

MeCPR, Self Care & Community Care

Connection Care: Just for Me

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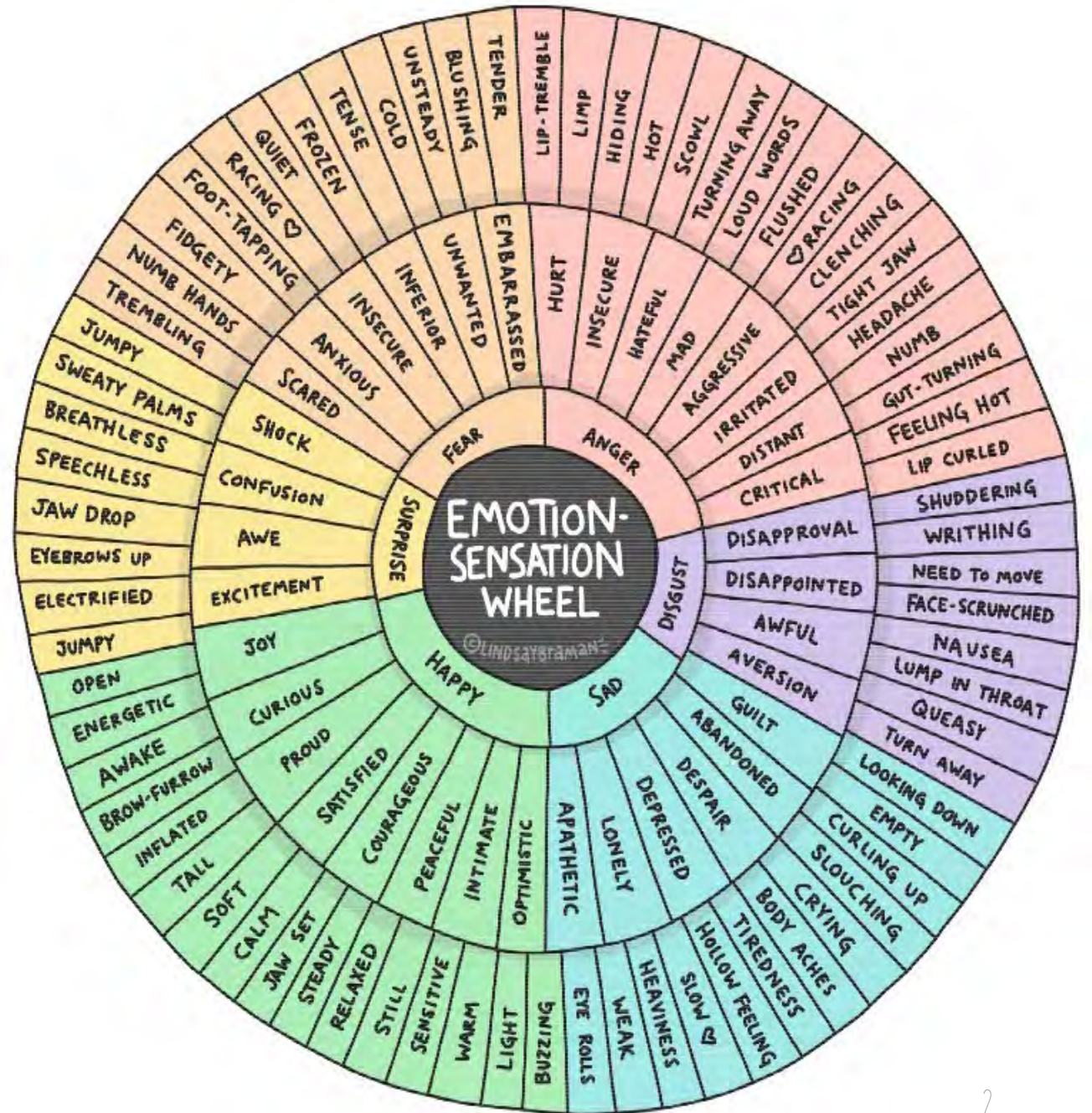
Lynn McLaughlin



Emotion - Sensation Wheel

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Self Care vs. Community Care

- "Shouting "self-care" at people who actually need "community care" is how we fail people." – Nakita Valerio
- Often centered in capitalism - "retail therapy," buying wellness
- Puts pressure on the individual to "go away and take care of themselves"
- People with the greatest need often don't have the resources/time for self care
- Valerio defined community care as "People committed to leveraging their privilege to be there for one another in various ways."



MeCPR

The inward journey is
about finding your own
fullness, something that no
one else can take away

Deepak Chopra

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Be here now

- Bring yourself to the present moment
- Ground yourself in your breathing
- Ground yourself through your senses
 - Acknowledge FIVE things you see around you. ...
 - Acknowledge FOUR things you can touch around you. ...
 - Acknowledge THREE things you hear. ...
 - Acknowledge TWO things you can smell. ...
 - Acknowledge ONE thing you can taste.

**"Wherever
you are,
be there
totally."
Eckhart
Tolle**



Finding Touchstones

- What are things that help ground you to the present moment?
 - Time in nature
 - Taking a nap
 - Engaging the senses
 - Lighting a candle
 - Prayer/Meditation
 - Listening to music
 - Body practices (yoga, tai chi, lifting weights)

Take risks and make mistakes

- Think of a recent mistake you made.
- Allow yourself to feel the emotion behind it.
- Take a moment to write a note to yourself about the mistake, include the same empathy you would extend to a friend after making a mistake.


"It is through mistakes that the greatest learning happens on an inner level."

Eckhart Tolle

Embrace your emotions

- We are emotional beings.
- Allow for all emotions.
- Recognize any judgment that comes up for you around emotion.
 - How comfortable are you expressing emotion? Which emotions are more difficult for you to express?
 - How comfortable are you sitting with the emotion of others? Which emotions are more difficult for you





Allow yourself to grieve

- Life is filled with loss. The loss that we have all experienced over the last two years is immense.
- Allow yourself to grieve every piece of change.
- Spend a moment in self-reflection. When you look within, what loss is first to come to mind? What would you need to do to acknowledge the loss and create space to feel it?

"Surrender to the grief, despair, fear, loneliness, or whatever form the suffering takes. Witness it without labelling it mentally. Allow it to be there. Embrace it. Then see how the miracle of surrender transmutes deep suffering into deep peace."

Eckhart Tolle

Let go of comparisons

- Invest time in recognizing when you are "thinking" and when you are "feeling." Comparisons are always created in the world of thought.
- Consider a comparison that comes up for you.
 - What can you do to honor who you are without looking outward at others?
 - How can you validate your experience and where you are at this moment?
 - How can you extend empathy and compassion to yourself?

"Can you look without the voice in your head commenting, drawing conclusions, comparing, or trying to figure something out?"

Your journey is perfect



In this moment, your journey is perfect.

- Every experience, every person has created the person you are today.
- What can you celebrate about where you are at this moment?
- What strengths helped to bring you to this moment?

"The only thing that is ultimately real about your journey is the step that you are taking at this moment. That's all there ever is."

Eckhart Tolle



Let's Practice... Group Breakout

Let's pull it all
together ...

- Be here
now / Finding
touchstones
- Take risks and
make mistakes
- Embrace your
emotions
- Allow yourself to
grieve

The Takeaway

Articles on Self Care vs. Community Care

<https://mashable.com/article/community-care-versus-self-care>

<https://thewriteofyourlife.org/self-care-vs-community-care/>

Eckhart Tolle Website

<https://eckharttolle.com/>

Reach Out! – www.ebbandflowcooperative.com

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