

Dare to Self-Care

The start of the Self-Care Movement is found in Genesis 2:3
“And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.”

Self-care is a consciousness of living in harmony with oneself and other living beings, while doing what is in the best interest of the body, mind, and spirit at all times.

“In dealing with those who are undergoing great suffering, if you feel “burnout” setting in, if you feel demoralized and exhausted, it is best, for the sake of everyone, to withdraw and restore yourself,” states the Dalai Lama.



Self-Care is...

- Support
- Empowerment
- Love
- Fulfillment
- Courage
- Awareness
- Respect
- Enlightenment

Types of Self-Care may be:
Spiritual, Physical, Emotional,
Mental, Environmental,
Relational, Preservational, and
Intellectual

Fall begins the season of restoration. The diminishing sunlight tells the earth to rest and there are seasons when our spirits also need to re-member, re-strengthen, and re-create.

Taken from 2011 Health & Spirituality Workshop class “Dare to Self-Care” taught by Rachel Hill, ARNP, FNP-BC sponsored by Community of Christ Health Ministries Association. HMA@CofChrist.org 816-833-1000 ext 1262

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10 Commandments for Self-Care

1. Thou shalt love God because God made you in His special image and loves you so very much.
2. Thou shalt not look in the mirror and covet someone else's image; instead see thyself as the person of great worth you are. 
3. Thou shalt think no thoughts or speak self-talk that dishonors this person God created.
4. Thou shalt live in a clean, orderly environment so your body, mind, and spirit can find "sanctuary".
5. Thou shalt make responsible choices of time, talents, treasure and activity to achieve balance in life and *daily* time for self. 
6. Thou shalt have compassion for oneself and forgive oneself for poor choices; then forgive others their poor choices.
7. Thou shalt find purpose in life by serving others and understand grace by allowing others to serve you.
8. Thou shalt spend quality time with friends, family, and in fellowship with those who uplift your spirit.
9. Thou shalt spend time with God's creation to better understand the earth's Creator. 
10. Thou shalt choose to have an attitude of gratitude because life is a gift.

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