



## Self-Care: Worldview guide - activity -

Prepared by Root Cuthbertson 2020  
Based on an article by Katherine Hurst 2018 (see references)

*This **Self-Care: Worldview guide** is one of six in this Self-Care series, the other five are: **Self Care: Physical & Sensory, Nature, Mental, Emotional & Social guide.***

### Self-Care: An Introduction

Most people benefit from at least some kind of self-care, although individuals may prefer different kinds. Not all kinds of self-care are for everyone.

Self-care is about cultivating personal resilience, knowing when an individual's inner resources are getting low and it's time to replenish. Self-care is also about the integration of compassion, in individuals and in groups, to prevent burnout. Individuals and groups can prioritise self-care in order to bring more good energy to anything they do, including group activities.

### What Self-Care is Not

Self-care is not the same as anything that feels good. Modern societies offer many 'quick-fix' temptations based on unhealthy coping mechanisms that are potentially destructive or harmful long-term: things like drugs, alcohol, caffeine, overeating, gambling, or excessive risk-taking. These provide temporary relief at best, and are not long-term solutions, or foundations of self-care.

### Avoiding Self-Care

Someone might avoid self-care for many reasons. Typically, these are based on a personal history where self-care was not encouraged. In addition, the cultural norms in most modern societies tend to favour attributes such as strength, youth, vitality and conversely care or rest can be seen as a form of weakness. This can result in beliefs such as:

- people in general do not deserve or need self-care, so neither does any specific individual.
- there will be bad consequences for self-care.
- my important relationships will be affected in a negative way.
- it involves too many difficult transactions, and isn't worth it.
- it may help other people, but it is not suitable for me.
- self-care has an 'expensive' cost in money or time, so it is best kept to a minimum.

Self-care practices are good for us! Exercise, creativity, rest, touch, social connection, time in nature (to name some examples) have long-term benefits on all levels: physically, emotionally, mentally, socially, and for worldview.

## Self-Care: Worldview

Self-care practices that re-affirm or reinforce your worldview can help renew bonds of affection or love, support choices, and contribute to a sense of personal integrity and self-esteem. While some self-care practices support 'how' you do things, these self-care practices remind you 'why' you do things.

## Self-Care Benefits: Worldview

- increased sense of abundance & generosity.
- increased sense of interconnection, consideration, & compassion for self and others.
- renewed sense of meaning and purpose.

## Activities

3+ minutes to add a **gratitude practice** to your daily routine. Try listing 5-10 things you feel grateful for each day. This relates to traditions like counting your blessings, or positive thinking.

3+ minutes to add an **affirmation practice** to your daily routine. Speak aloud, or to yourself, statements that are positive, personal, specific, and supportive your sense of self, meaning, and purpose. Try adding the phrase 'more and more' if an affirmation doesn't quite feel true. 'More and more I am enjoying good health.'

5+ minutes to **write down 5 new affirmations**, and put them where you'll see them often. Weekly or monthly, replace or re-arrange them. For example, replace the ones you put on your bathroom mirror, bedside table, or front door.

5+ minutes to read **inspiring quotes** from people you admire. How does their worldview affect your worldview? Bonus: write them down and put them where you'll see them often.

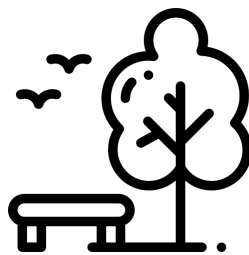
8+ minutes to read **poetry**, or watch videos of performance poetry or spoken word events, that you find motivating. What does the poetry reveal about the world? Bonus: write your own poem – sonnet, limerick, or haiku. Bonus: attend a poetry slam or freestyle rap battle.

10+ minutes to add a **meditation practice** to your daily routine. There are many kinds of meditation and mindfulness to explore. This is a larger topic covered in a separate Inner Transition Inquiry.

20+ minutes of **creative expression**: art, music, writing, etc. Choose a medium that you know well, or try one that's completely new. What would you make if you could make anything at all? Bonus challenge: use only natural materials.

1+ day, or a series of evenings before sleeping, to re-read **your favorite book**. What passages do you remember vividly? What did you discover or notice this time? How has this book affected you, in the past and now?

1+ day to focus entirely on **beautiful things** that nourish and inspire you. This could be looking at art, or nature, or based on research you've done into an aspect of the world. For example, if you love a particular creative artist, immerse yourself in and be inspired by their work for a day. If you love the seaside, take a day to immerse yourself in beachcombing, exploring, sketching, foraging, singing sea shanties.



### Related Inner Transition Resources

Self-Care: Physical and Sensory  
Self-Care: Nature  
Self-Care: Mental  
Self-Care: Emotional  
Self-Care: Social

### References Self-care: Worldview

Hurst, Katherine. "[What Is Self-Care and Why Is Self-Care Important?](#)" 2018.

Affirmations:

[https://en.wikipedia.org/wiki/Affirmations\\_\(New\\_Age\)](https://en.wikipedia.org/wiki/Affirmations_(New_Age))

Greenfield, Kyle. "[22 Abraham-Hicks Processes from Ask and It Is Given \(2004\)](#)." 2019

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