

Love, Betrayal, & Beyond

Self care is about so much more than bubble baths. It is about caring for yourself in all areas of life ie: financially, physically, spiritually, emotionally...

It's about getting organized, and paying bills on time. But right now, It's about taking time for yourself to just get through this. It's about loving yourself and putting yourself first. It's not selfish, it is necessary and you deserve it. It's about identifying your own needs and taking steps to meet them.

Here is a list of self care ideas for right now. To help soothe your soul through this transition period. There will be time to take care of the rest ie: finances, responsibility etc. later. Please check the ones that you would like to incorporate into your day to day life. Self care is especially important during these trying times. Nurture yourself, take care of yourself.

- Practice deep belly breathing & use it as needed.
- Have a bath with epsom salts & lavender oil - be gentle with yourself.
- Journal or "Brain Dump" by writing down all your worries & stressors, hopes & dreams.
- Be in nature; take a walk by the water or on a trail. Sit outside & listen for Mother Nature.
- Connect with a therapist trained in betrayal trauma and sex addiction - you owe it to yourself to heal.
- Talk openly with a trusted friend or family member.
- Watch your favourite movie.
- Listen to music you enjoy.
- Read a book for pleasure.
- Just get through today

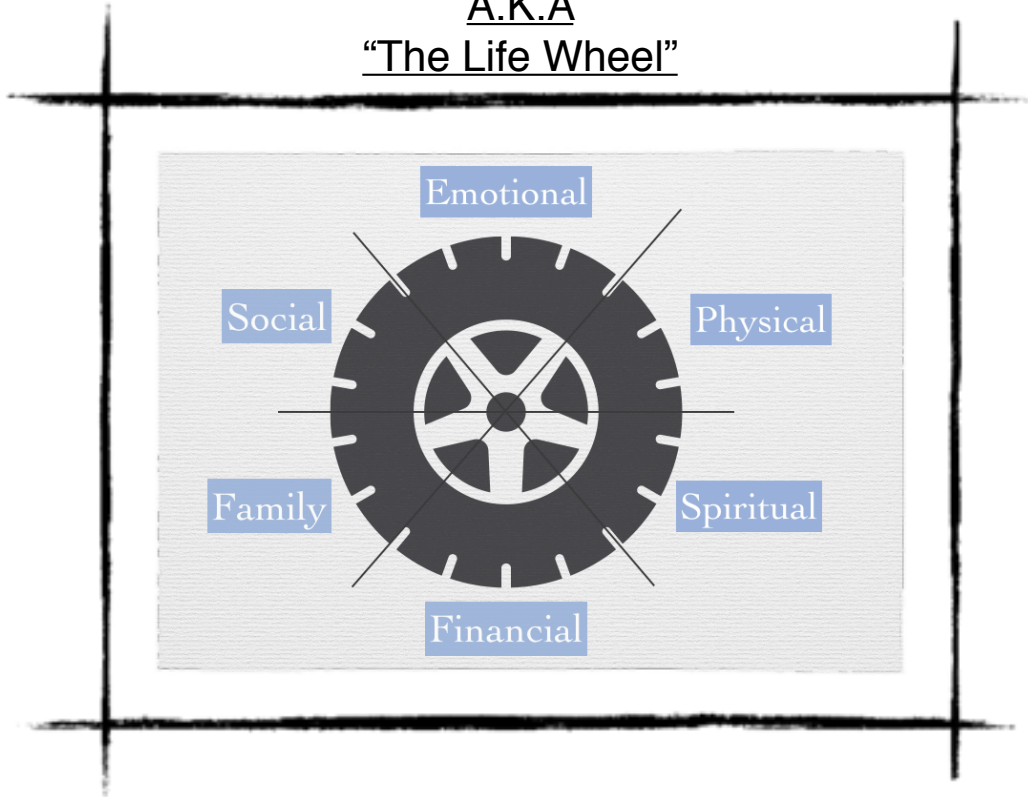
Calming Current

Love, Betrayal, & Beyond

The Bio-Psycho-Social Wheel

A.K.A

“The Life Wheel”



List 2 things in each area of life that can use some attention. Then pick one, and give it some attention. I have listed an example in each.

Emotional Health: *therapy,* _____

Physical Health: *sleep,* _____

Spiritual Health: *I am good enough,* _____

Financial Health: *note income/expenses,* _____

Family Health: *set boundaries,* _____

Social Health: *meet a friend for coffee,* _____