



# **Lasting Relief: Ten Self-Care Essentials**

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Here's the secret to a fulfilling life: Make sure *your* needs and desires come first, every day.

But isn't that selfish? No, actually, it isn't.

If your goal is to create a life you look forward to living (one that takes into account, but does not revolve around, your chronic illness), practicing good self-care is simply a *necessary* foundation.

It makes everything else possible.

Okay, that makes sense. But how do I practice good self-care?

Gradually cultivate those habits and routines that make you feel your best. Below are ten essential practices that work wonders (you can add your own, as well).

If you take small, consistent steps toward building these essential routines and practices into your daily life, you will find your general frustration and feelings of overwhelm dissolve. And you will begin to feel resourceful and tranquil, instead.

## **Ten Self-Care Essentials We Recommend**

### **One: *Do less, feel more***

Make an effort to slow down and notice how you feel throughout the day. Taking time to notice how you're feeling will help you make good choices - choices that support your needs and wants.

Get in the habit of asking yourself, *What do I need in order to care for myself, right now?*

Whenever you feel stressed, slow down and answer that question (*What do I need, right now?*).

Getting an answer from your inner mind will activate your intuition. And these intuitive insights will help you nurture yourself more deeply.

### **Two: *Protect your time and energy***

Give yourself permission to do things that will give you more time, space, and energy. Remember that your needs are *always* valid.

To conserve your energy and have time for good self-care, you can, for instance, turn off your phone's ringer, delay returning calls and e-mails, bow out of a volunteer activity, take "mental health" days, and delegate tasks you no longer want to do.

Setting boundaries in routine situations like the above will not only increase your confidence and self-esteem, it will make it easier to stand up for yourself when faced with more challenging situations (extended family or work obligations, for instance).

**Three: *Get plenty of sleep and rest***

The daily basis of all physical health is sleep. Be sure to get seven or eight hours each night.

No excuses! Whatever you need to do or accomplish, you can't perform well without sufficient sleep.

Aside from plenty of sleep, be sure to take several rest breaks (both daytime and evening hours) to relax and unwind, every day.

When you do, not only will you cope with challenges more effectively, you'll enjoy your life much more.

You'll also be more relaxed and giving to others (sleep deprivation deprives everyone in your life, not just you).

**Four: *Create a support circle***

While practicing good self-care, it's enormously helpful to have like-minded friends. Surround yourself with supportive people who are just as committed to living a high quality life as you are.

Your support circle will help you cultivate the courage and motivation you need to make your wants and needs your top priority.

### **Five: *Learn to say No***

How often do you say Yes, when you'd rather say No?

One of the best ways to reduce frustration and even anger is to never say Yes when you don't want to.

It's okay to say No -- especially when you feel overwhelmed or pressed for time.

Even better, when you value your own time (by setting limits on how much of it you'll devote to others' needs), they will automatically treat you with more respect. For everyone, it's a win-win decision.

### **Six: *Indulge in healthy pleasures***

Self-care is more than self-maintenance. It's more than getting regular medical checkups, eating healthy food, sleeping eight hours each night, and exercising.

Good self-care means putting yourself first -- by showing affection and concern for yourself, and indulging in healthy pleasures.

What are healthy pleasures? Anything that nourishes and replenishes your mind, body, and soul.

Everyone is different, but listening to music, watching a sunset, reading an uplifting book, taking a walk in the woods, or playing catch with your dog all qualify.

**Seven: *Delegate responsibilities***

When you encourage everyone in your household to help with daily chores, you help them learn self-reliance and self-confidence. And you give them the satisfaction of being an important part of the family “team.”

When you delegate, you are also conveying the message -- loud and clear -- that your time and your needs are just as valuable as everyone else’s are.

**Eight: *Commit to managing yourself, not your time***

Remember that you are in charge of your life. It may not always seem that way, but when you are too busy, remember that you have a choice.

Don’t confuse having tough choices with not having any choices. There is a difference.

If your life is too hectic, ask yourself, *What can I let go of?*

Manage your choices in life, and managing your time will almost take care of itself.

**Nine: *Put yourself on your calendar***

Take out your calendar. Block out one afternoon or evening each week just for you -- for the next six months.

Spend your scheduled afternoon or evening time doing something you really enjoy. Or spend it doing nothing at all.

Don't leave your self-enjoyment time to chance (it may not happen). Schedule it months in advance.

**Ten: *Clear the clutter from your life***

Clutter isn't just extra and unwanted stuff in your living environment. It can also be the clutter of a never-ending "To Do" list.

When you eliminate physical and mental clutter from your life, you reduce guilt and distractions, almost instantly. And that frees up your energy to take care of yourself and accomplish your goals.

A high quality life often has more to do with what you remove, than with what you add. Practice the healthy habit of simplifying your environment and de-cluttering your obligations.

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To illustrate the benefits of the Ten Self-Care Essentials, we'd like to tell you the story of our client, Mary.

The mother of two pre-teen boys, Mary was nearly forty and recently diagnosed with lupus, but you wouldn't in a million years guess that

she had a chronic illness. Mary was always busy, day and night. And that was the problem.

Her job and taking care of her boys left her no time for herself, and she suffered from insomnia and chronic stress. Mary's doctor referred her to Dan for those conditions, because they exacerbated her lupus symptoms.

During her first counseling session, Mary admitted to lots of anxiety and that she was quite a perfectionist. Not only did she try to outperform everyone at work, she volunteered for countless school committees, and prided herself on attending every one of her boys' basketball games.

Dan used Cognitive Behavioral Therapy to help Mary counter such perfectionistic thoughts as, *Things are not worth doing, unless they're done perfectly*. Mary instead learned to tell herself, *I'll have more time for my family, if I get this done quickly rather than perfectly*.

Dan also taught Mary specific relaxation techniques that soon put an end to her insomnia. With her energy and optimism growing each day, Mary was ready to make herself and her needs a priority on her "To Do" list, so she began coaching with Sylvia to create a more balanced life.

Sylvia encouraged Mary to take time out every hour or so to evaluate her stress level. Rather than ignoring her body's stress signals (headache, tight muscles, flushed face, sweating), she learned to step

back, take a deep breath, and ask herself what she needed most in that moment.

To her surprise, Mary soon found herself honoring her own needs by taking a stretch break, eating a snack, or going for a short walk. Sylvia also supported Mary in setting better boundaries at work (reminding people, for instance, that she couldn't answer routine questions when she had a deadline to meet), and doing the same in her free time -- by bowing out of too many volunteer activities.

These simple but significant steps allowed Mary to experience the pleasure of having some “breathing” room in her life. She started to feel more relaxed and confident. Mary also began to delegate some household chores to her sons, and that gave her newfound time to indulge in healthy pleasures -- like reading a novel, or just sitting still and quietly daydreaming.

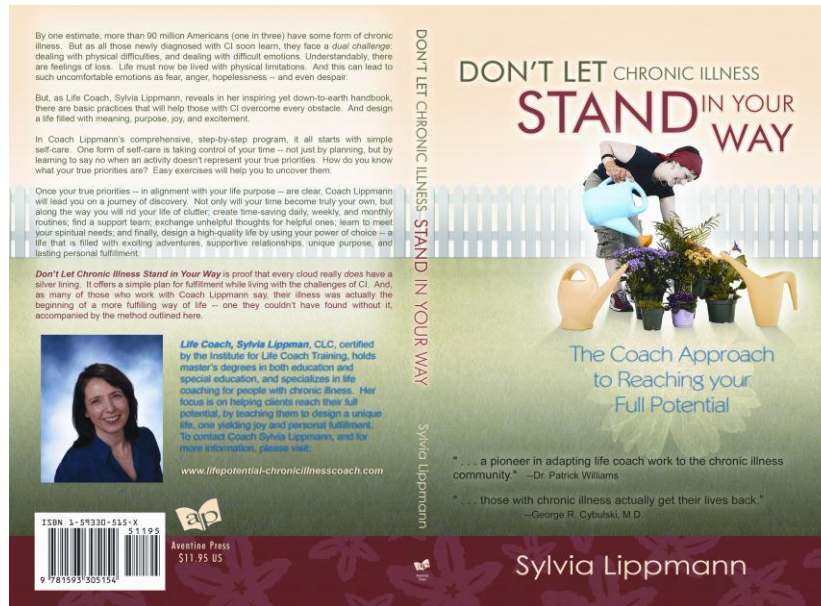
After a few weeks of coaching, Mary was well on her way to creating a high quality life for herself. She had finally recognized that self-care was essential for feeling her best. And when she felt her best, not only did *she* reap the rewards, everyone else in her life did as well.



Would you like to know more?

. . . About living a less stressful  
and more balanced and fulfilled life  
with *Quick* Counseling + Coaching?

Simply choose from the learning options below.



One of the best introductions to moving from stress and overwhelm into fulfillment, is Sylvia Lippmann's book, ***Don't Let CI Stand in Your Way: The Coach Approach to Reaching Your Full Potential.***

Sylvia Lippmann, MA, MEd, CLC, wrote this book for coaching clients and self-help readers who wanted her expert guidance in a handy form they could refer to every day.

***Don't Let CI Stand in Your Way*** will show you, step by step, how to go from being stressed by your life . . . to being peaceful, joyful, and fulfilled.

To order your copy, go to: <http://www.feelbetternow-ci.com/book.html>



Perhaps you are someone who would like to hear  
Coach Sylvia Lippmann and Therapist Dan Lippmann  
as they present *Quick Counseling + Coaching* teleseminars live.

All you need is a phone. Just dial the number provided,  
and listen in. You will be able to ask questions, too.

*Quick Counseling + Coaching* teleseminars  
are an excellent way to learn about the many quick

and easy tools Sylvia and Dan use to help their CI clients  
create fulfilling lives for themselves.

Many are tools you can use immediately  
. . . to begin feeling better about your life and your future.

To sign up for *Quick Counseling + Coaching* teleseminars,  
or to purchase recorded teleseminars, go to:

<http://www.feelbetternow-ci.com/teleseminars.html>



But perhaps you are someone who would prefer  
private, individually designed  
*Quick Counseling + Coaching* sessions.

If so, you can contact Dan and Sylvia  
to arrange one-on-one sessions by phone, or in person.

After a free, fifteen-minute phone consultation  
-- to determine your needs, challenges, and goals --  
you will receive our recommendation . . .  
where to start your *Quick Counseling + Coaching*  
journey for a more fulfilling life.

If you are feeling very anxious or depressed,  
it may be best to begin with counseling sessions,  
and to finish your journey with coaching sessions.

Coaching provides the practical structure and motivation  
you'll need -- to take action on the awareness  
and insights you will gain through counseling.

To arrange your free initial consultation,  
go to: <http://www.feelbetternow-ci.com/sessions.html>



## ∴ About *Quick Counseling + Coaching*

When Cognitive Behavioral Therapist, Dan Lippmann, LCSW, and Certified Life Coach, Sylvia Lippmann, MA, MEd, CLC, first combined their complementary skills and expertise -- hoping to offer more complete and lasting relief for their CI clients -- they made an exciting discovery: it worked! Just as they hoped it would.

Counseling alone could not assist with the practical co-challenges of chronic illness, and coaching alone could not assist in clearing deeply rooted fears, patterns, and depression.

By combining both counseling and coaching, Dan and Sylvia's clients have blossomed in ways that simply were not possible before.

And, now, through their website, [www.feelbetternow-ci.com](http://www.feelbetternow-ci.com), they want to offer you the very same benefits and results.

Take a moment to study these offerings on their site:

- The book, *Don't Let Chronic Illness Stand in Your Way*
- *Quick Counseling + Coaching* Teleseminars
- Individual Sessions of *Quick Counseling + Coaching*

Dan and Sylvia are eager to help you on your journey to a more fulfilling life.

You can contact them by filling out the brief Contact Us form on their website. Go to:

<http://www.feelbetternow-ci.com/contact.html>



. . . And please do become a member of Sylvia and Dan's online community. Post your comments on their blog at:

<http://feelbetternow-CI.com/blog>

They'd really enjoy hearing from you!

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