

EMOTIONAL SELF CARE

SESSION 10 OVERVIEW:

Self-care can be defined as taking care of yourself both physically and emotionally. This requires attending to your needs such as getting enough rest, eating healthy, and exercising. It is important to pace yourself to maintain balance between goals and responsibilities. Being able to recognize, accept, and act on the emotions you are feeling is essential for good mental and physical health, and is the foundation of self-care. Emotional self-care is when you consider yourself while responding to the demands of others and the voice of your own expectations. This requires a loving relationship with yourself through compassion, kindness, awareness, and self-respect. The goal is to be living a life that is grounded emotionally, and congruent with your own needs. The six keys of emotional self-care are: safety, support, understanding feelings, play, having a sense of purpose, and spiritual practice.

AT HOME PRACTICE:

Session 10 Assigned Exercise:

- Safe Place (Stress Management)



This week's exercise is rooted in one of the keys to emotional self-care: safety. Safety can be defined as not having to worry about your survival, both physically and psychologically, which involves a deep sense of wellbeing and security about yourself and your place in the world. Safety is a requirement to fulfill more complex human needs. The typical meaning of safety for chronic pain sufferers is being in a state of calmness marked by an absence of muscle tension, worry, and restlessness, and an ability to connect with yourself when you are in the present. Using the Overcoming Pain App, your non-noise cancelling earbuds, and the Safe Place guided meditation, you may work to develop your own safe place. This can be real or imaginary. It is often somewhere you associate with pleasant memories, felt a sense of peace, or connection with yourself. Complete this guided meditation daily to create your safe place, and revisit it each day to nurture your emotional self-care.