

10 Extreme Self-Care Questions

One of my wonderful clients recently gifted me a copy of Cheryl Richardson's book *The Art of Extreme Self-Care*. I love it!

Flicking ahead through the book, I noticed a great exercise that helps create an extreme self-care first aid kit for those times when life hands you a challenge, a crisis, or an unexpected curveball.

To create a list of ten things you can do in tough times to take extremely good care of yourself, ask yourself the following questions:

1. **Who can I turn to for support when I'm afraid?** Who comforts me, makes me feel safe, and allows me to have my feelings? This could be a parent, sibling or best friend
2. **Who do I need to avoid?** Who adds to my anxiety level, overwhelms me with questions, or has a tough time just listening without interrupting or offering advice? This could be a co-worker, a flatmate or even your mum, dad or in-laws.
3. **What does my body need to feel nurtured, strong and healthy?** For example, it might be drinking lots of water or doing yoga to stay centred.
4. **What responsibilities or commitments do I need to let go of to clear some space so that I'm able to feel my feelings and do what's necessary to honour my needs?** You might decide to say 'no' to any new requests on your time for the next month.
5. **What unhelpful coping strategies or activities do I need to avoid?** This could be not eating too much sugar or to stop watching TV late at night and getting more sleep.
6. **What spiritual practice restores my faith or connects me with God or a Higher Power of my own understanding?** This could be listening to inspirational playlists you have on your iPod, meditating, chanting or praying.
7. **What do I need to feel comforted at this time?** No, this does not mean eating lots of chocolate (well maybe a little bit), but might include taking a relaxing bath, looking at old photos, taking a nap or getting a massage.
8. **How will I best express my feelings?** For example writing in a journal or talking to safe, supportive people.
9. **What object can I use as a talisman that will remind me to breathe, relax my thinking mind, and return my awareness to the present moment?** This might be a photo, a small crystal or a little shell collected while walking along the beach.
10. **What can I do when I need to take a break from the emotional stress?** What's my best healthy distraction? It might be taking a walk, listening to music, painting or cooking up a storm.

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PO Box 81
Highgate SA 5063

T 08 8338 3134
M 0411 471 941

E tania@blueskycoaching.com.au



blueskycoaching.com.au