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## Thousands of Clients In 160 Countries Trust the International Chronic Pain Institute™

We are the only Chronic Pain Organization that Features the Pain Free Living Program Method offering Virtual Services for Healing Chronic Pain, Depression, Anxiety, Trauma, and More.

### Massive Clearing Marathon Workshop Self Care Tips Cheat Sheet

#### Enjoy and Practice this Special Free Gift Bundle of Self-Care Tools

**REMEMBER:** Self-care doesn't have to be difficult or take a lonnnnggggg time!

- Nature is simple. We are part of nature ;) )
- Keep it simple.
- Find simple things you can do daily even for 5 minutes.
- Repetition is key.
- Consistency is key.
- It's better to do one thing every day than everything on the list only once per week.

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#### SELF-CARE CHEAT SHEET : (Add your own to this list!)

- ✓ **STRETCHING** - Simple Stretching before you get out of bed
- ✓ **Deep Belly Breathing** (great for Anxiety)
- ✓ **Sunlight Nature's Gift**
- ✓ **Listen** to Sounds in Nature
- ✓ **Quiet Time** Alone
- ✓ **LAUGHTER** schedule laughter
- ✓ **PLAY TIME**
- ✓ **Learn from** your Children & Animals
- ✓ **Take NAPS** (yes, even in the middle of the day!)
- ✓ **Art, Music, Dance, Finger Painting**
- ✓ **Exercise**
- ✓ **Wandering & WhiteSpace (MY VERY FAVORITE TIP)** Nothing Planned! Wandering somewhere new. New sights, new people, new sounds, new places in nature . Empty Space. No alarms, no schedule. no places.
- ✓ **Trust your gut and your heart.** That is ultimate self care. Trust your gut. Listen to your heart.
- ✓ **Feel. F E E L.** Feel. Feel ALL your feelings.
- ✓ **Feel to heal.** Your Feelings Matter. Your Thoughts Matter. YOU MATTER
- ✓ **Respect your inner desires.** Listen to them. Do them. Go for them. Step outside your comfort zone. Say No and Stop over-doing and over-giving. Say YES to yourself and your needs

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