

1/29 monday

Self-Care

♀- Physical

↳ What is an example of needing this type of rest?

- Working out
- Physical Injury

Mental ^{=thinking}

Always having to carry your partner

Right after Anals

Sensory

If you live in a busy street / city

After too many loud noises

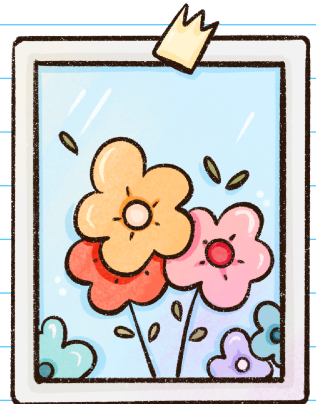
Creative

A situation in which you are thinking to produce something

Emotional ^{=feeling}

Crises

trauma



Social

If you work in retail & your introverted

If you make intentions to change, you make intentions decision

Spiritual

If being "Spiritual" means believing in something greater than you, it should provide comfort

Self Absorbed → being selfish would not match your authentic self.

Overgiven → being overly people pleasing

1/31

Wednesday notes

↳ trigger words! ↳
"thinking"

Mental

being in prison

↳ hard labor job

working at a daycare

Very
Process
based!

Care

Emotional

being in prison

Stress ↳ working at a daycare

"feeling"

Physical

hard labor job

Chasing
kids

↳ working at a daycare

"Sore"

Spiritual

↳ being in prison

working at a daycare

forced
religion

Patients

"expectations"

Sensory

↳ hard labor jobs

working at a daycare

loud
noises

Loud
noise

"Sounds"

Social

↳ working at a daycare

Playing
↳
talking

"Loved ones"

Creative

↳ hard labor job

working at a daycare

Problem
Solving

Lesson
Plans

"Producing"