

# Be the Proof: The ethics and Challenges of Self Care: Self-Care is more than just a massage

## FILL THE CUP



**F – Feedback** Get feedback from others about how you are doing, developing partnerships with one or two people you trust, and who do what you do, is important. Being able to ventilate safely with validation and redirection is key to healing.

**I – Intention** It is important that you have a way to be reminded of your purpose, that you don't begin to avoid difficult patients and difficult feelings and situations. If you heal each time you get knocked down it gets easier to get back up.

**L – Love** Do whatever you have to do, think or believe to get back to love: Forgive yourself or forgive others! Make amends if necessary.

**L – Let Go** In thinking of the serenity prayer; “God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.” Focus on the wisdom to know the difference. We hold onto so many things that simply make us miserable, that we can do nothing about: Let them go. You can only control your thoughts, your feelings, and your behavior: past that you only can be responsible for being a light, having compassion and loving the unlovable; giving good care, being all that you can be, doing what is right, being true to yourself etc. but you cannot be responsible for the safety of the ship. You are only responsible to be the light. Let the rest go

**T – Transform** If you can't let go of something then maybe it was meant to be transformed into something else. Anger often is best used as fuel for change, and passion and creativity often starts as something very different as well.

**H – Heal** Pay attention to basic healing and balance in your mind, body, and spirit. Can't teach Mind, Body Spirit Healing without practicing it: Read the research on PNI (Psychoneuroimmunology)

**E – Evaluate** Practice regular self-evaluation of your thoughts, feelings and behaviors using reflection, mindfulness, or journaling using non-judgement honesty.

**C – Connect** Develop spiritual practices that connect you to a higher power, to yourself in love and to other with compassion

**U – Under the Faucet or under the Umbrella** Know what fills your cup up and where your faucet is. Go there regularly and open it up proportionately to how empty your cup is. Equally important is that you know where your umbrella is and where when to put it up for safety and protection. And when to step out of the rain.

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**P – Play and Pray** The most attractive powerful characteristic a person can have is the balance between happy and peaceful, so play and pray. Choose healthy play and when you pray be sure to speak, but just as important be sure you be quiet and listen.

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