

It's about caring for yourself

We often think about self care as things we can do. You know, things like exercise more, rest, eat better, have better boundaries. By doing so we miss the most powerful dimension of self care. That dimension is caring.

Caring, in this context, is the emotion behind the action of self care. It's where you are coming from. Caring comes from your heart.

Coming from a place of caring eases out the tension, softens, and creates more spaciousness. Caring soothes and transforms.

When you notice that you are stressed or tired, try allowing yourself to come back to a caring place, a place of kindness. You don't have to justify it, or believe you deserve it, care just because you can, and because it's nice.

So where can you apply care towards yourself?

- You can care for yourself as a person. You are worth caring for, and therefore it's good to do things that take care of yourself.
- You can care for the parts of you that are hurting. The parts that are uncomfortable and need your attention, for example the part that is worried or stressed, or the part that feels you aren't good enough. The pain is a signal that that part of you needs care and kindness.
- You can care for the positive, the parts that let in nourishing experiences, the parts that heal and restore. These parts often take a bit of a back seat, or even get shut down, when we are stressed or worn out. Paying attention to them with kindness and caring can help them open up so they can work their magic in reversing the signs of stress.

This week, see what happens when you connect to a more caring space within yourself. When, just like a river, caring runs through the current landscape of your experience, providing life giving water to nourish and restore