

# Selfcare Tips - Tools for Resilience

*Presented by  
Kimberly May, WCS, Founder  
Inspire Wellness*





## Bio

- ▶ Kimberly May, Founder of Inspire Wellness LLC, practitioner at the Institute of Integrative Medicine, Life & Wellness Coaching Specialist, Certified Havening Techniques Practitioner, Licensed HeartMath Provider
- ▶ 20 years experience in the health and wellness field, providing wellness and performance coaching, leading workshops for companies such as KY Center for the Arts, Norton's Hospital, Pikeville Medical Center, Metropolitan College, and University of Louisville School of Business, Farm Credit and many small businesses
- ▶ Enjoys gardening, time with the grandkids and travel

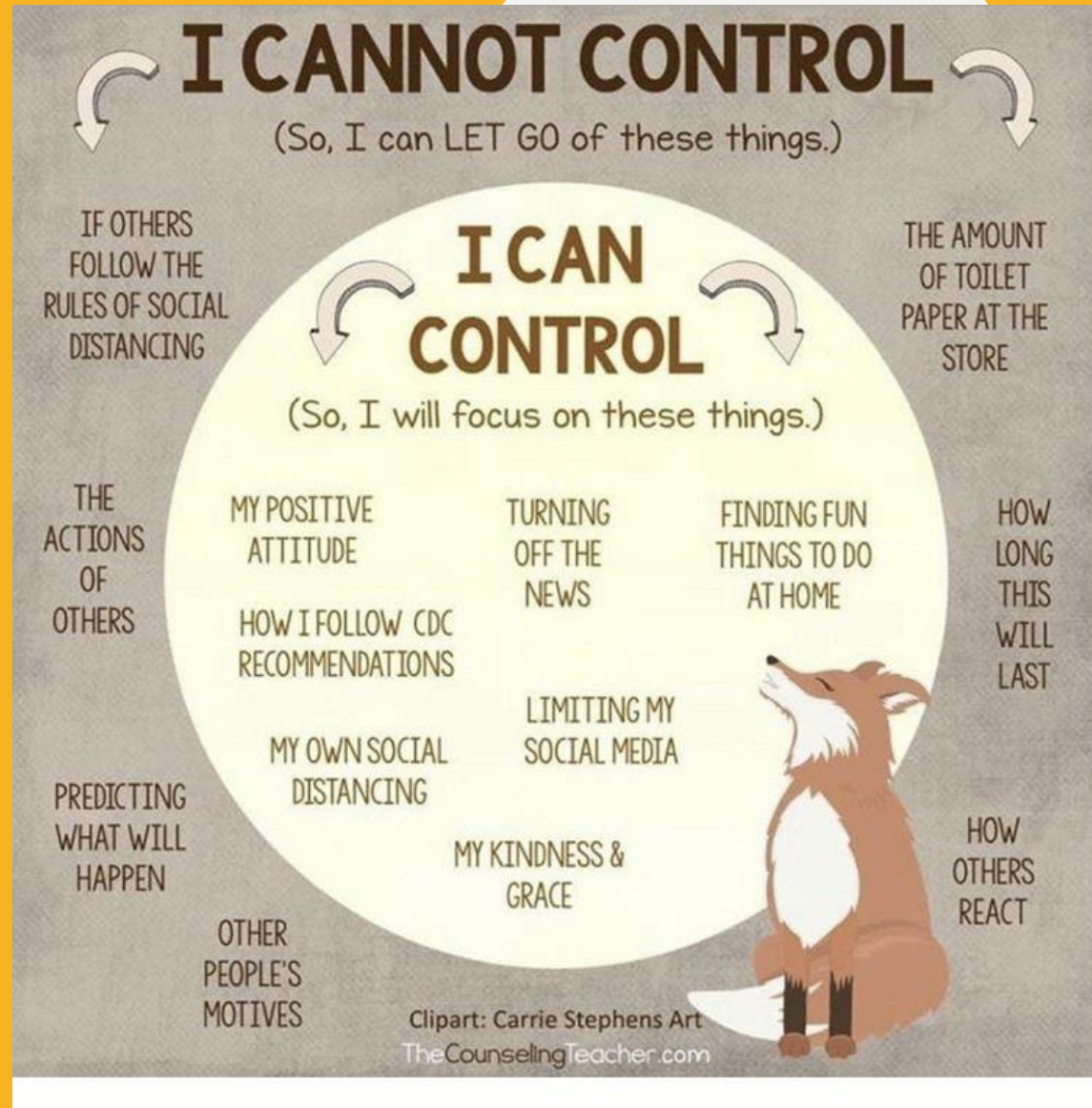
# Selfcare

- ▶ the practice of taking action to preserve or improve one's own health.
- ▶ the practice of taking an active role in protecting one's own well-being and happiness, during periods of stress.



# WHAT CAN I CONTROL?

- Focus on what I can control





## What can I do:

- ▶ Take extra care of yourself
  - + Keep your immune system healthy:
    - \* Choose love over fear
    - \* Focus on your heart, breathe in and out through your heart, activate a feeling of gratitude or peace
    - \* Get extra sleep
    - \* Take 1,000 mg Vitamin C daily
    - \* Take 5,000 IUs Vitamin D daily
    - \* Stay hydrated with at least 64-80 ounces of water a day and avoid caffeinated beverages
    - \* Choose healthy whole foods to eat
    - \* Get outside and move your body with joy each day

**IF YOU DO  
DEVELOP A COLD  
OR FLU-LIKE  
SYMPTOMS,  
THESE ARE  
SUPPLEMENTS  
COULD HELP CAN  
SUPPORT YOUR  
IMMUNE SYSTEM**

- - \* Immucore - Take 2 tablets daily
  - \* My Community Host Defense Immune Support (this is a mushroom blend) - Take 2 capsules daily
  - \* Viraclear - Take 2 droppers twice daily
  - \* Oregano capsules
  - \* Astragalus capsules
  - \* Elderberry syrup
  - \* Licorice root
  - \* NAC
  - \* Probiotics
  - \* Zinc
  - \* Foods/Herbs that support a healthy immune system
  - \* Chicken broth
  - \* Garlic
  - \* Ginger
  - \* Manuka Honey
  - \* Whole Foods
- Institute of Integrative Medicine/Kim Evans, APRN  
<https://www.integrativemedicine4u.com/>

# Safe at home



## DAILY QUARANTINE QUESTIONS

1. Who am I checking on or connecting with today?
2. What expectations of "normal" am I letting go of today?
3. How am I getting outside today?
4. How am I moving my body today?
5. How am I expressing my creativity today?
6. What type of self-care am I practicing today?
7. What am I grateful for today?



Stacy <sup>2020</sup>

# Sleep hygiene

- Sleep is as important as diet and exercise.
- One of the primary causes of excessive sleepiness among Americans, is self-imposed sleep deprivation. Humans are the only mammals that willingly delay sleep.
- We naturally feel tired at 2:00 PM. It is this natural dip in alertness that is primarily responsible for the post-lunch dip.

**7 to 9**

hours of sleep is the general recommendation for

Researchers are finding that while the brain sleeps, it clears out harmful toxins, a process that may reduce the risk of Alzheimer's.





# JAY ABBASI

## MINDFULNESS



- **I tested positive for COVID-19.** I normally would never reveal this, but in case you or someone you know is exposed, I want to share my experience hoping it helps... **Dealing with a virus like this is not easy, and mindfulness has been my saving grace.** Here's why. It's taught me to...
- **1 Feel the Panic, Don't Feed It** Panic set in, but I saw the panic for what it was and I related to it differently. I decided not to feed it.
- **2 Let It Out, Then Let It Go** I want to show my daughter that daddy is okay; to be strong for my family. But when I got my girlfriend on the phone, I cried like a baby. I had to let it out. Mindfulness taught me how to LET GO of the negative feelings.
- **3 Have Self-Compassion** Mindfulness teaches us to have compassion for others AND ourselves, without judgment. With that, I've been able to maintain a positive mindset, remaining hopeful, joyful, and happy. This helps me both mentally AND physically. **Positive feelings flood the body with chemicals that boost the immune system, so I'm in a better position to fight off the virus.**
- Love you all, and wishing you health during this crazy time. And please...stay home. 😊 ❤️ 🙏
- [hashtag#coronavirus hashtag#mindfulness hashtag#overcome](#)
- <https://www.linkedin.com/in/jayabbasi/detail/recent-activity/>



determine what  
you will or won't  
participate in.

**Set healthy boundaries**

## How and Who do you want to be during this difficult time?

- ▶ When the storm has passed how do you want to be remembered?
- ▶ What's the gift in this situation?
- ▶ How do you hold the vision?
- ▶ Who helps you do this?
- ▶ What keeps you on your path?

*"Hold the Vision, Trust the Process."*

*-unknown*

# How to stop a negative thought

## HOW TO STOP NEGATIVE THOUGHTS



Change your brain waves by spending 10 minutes a day breathing in sequence

6-3-9



When the negative thought comes up, say "not true"



Visualize the image of the thought shrinking until it disappears



Visualize positive situations instead, your brain doesn't know what's reality and what's imaginary



Change your pattern of negative thinking by adding a new routine to your thought process: daily reflection, affirmation, or meditation



# TURN THE SWITCH OFF EMOTIONAL LANDSCAPE



# Power vs. Force by [David R. Hawkins M.D. Ph.D](#)

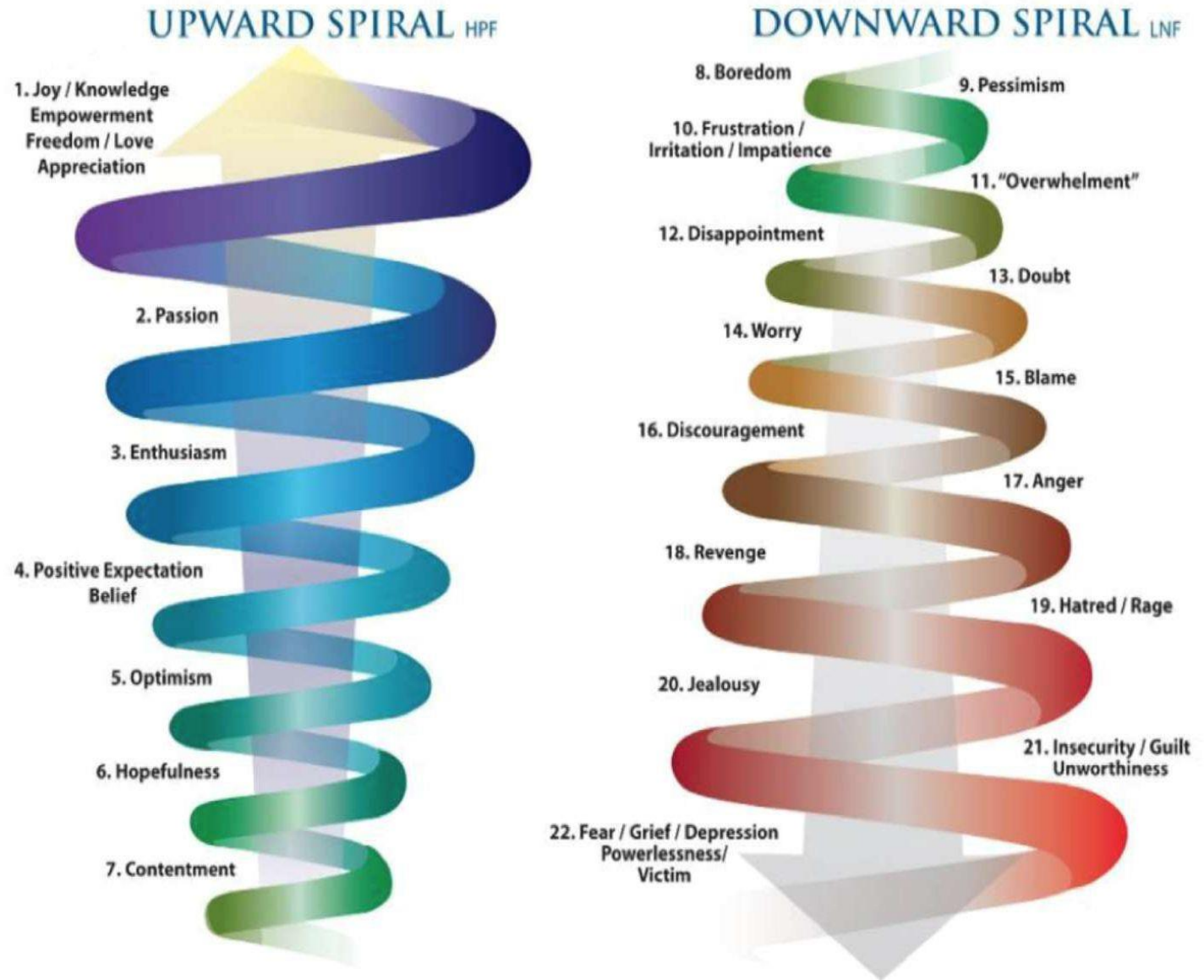
► We think we live by forces we control, but in fact we are governed by power from unrevealed sources, power over which we have no control.

Every act, thought, and choice adds to a permanent mosaic; our decisions ripple through the universe of consciousness to affect the lives of all.

"... particularly timely ... a significant contribution to understanding and dealing with the problems we face today."— Lee Iacocca

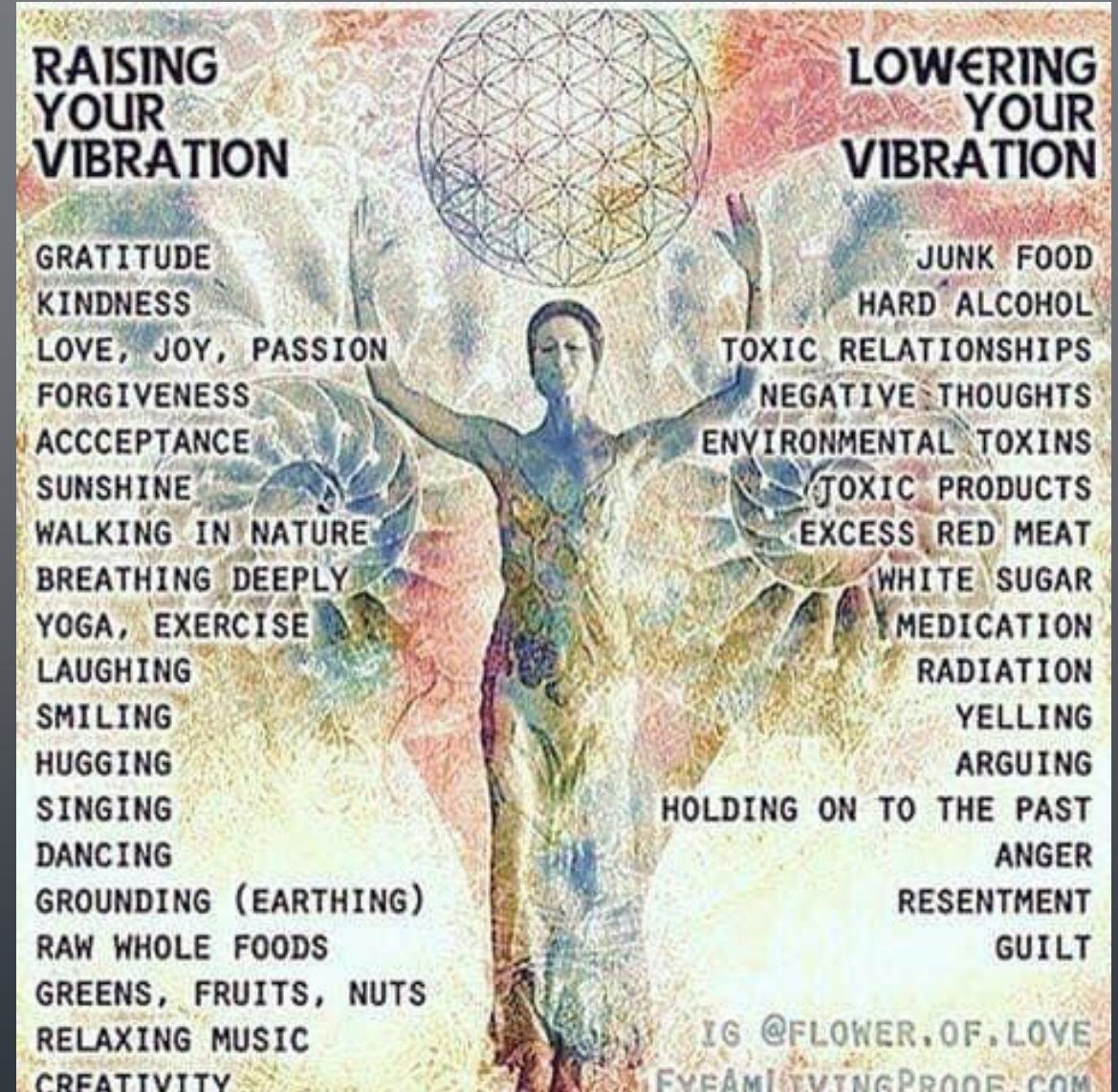
"I especially appreciate [the] research and presentation on the attractor patterns of business ..."— Sam Walton

## THE EMOTIONAL GUIDANCE SCALE



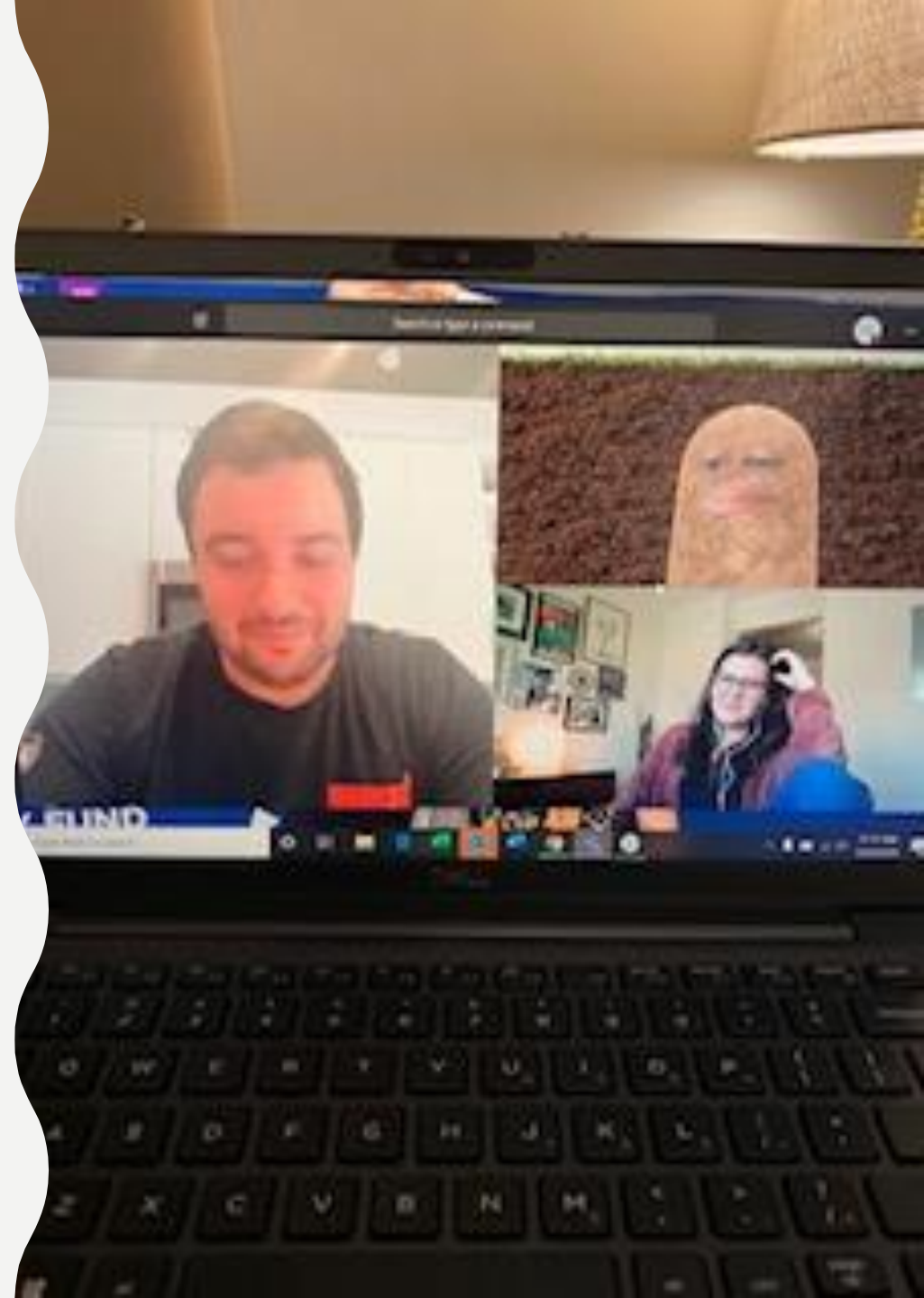
# Raising your vibration!

- ▶ How do you raise your vibes up?



# FIND THE HUMOR

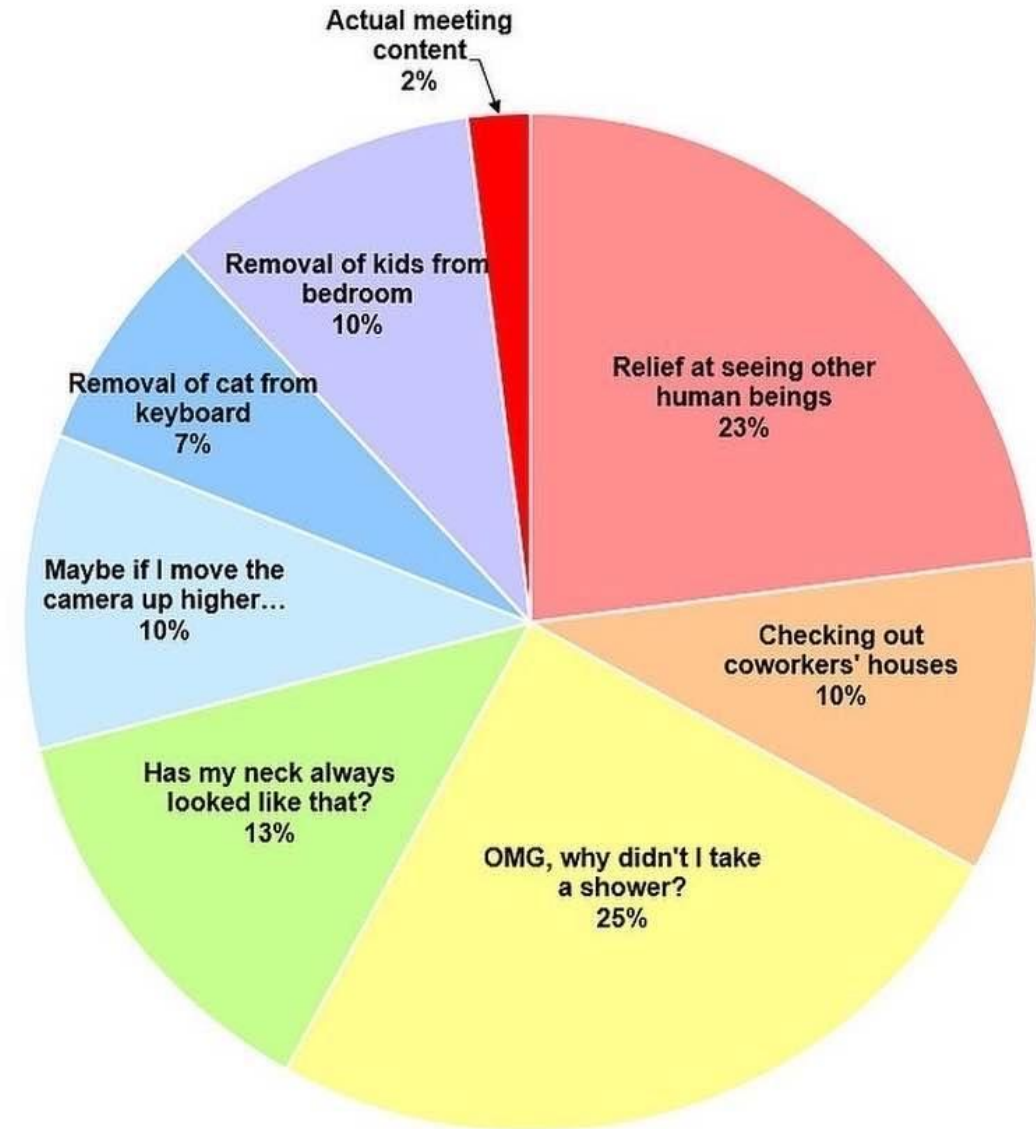
- **Short-term benefits**
  - A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it induces physical changes in your body. Laughter can:
  - **Stimulate many organs.** Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
  - **Activate and relieve your stress response.** A rollicking laugh fires up and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure. The result? A good, relaxed feeling.
  - **Soothe tension.** Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.
- Mayo Clinic <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>



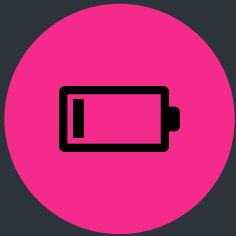


# ZOOMSPAN

Diagram of Zoom Meeting Attention Span



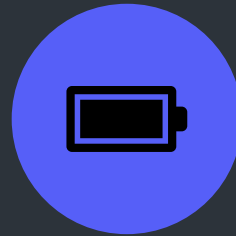
# How do I use my energy?



ASK WHERE DOES MOST OF MY ENERGY GO AND WHAT DRAINS MY INNER BATTERY?



LOCATE WHERE YOU ARE ON THE ENERGY SCALE AND HOW TO GET ON TOP OF IT.



IDENTIFY SITUATIONS AND FEELINGS THAT RENEW AND RECHARGE YOUR INNER BATTERY.



ALIGN WITH WHAT MAKES YOU FEEL GOOD AND GENERATE POSITIVE ENERGY ON DEMAND.



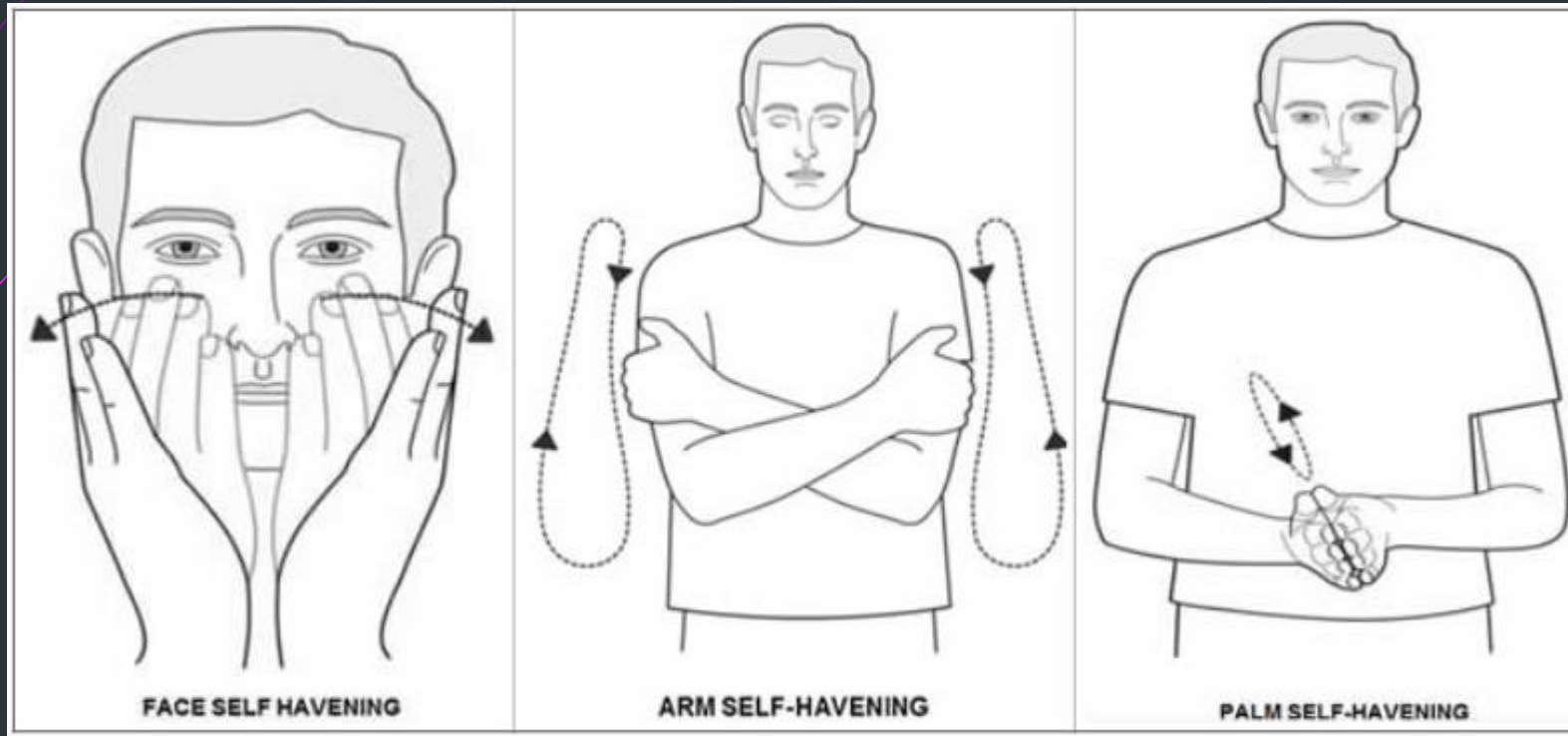
DISCOVER NEW WAYS TO INCREASE YOUR ENERGY LEVELS WITH GOOD NUTRITION, EXERCISE, MINDFULNESS AND MORE.

# Havening techniques for resilience

- ▶ The Havening Techniques are powerful tools that can be used to alleviate the consequences of traumatic or stressful events.
- ▶ Havening or Delta Techniques™ is a method which is designed to change the brain to de-traumatize the memory and remove its negative effects from both our psyche and body. -Ronald A. Ruden M.D., Ph.D, Harvard
- ▶ Better Living Through Neuroscience  
<https://www.havening.org>



# Stress relief – Self Havening





Focus  
on

What inspires you?

When are you at your  
best?

What really matters?

4 steps to stop  
being hard  
on ourselves  
-Tara Brach

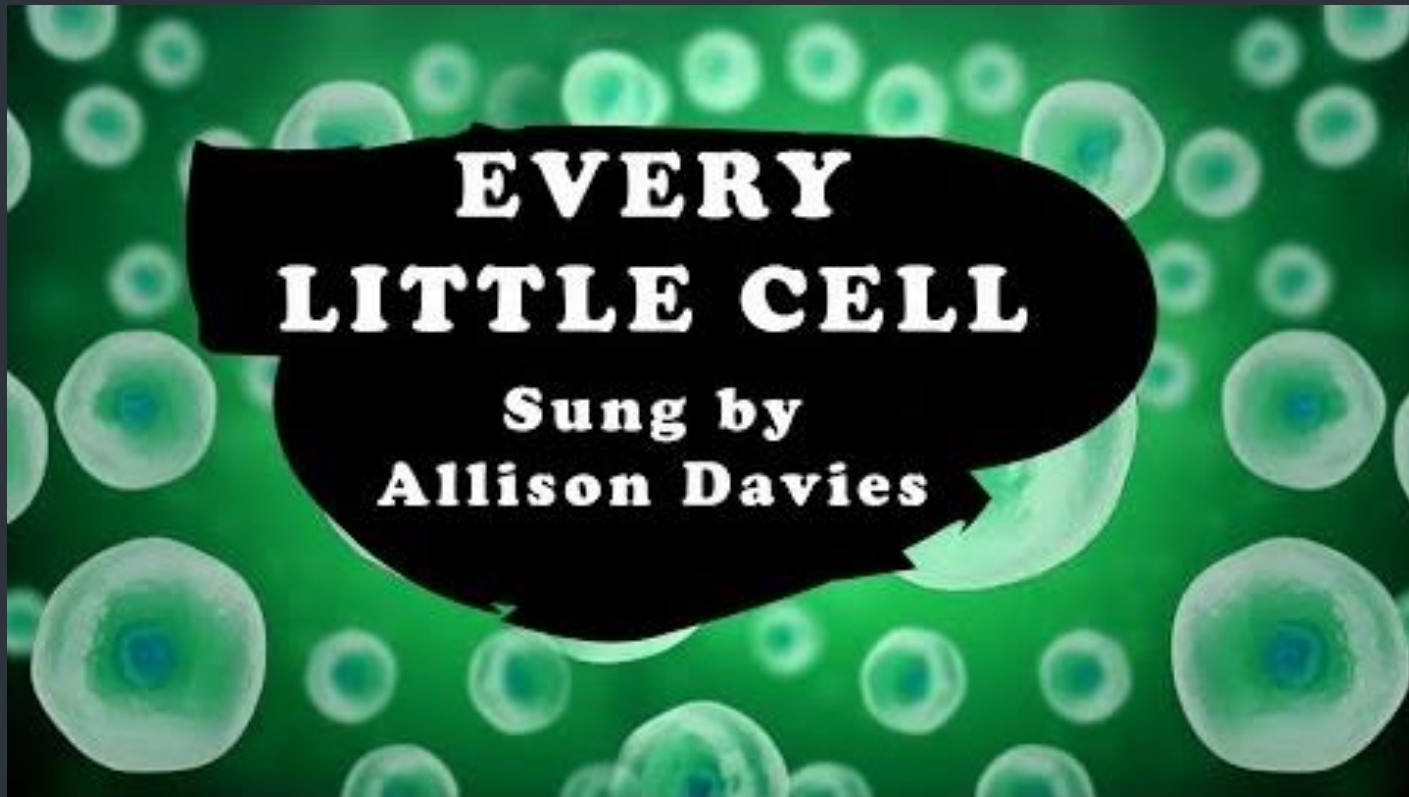


Feeling Overwhelmed?  
Remember **“RAIN”**

*Four steps to stop being so hard on ourselves.*

<b>R</b>	<b>A</b>	<b>I</b>	<b>N</b>
Recognize what's going on	Allow the experience to be there, just as it is	Investigate with kindness	Natural awareness, which comes from not identifying with the experience

Every little cell in my body is happy  
Every little cell in my body is well





# LIGHT UP THE GOAL POST!

- Choosing love over fear
- What and when do you get stopped?
- What tools do you use to overcome the fear?
- Who can help bring you out of fear?





It's all inside of you!  
You got the power!

- How do you create time to listen to your inner voice?
- How do you connect to the unlimited?

“Within you resides the very same spark of infinite energy and limitless potential that animates all living things.”

- Panache Desai

SU  
SO  
SUI

# Quick Coherence Technique

## 1. Heart Focus

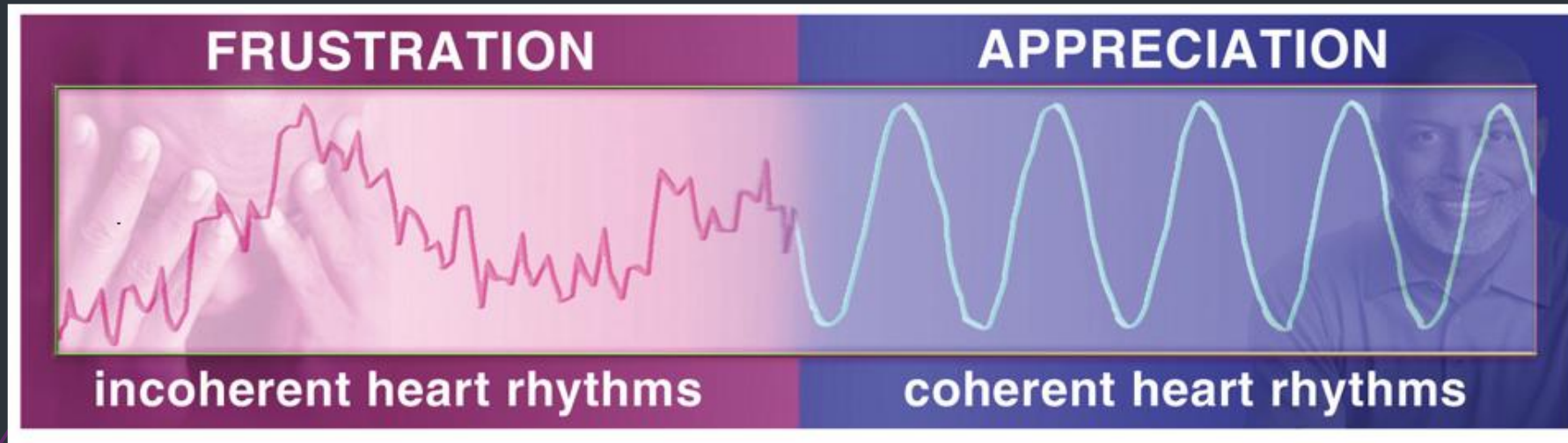
Focus your attention on your heart area, center of your chest.

## 2. Heart Breathing

Now imagine your breath flowing in and out of that area. This helps your respiration and heart rhythm to synchronize.

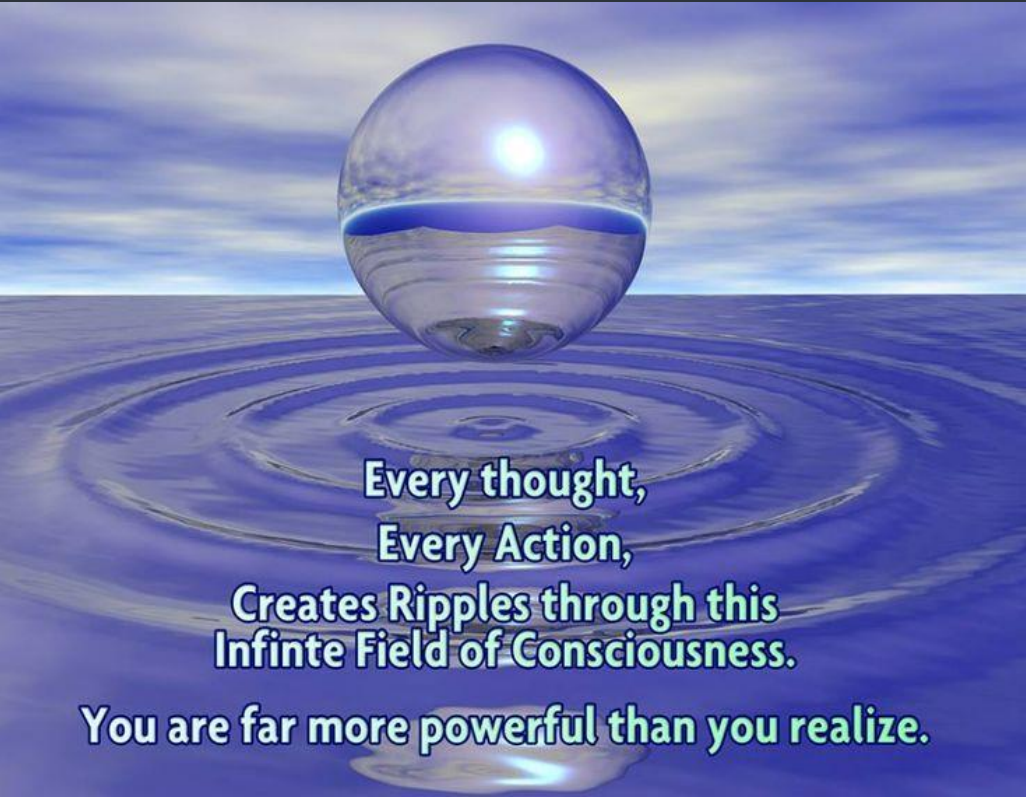
## 3. Heart Feeling

As you breathe in and out of your heart area, recall a positive emotion and re-experience it now.



Using HeartMath techniques on a regular basis has been shown to increase positive emotion, decrease depression and anxiety, reduce cortisol levels (stress related hormone, associated with inflammation and anxiety) and increase DHEA (feel good hormone associated with increased health and wellbeing)

\*Transforming Stress  
by Doc Childre and Deborah Rozman, Ph. D.



**Every thought,  
Every Action,  
Creates Ripples through this  
Infinte Field of Consciousness.**

**You are far more powerful than you realize.**



Allow rest,  
listen to your soul



Allow yourself to  
rest. Your soul  
speaks to you in  
the quiet moments  
in between your  
thoughts.

Green chakra

How can I create greater love, joy, calm and peace in my life?

- ▶ Take a deep breath in and out through your heart Breathe in a feeling of gratitude, or a feeling of peace
- ▶ Ask your body what it needs in this moment You have all the answers in this moment to take the next best step for you and your life
- ▶ What small action steps can you take for greater self-care?
- ▶ How can I love myself more? Fill in the boxes for your selfcare plan.

SELF CARE PLAN

MIND	BODY
SPIRIT	HEART

A white rectangular box containing the title "SELF CARE PLAN" at the top center. Below the title are four empty, rounded square boxes with a scalloped border, arranged in a 2x2 grid. The top-left box is labeled "MIND", the top-right box is labeled "BODY", the bottom-left box is labeled "SPIRIT", and the bottom-right box is labeled "HEART".

How do you keep your life purpose alive and in front of you and in action?

- One word statement
- An image
- What else?
- What's your gift?
- How are you developing it?
- How do you plan to share it?

The purpose of life  
is to discover your gift.  
The work of life  
is to develop it.  
The meaning of life  
is to give your gift away.

# You can heal your life-Louise Hay

*I say 'Out' to every negative thought that comes to my mind. No person, place, or thing has any power over me, for I am the only thinker in my mind. I create my own reality and everyone in it.*

- Louise Hay -

OkkyDay.com



Ask what if  
everything  
is working  
in my  
favor?



Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens." – Kahlil Gibran



Everything is in your favor. It is important that you prove this to yourself, as the effects of this realization are life-transforming.



You just need to change your outlook on life. Notice the good effects that come from everything.



Perhaps it is this good feeling or positive outlook that creates the Universe working in your favor.



See that Everything is working for me ...




Read "Pronoia: How the Whole World Is Conspiring to Shower You with Blessings" by Rob Brezsnay.



**Jason Randhawa**



*“An empty  
lantern provides  
no light. Self-  
care is the fuel  
that allows your  
light to shine  
brightly.”*



You are the light of  
the world!



# Love in the time of Corona

What do you really value?

What needs to fall away

What truly needs to stay

How do you play on this stage of fear and panic?

Will you give in to the manic of the virus?

My shorona

Take this Corona and break it down

It is showing us something

What is it?

Can you find the inner temple of peace and love?

We created all of this

We can make it go away

You get to say

Perhaps you signed up for this, you've been preparing for it for it all your life

You have the answers for you, and you know what to do

Be still and know from moment to moment, surrender and trust

Remember you have a virus protector built into your heart with all you need to know

**Kimberly May**

**3/26/20**

# Thank You!

**\*Today I am offering each of you a free session, just go to my website and click on work with me.**

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*Licensed HeartMath Provider*

*Wellness Coaching Specialist*

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