EVOLV coaching

How To Support Myself



- Allow myself to feel ALL of my emotions , without judgement (anger, sadness, relief, guilt, shame, resentment...)
- Journal
- Set time aside each day for self-care (minimum 15 minutes)
- Set boundaries; “NO” is a complete sentence
- Meditate daily
- Yoga / Exercise
- Walk in nature / ground myself
- Massage
- Spend time with friends and/or family - connection is very important
- Ask for help with holiday prep (cooking, shopping, wrapping presents, etc.)
- Use essential oils that support my emotional health (i.e., frankincense, peppermint, lavender)
- Be patient with myself
- Ditch society’s expectations of how or what I “should” be doing or feeling - this is MY journey, not theirs
- Give myself permission for the holidays to suck
- Go away if being at home is too hard
- Don’t do anything I really don’t want to do (remember, “NO” is a complete sentence)

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How To Support Myself



- Ask for support AND accept support when it is offered
- Bring Kleenex & a stress ball with me at all times
- If I know that I will be doing something that may trigger me, give myself time to release some emotions before I do “the thing” (Holiday dinners, parties, shopping, etc…)
- Gratitude practice
- Forgiveness practice (Ho’ponopono) - *there a lots of recordings of this on YouTube*
- Wear whatever makes me feel good
- Eat healthy & nourishing foods & foods that I have enjoyed in the past
- Make time to honour / celebrate those I have lost in a way that makes sense for ME
- Dance to my favourite music
- Lean into my spiritual practice, if that brings me comfort

What will I do to support myself?

Pick 3 things you can do & write them down

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