



# SELF-CARE ISN'T SELFISH

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[www.BraveBrains.com](http://www.BraveBrains.com)

[www.rileythebrave.org](http://www.rileythebrave.org)

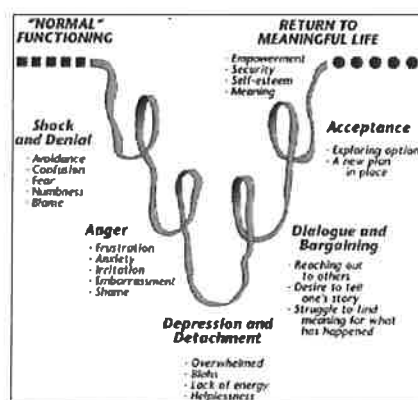


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1

## GRIEF

- Shock / Denial
- Anger
- Depression / Detachment
- Bargaining / Dialogue
- Acceptance
- Renewed Sense of Meaning



2

Power up to calm down



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3

Grab a piece of paper and something to draw/color with -

Draw a memory of play.

- Can just be shapes and colors.
- Artistic talent not required!
- You don't have to share your drawing with others.



4



5



6

# DOWNSTAIRS BRAIN MOMENTS



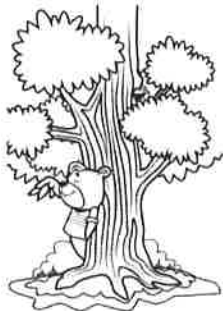
I'm having a **PORCUPINE moment** when I'm grumpy, prickly toward others or stuck in my "downstairs brain."



I'm having a **SQUIRREL moment** when I don't want to share, take other people's things or want everything for myself.



I'm having a **TIGER moment** when I hurt people or damage things, act big & scary or use loud, mean words.



I'm having a **CHAMELEON moment** when I try to blend in too much, copy others or don't let people say nice things about me.



I'm having a **TURTLE moment** when I keep to myself, won't talk or have a hard time letting someone help me.

# In the moment...



- Head scratch
- Sing
- Move your body
- Here-and-now practice
- 5 senses
- 4-word mantra
  - I am strong enough.
  - \_\_\_\_\_ gives me strength.
  - I'm a great mom.
  - I do hard things.
  - His brain can't yet.
  - She needs my help.
  - This is trauma talking.

9

# PRESS PAUSE

Turn your attention to your breath.  
 Breathe 3 times with a long, slow exhale  
 as you say to yourself: "In...Out...In...Out..."

**Ask yourself 3 questions:**

1. What am I experiencing in this moment?

Be curious!

2. How am I reacting to this?

Wonder, with an attitude of acceptance. Be open to the answer and welcome whatever you are experiencing just the way it is...not trying to change it. No wrong answers.

3. Given this, what is the wisest and kindest way I can respond?

What would a wise friend say or do?

Be gentle with yourself.

**Practice several times/day**

Set a timer to remember or add into your routine...

- before meals
- when you get in and out of bed
- every time you get in the car
- before you make a phone call




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REMEMBER: HOPE FOR A BRIGHT FUTURE


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10

## 4-7-8 breathing




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# Bringing it home

- Phone reminders
- Finding humor – would you rather, inside jokes...
- Setting up your space for peace
- Grief practices (candles, paper balloons)
- Code blue
- QTIP – Quit Taking It Personally



12

# GLAD WE'RE IN THIS TOGETHER!



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## BraveBrains

RENEWING HOPE FOR A BRIGHT FUTURE



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14

# My Joy Plan



 <p><u>Physical</u></p>	<p><u>Social</u></p>
<p><u>Creative</u></p>	<p><u>Emotional &amp; Spiritual</u></p> 

## Hints:

- Pick things that bring you joy!
- Be specific with your ideas (Dinner with a friend 1x/week, Walk with spouse for 30 minutes 3 evenings/week, Craft night once a month...)
- Borrow from others – great ideas are meant to be shared.
- Share with your friends and loved ones so you can support each other in living with joy!