

Week Eight Topic: “Little and Often”, Carrying Intentions into Daily Life

When we start to work on self-care as a goal, sometimes we become fixated on the product or outcome instead of the process.

Each day, or even hour, your needs and experiences will change. Each day or hour, your work demands and priorities will also change.

As helping professionals, self-care is best conceptualized as a journey rather than a destination.

The journey involves practicing self-care “little and often”, meeting yourself where you are in each moment.

Notice and receive information from yourself about your needs. Set intentions around these needs. Align your actions with your core values.

For example, if an intention is to relax or experience peace, this could be approached in many ways. You could choose a breathing exercise for 2 minutes. You could experience your inner resource for 5 minutes. You could even take a walk in nature or call a loved one. You could use a guided meditation of 15 minutes or a longer one. You could listen to a favorite song while brushing your teeth.

Your self-care actions do not need to be big - “little and often” is a better way to form the habit.

You know yourself better than anyone else in the world. The same intention or need will look different for each person, and still more different each day.

Brene Brown: “When we’re kind to ourselves, we create a reservoir of compassion that we can extend to others.”