



## Self-Care for a Lifetime

Most of us already know that we would feel better if we exercised, meditated, and went to therapy. In fact, most of us have tried these ideas at various times in our lives, and then struggled to stick with our health plans. Even when we are very successful in other areas of life, we often feel privately guilty about the mediocrity of our physical and emotional health. We justify our inattention to ourselves by thinking:

- I can't rest because I have important work to do...
- I don't have time to exercise. I will get to it later...
- Healthy food isn't comforting and I want to feel satisfied...
- Now is not an appropriate time to reflect on my emotions...

One of the myths around self-care is that we are supposed to do it alone, and if only we were better people with more discipline, we would succeed quickly. In reality, self-care is a difficult, life-long project and requires the elements of all successful projects:

- Talented team members
- Strong logistics and planning
- Creative problem solving
- Intense motivation
- Ruthless analysis

When we try to tackle self-care without these elements, we often fail, just as we would with any project. In this session, we will explore the elements of success, as well as our underlying emotional responses to self-care. Each person will draft a reasonable plan for a change they commit to, and the group will form specific traditions to support each other's health goals. My background in autism and mental health has made me an expert in adult behavior change, and applying these extreme techniques to everyday problems enables groups to make powerful changes so they can take care of their minds and bodies in the way they've always wanted. Expect to find refreshing thoughts and breakthrough ideas generated throughout the session.

Even in the first week of self-care, you will find yourself

- Quickly prioritizing the correct work
- Making clear-headed decisions without anxiety
- Enjoying your own company
- Generating new and viable ideas
- Being a better family citizen

Custom sessions are available from 2 hours to all day.

Questions or scheduling requests:  
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