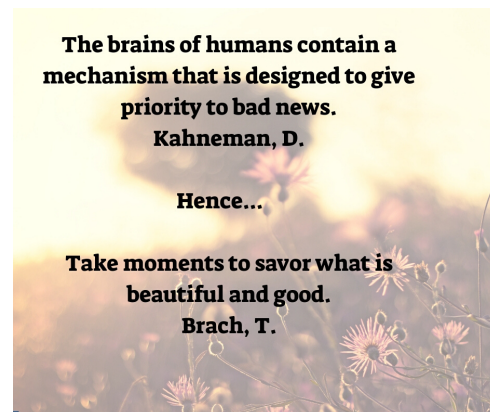
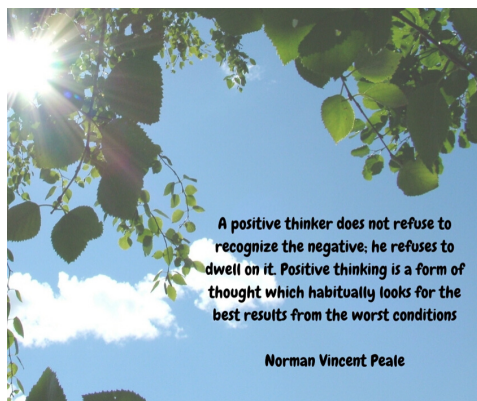
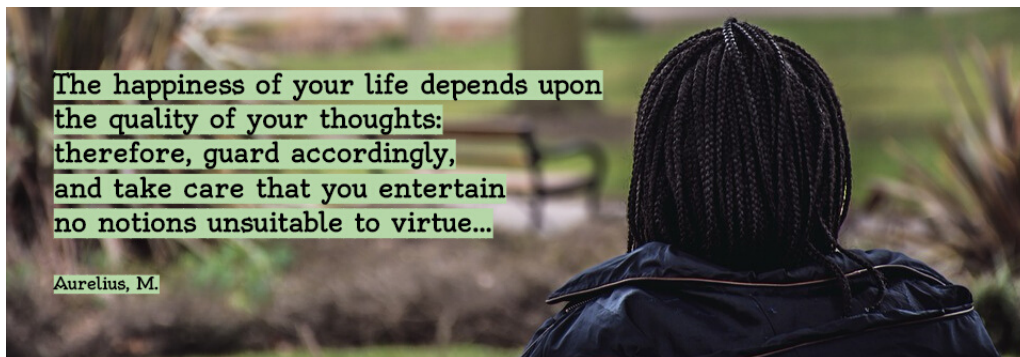
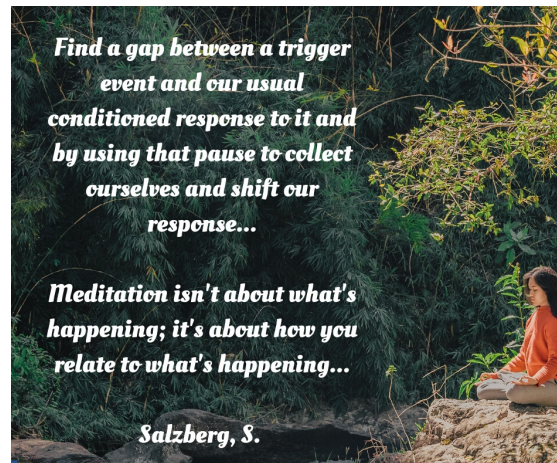
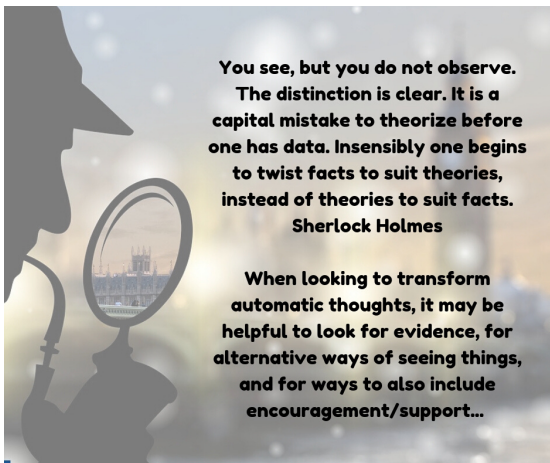
A thought diary...

Date/Time	Circumstance	Emotional Impact	What were you thinking at the time...	Thought Check (to be continued in the next video...)

An example of a thought diary that you may like to use to monitor your thoughts...



Mindfulness Inspirational Quotes



People try so hard to let go of their negative thoughts, and it often works ... only for a short time. I didn't let go of my negative thoughts; I questioned them, and then they let go of me...
Katie, B.

