



toolbox

BUILDING+BLOCKS OF FAITH

Self Care Isn't Selfish

Sarah Rush



References:

Holy Bible, New International Version and The Message version.
DBT Skills Manual for Adolescents, Jill Rathus and Alec Miller.
Self Compassion, Dr. Kristin Neff. (check out her online self-compassion inventory!)

Books and Ideas:

Choosing Rest: Cultivating a Mary Heart in a Martha World, Sally Breedlove.
Sitting Still Like a Frog: Mindfulness Exercises for Kids and Their Parents, Eline Snel.
Slow: Simple Living for a Frantic World, Brooke McAlary.
Any book by Brene' Brown.

YouTube Channels:

Yoga With Adrienne
The Honest Guys (meditations and sleep talk-downs)
Michael Sealy (meditations and sleep talk-downs)

Judgements I Have about Self Care:

1. I don't have time.

Feeling:

Facts:

Challenge statement:

2. I can't afford it, too expensive.

Feeling:

Fact:

Challenge statement:

3. It's selfish, self-absorbed to take time for yourself.

Feeling:

Fact:

Challenge statement:

4. My kids/partner won't be able to tolerate my time away.

Feeling:

Fact:

Challenge statement:

5. I am too distracted/worried when I do take time for myself. Why bother?

Feeling:

Fact:

Challenge statement:

Others:

6.

Feeling:

Fact:

Challenge statement:

7.

Feeling

Fact:

Challenge statement

My Self Care Plan: