

# Episode\_8\_Self\_Care\_with\_Practical\_Ideas\_to\_Care\_for\_Yoursel...

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## SUMMARY KEYWORDS

care, feel, cupcakes, pam, healing, trauma, wrestle, emotions, physical, people, emotional, spiritual, exercise, brain, intellectual, social, listeners, needed, word, husband

## SPEAKERS

Pam B., Lyschel, Bonny

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00:04

Hi, I'm Pam Blizzard from recovered peace. And I'm Lyschel Burkett with Hope Redefined. And I'm Bonnie Burns of Strong Wives. We're so glad you're joining us.

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Welcome to another episode of Hope for Wives. Today we are discussing self-care is a popular term these days for a reason. It's an important concept in our chaotic lives, especially if you're healing from the effects of unwanted sexual behavior in your marriage. Self-care refers to the behaviors performed to improve your well being to preserve your health, or to maintain your physical and emotional stability. For a betrayed partner, self-care is important because it helps your body build reserves in order to heal from the trauma of sexual betrayal. Basically, self-care helps you cope mentally with big emotions and physically to safeguard against poor health as you heal. So let's dive in ladies. What are some myths about self-care?

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That self-care is selfish? It's not self-care is necessary.

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I think one of the mist I hear partners struggle with specifically from a faith background and community is that acronym JOY used to be a popular sermon teaching about joy, which was: Jesus, Others then Yourself. And so self-care was in can be very much viewed much like Pam saying is that it's selfish, to put yourself before others and before the Lord, it is difficult to figure out how to restructure that acronym, when that's a bit of your upbringing is really trying to help you you know what, what a good Christian look like, would be someone who can serve others before themselves. And yet, we, as we're working through trauma, and with partners of betrayal, we're recognizing that that is really detrimental. And I think we're gonna get into that today, just how detrimental that is to have a person who doesn't have those tools of self-care, in order to navigate their journey and their healing. I think one of the myths that struck big for me was that self-care is just things that soothe you or that were fun. And when it comes to healing on a really basic level, self-care's a lot more than that. It really is about making priority of your health, sleep eating right. It's not just about indulgence, you know, it's not unrestrained pleasure. It's self-care. It's concern and upkeep and maintenance on your body and your soul. And your emotions agree. Yeah. And sometimes self-care doesn't feel good. It feels like work sometimes when you have to do your taxes. If you have to sort our sort out legal issues, saying no to someone enforcing a boundary doesn't always feel good, but that's a form of self-care. Yeah, and even making that doctor appointment for STD check. No one wants to do that. That that is a form of self-care. Yeah. And the shell I think that's interesting about that acronym, jail. Why? If we unpack that first part, in serving Jesus, he said, Love thy neighbor as thyself. And that implies we are to love ourselves, the serving Jesus and following his example. He took care of himself. So many instances in scripture where he departed from the crowds to go take care of himself. In March, it says then, because so many people were coming and going, they did not even have a chance to eat. He said to them, Come with me by yourselves to a quiet place and get some rest. I think that self-care is a very conflicting word for us as a culture. It's funny because Vani you kind of started to allude to that when that word started to come up. For me, there's a lot of things I've wrestled with this word a lot, and I'll see if this makes sense for our listeners. My first thought of self-care when that first start when I kind of started putting that in my language, I immediately went to Calgon take me away none of that connected for me. And so I would love for us to take some time to really talk about what is self-care before I mean, because I think that's even what plays into a lot of the myth right is thinking oh, if it is Jesus others in yourself and your self is go take a bath for three and a half hours then I can see how that would feel very disjointed for us. But as I started to begin to get permission to explore self-care, it shifted for me it started to become not so labor some and it started to become required. So I would love to hear some of your guys's thoughts. But I

think it's important for us to tell our listeners like a part of the wrestle with self care is that oftentimes self care requires creativity when the brain is in a trauma state, creativity is something that's very hard for us to do. And so if you're in that still, in early days, the worst thing you can say to a woman is, so what's your self care? And she's like, I took a shower on Tuesday. Like, that's it, that's all I got. Right? So there's a couple things to point out here. One is that self care is progressive, I think it it morphs, and it shifts over the course of time. Early on, right after relapses or discovery, those types of things, self care is more of a place of survival, I need to eat, I need to sleep, I need to take a shower. And that's about the extent of what I can do PS, and I'll give cereal to my children, because that's the capacity that I have. And then progressively self care will begin to move into these different like styles of I know that I need self care. And as your brain starts to settle, right, and you start to get that creativity started that section of your brain and body, you can give all that those words of science with it. But when that part of the brain starts to operate again, suddenly, that's when creativity starting to come in and being like, well, what is good self care for me, because clearly, Calgon did not sell me on the idea of self care. So what was self care for me? So I think what you're saying, Michelle, two things, self care is not the same for everyone. And right after discovery, we need to just focus on the most basic things for survival. And yeah, because right after discovery, our brain has gone into the limbic system, which is really more the more primitive system of your brain, your logic, your creativity, all of that come offline, for a season, not forever, initially, after discovery or disclosure.

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Like Michelle says, focusing on eating right, getting sleep. And if you need help with sleep, figuring out because sleep, really, at the most fundamental level, is everything when it comes to healing, and exercise. I know that might be not quite a survival, but the exercise will help burn off the stress hormones. And it just helps you stay physically, it gives you physical reserves. Because when we're depleted physically, we're more easily depleted emotionally. And it takes a lot of emotional energy to, to navigate the first few days, weeks, months after discovery.

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Yes to all that. Absolutely. It's just some of the most basic stuff I going to speak personally, for me, focusing on myself, allowing myself to be the focus of my attention, and not my partner it I'm giving myself grace, because in trauma, you tend to partner trauma, you tend to hyper focus on your on your spouse, because you don't know whether that person is safe or not. But being able to pull that focus back to me to even say to myself, What am I feeling? What do I need right now and giving myself permission to do that? And not feeling guilty? I did. I felt guilty. But I did it anyway, because that was the advice I kept getting. For me. It was also saying no to a lot of things, stepping back from volunteering, stepping back from fixing and rescuing other people and asking for help asking other people to do things for themselves. And that was a major change for me.

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Did you find it took time to clear your plate of certain things?

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No, because what I had to do very quickly, was reprioritize around a different set of values I can't give to anybody else. Unless I give to myself, I can't pour from an empty cup. Not everything weighs the same, you know, not everything has the same priority. So if the cupcakes don't get made for the church bake sale, the world's not going to fall apart. Will people be disappointed? Will people be frustrated? Okay, my health and my self care had to come.

09:23

First. I would almost add another word to your explanation, Pam, because I thought it was fantastic. You talked about focus, and I almost would change the word to energy. I had to shift my energy from one space to another. Because I think about you know, like the Duracell commercials and how they like charge up right and it's got so much it's only got so many bars in there. It's if you had it. Let's just go with this analogy for a second if you went and you filled out a bar for everything that was being asked of you from your roles and responsibilities to jobs, to extracurriculars to also healing, you would overload the bar, right? And so what we have to do is almost do that is exactly what you're saying is like, I only have so much energy in one day. And so at this point, my, you know, self care, BEFORE D DAY may have only required 30 minutes of my energy in now, post D Day, it requires two hours of energy. So something does have to shift, you have to reframe that, like you said, with the priorities and say, what is the best for me? I know, like just sitting with partners with women and myself, like how hard that is. I'll give you a little like full disclosure here for myself. I didn't think that I needed self care. Oh, yes, ladies, I thought that I was so self sufficient that even as people would say to me, what's your self care? Self Care almost felt weak to me? Hmm. And I was ready. Yeah. And I already felt weak. So I didn't. In the beginning, I wrestled with that a lot. Like, yeah, might have been, I probably was coping with food for sure. So that wasn't super helpful. But sleep was come and go wasn't always consistent if we're just talking about the basics, right? But even still even like thinking about when people would encourage me to pick up a hobby, or do this thing or do that thing. And I was just like, yeah, no, you had tiny

little kids, though. I did have tiny little kids. And even still, I was convinced that I could juggle tiny little kids, and still get all the other things done. And all this other stuff was gonna happen. Because here's, here's what I correlated. I kept thinking, if I slow down to do, quote, self care, I will break. So if you make me go sit in a bathtub, I'm alone with my thoughts. So I would avoid it consistently. Because I did not want to go to that place. because ain't nobody got no time for that. And so that was also why it was so important for me to start figuring out, okay, being alone with my thoughts scares me to death, and I'm going to start grieving, which scares me, and so on and so forth. So you hear the word I used twice, and that sentence was scares me, Well, none of us are gonna go after things that scare us. That's just not normal. That's just human nature to not go after things that scare us. And so I had to start shifting my understanding that self care wasn't designed to be scary, but it was designed to offer me something, it was actually designed to create safety for me. And so there was a big, there's a lot of internal mental work going on for me around self care, you know, in your description of all that. I think that segues beautifully into our next question, which is in your personal story, what role did self care play? Well, self care has been like I mentioned earlier, self care has been a morphing. It's morphed over the course of time, when our story first came out, we had no children, what I needed to feel restored, and the amount of time I needed to feel restored PS, I didn't know I needed to feel restored, because I didn't have anybody around me. And like Pam was saying, if she had people saying to her, take care of yourself, get good health, those types of things. None of that was happening. For me, the conversations with me was, I don't understand what you're upset about. I don't know why you're so bothered by this. He's in a group, right. And so there was a lot of confliction conflicting pieces or emotions for me, because in the early days, self care was very foggy and not necessarily advocated for, then I move into our second D Day, which was, at this point, we then had small, three small little kids and self care looked very different from probably what it would have looked like for me with no children at home, because at that point, self care became, I'm not making dinner, I'm going to call that best friend who doesn't really understand all of this, and can't necessarily sit with me in the pain, but she would. So come fold my laundry, I was so lonely, that I just needed people, my husband and I were separated. And I just need a person, another adult around me. And so she was safe. But I didn't necessarily expect her to have to carry the betrayal for me, she just was helping care for me and my so that was self care. For me though. It was self care for me to ask for the help. It was self care for me to receive and say, Yes, you can do that. For me. I definitely had a huge shift of self care around what was expected of me with kids. I love how Pam was saying about dropping expectations. I had a really good friend who had spent a lot of time in Al Anon. And she was helping me identify boundaries in order to create space for self care. And she said, there's a really big difference between hurting someone and harming them. And so I had to use that phrase when I would say no, and I'd be like, I might hurt their feelings? By saying no, but I'm not harming them. And so I would take that as I was struggling to back out my Bonny, you asked Pam did it? Was it hard? Or did it take a long time? She said, No, I would tell you. Yes. It took a really long time, it took months for me to keep assessing my energy. And those bars and how much capacity did I really have? Because the other side of this coin was is I didn't want to give up on my stuff. I didn't want to walk away from my group of friends that we got together once a month to be together. Yet, I'm exhausted and depleted, and I really don't have the energy to go to that dinner. I don't want to give that up. But I had to sit with myself and ask that really hard question what is going to be the best for me tonight. And the best for me tonight for that particular week was I need to go to bed early, even the self care of saying yes to some things and no to other, I had to work through a lot of my own pain and wrestle with not wanting to give those things up in order to do the best self care for me. So it morphed over months of you know, because each time I when I say it morphed over a month was because not everything was asking me on Tuesday, so I had to take each day at a time, okay, we're moving into Easter, and being like, here's a holiday, what do I need for this particular holiday. And so each time I was having to assess the self care, so I felt like it was a longer process for me,

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I hear what you're saying. And I think with the word that keeps coming up for me is value. We have found value in the past in doing achieving performing in self care and betrayal. Trauma Recovery for me was self care is asking me to elevate my personal value above my relationship with my husband, above my work, making a paycheck, I do feel that struggle, I did feel it, I felt that push and pull up. But wait a minute, there's so much value in me doing these things and making the cupcakes and making the perfect dinner. And I've always found value. They're giving up some of those things. It was a struggle. It was hard for me. But here's a here's a question I want to ask. Sometimes there's truth in cliches. But sometimes they can become so overused that they lose their meaning. What what comes up for you, when you hear this phrase that keeps getting thrown at us, you have to put your own oxygen mask on first.

17:34

Well, I actually relate to that. Because my journey was self care started before self care was really a term being thrown around. I had read a book called The emotionally mature spirituality by pizza, bizarro, and I had been someone living in that fast paced life, because I was trying to keep up with my husband, who I didn't know, was inactive addiction. So guys in active addiction, go from this to this to this to this to this. And I was trying to keep up with that all this stuff was on my plate. So what this book gave me permission to do was to just be that I didn't need to be performing for anybody, get deep into your Word, have quiet time with God. But he doesn't love you any more any less. If you're volunteering at church three times a week, he doesn't love you any more any less. If you're not making those meals for the sick person. I mean, if that's not your forte, and that's that's depleting you, then that's okay to step back from it. So that's that's where my self care came in. I decided, You know what, I can't keep up with my husband. This was my energy level that I needed to protect. And so going back to your, your question about the oxygen mask, I was so depleted at that point I couldn't give to anybody else. I had middle school kids at home and a husband who was traveling for business. Most three nights out of the week, I was a single mom. And I had to start taking care of myself on the most basic level, which was putting my oxygen mask on, so that I could actually start to learn who Bonny was. So I identify with the oxygen mask.

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There's that self focus again, because we do we sometimes lose ourselves, in our relationships, we lose parts of us, we forget who we are. And that self care for me, helped me remember who I was and whose I was. I was worthy of self care. I was worthy of self compassion. I was worthy of positive self talk and all those pieces of self care. I'm gonna go back to your example Pam, because it stuck in my head about the cupcakes. And I think it's because I have

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spend so much time digging around and root like the root of things. And I'm also just so listeners understand, I really do feel like I'm coming from a place of being like, I had to be convinced that self care was worth it. And I don't think that's true for every partner. I think some women are like, I know I need it. I just don't know what I need. It's also giving her permission. Absolutely. Yeah. But I was just gonna go back to your example about the, about the cupcakes, some of it was me wrestling with letting go of things. And here's where I was desperate. I was so broken at the fact that my husband didn't choose me, like a dissatisfaction of some sort in our relationship. And I was trying to wrestle that truth out, I knew, I knew there was parts of me that was like, Hey, I didn't cause this. And I know, that didn't matter. I still wasn't chosen. And so sometimes I would find myself still saying yes to things that sucked energy out, like making cupcakes, because I would show up with cupcakes. And people would choose me, you see that. And so it was a very subtle need that I had, I just needed somebody to be happy with me, I just needed to walk in and feel accepted. Because that was so counter to what I was experiencing in my, in my home, and whether or not that was considered self care, I can't really tell you, right, like, I can't say that making the cupcakes was self care for me. For some it might be some might be like, baking makes me happy. And that's what I want to do. Awesome. But I'm just I'm highlighting that because I think that's a route for us to really pay attention to when we say, and I guess because I'm kind of calling myself out on all my excuses. And going, Oh, I can't do all that other self care stuff, like, work out. Or make a meal plan because I got so much stuff to do. And it's a part because working out and making a meal plan, I wasn't really getting the affirmations that I was so desperate for in my broken relationship. So if I did these other things, I would get those affirmations and that that was feeding something in me. Good, bad or indifferent? Absolutely the validation that we all need.

22:09

Absolutely. And there's no right or your there's no right or wrong answer regarding what you consider self care if it nourishes you, if it feeds you, if it gets you through the night. When you're in betrayal, trauma, you're in any kind of trauma recovery, you do what you have to,

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for me, right after the big D Day, my self care was being really mindful not to over drink. That's my go to I like a good cocktail.

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I like a good pie.

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Okay, Lyschel tell us

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I would say any form of chocolate, okay.

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My self care was moderation, my self care hurt, because it was uncomfortable. Because I made myself pull back, I knew that Alcohol is a depressant. And the more I drank, even though it had a short term numbing effect, so the longer I was going to feel really bad, depressed. So my self care, and the worst of it was, was keeping myself from over drinking. So I don't know what your go to is for numbing out if it's shopping, if it's any kind of illegal substance. You know, just being mindful that, that, in the long term, those things make us feel worse.

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You don't have to make huge changes, you can take baby steps, like when you said exercise earlier, my body had a visceral reaction. And so maybe it's exercise for you. For me, it's just getting up and moving, going for a walk. And maybe that's not exercise, but cleaning a closet or you know, just dancing. You know, doing something different. Doesn't have to be a big, huge major change. But little little changes can be incremental, can make a big difference.

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Yeah, and let me let me clarify exercise. There's exercise to build, build strength and endurance. And then there's extra exercise just for maintenance, which is just like trying to get in 5000 steps. I'm not saying 10,000 just trying to get a few steps in like, like Pam saying, just move dance. Just don't say. So ladies, we have had a fantastic discussion about self care. And I think there's so much truth and nuggets of wisdom here. How about we distill this down into some practical tools? For our listeners, how can she get started in thinking about self care,

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something that was really helpful for me that gave me kind of a framework of how to assess my self care and come up with ideas was the pies model of self care. And that's pies is an acronym for physical, intellectual, emotional, and spiritual and social self care. So within those categories, I could look at each aspect of my life and see where I was taking care of myself well, and where maybe I could up the ante a little bit and do a little bit more.

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Yeah. So let's go around and talk about some physical self care.

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You hit on an earlier I think a really basic part of our self care is getting good sleep most betrayed partners, according to some research that was done, have sleep interruption, and we do you're so right, we need we need good sleep for good neurological health and good physical health. So sleep is an area where I needed I needed help, I needed to go to my doctor and ask for medication and I'm kind of an anti medication person, my another therapist encouraged me and said, Hey, look, this isn't for a lifetime. This is just for a season, and it helped get me through some difficult times.

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Yeah, I did, too. I'm on to anti anxiety that helps, helps me sleep.

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I'm gonna Brene Brown, my friend Brene Brown. But she has a quote that says, It takes courage to rest and play. In a world where exhaustion is seen as a status symbol. It takes courage to rest and play in a world where exhaustion is seen as a status symbol. And so I think that you talking about rest is a great example of a physical. The other thing that I have had to pick up is just this simple, simple concept of movement. And we have a we have a friend in our in her predefined Her name is Kim. And she talks about reversing or exchanging the word of exercise with movement. And we've kind of already talked a little bit about those examples here on the call. So I've been trying very intentionally, even in my self right now is to be like, What does movement look like for me. And so physical self care and movement for me looks like having a dance party with my kids in the kitchen, it looks like walking around my neighborhood for a stroll, like not for the actual I don't even dress an exercise clothes, I don't even attempt to make it feel like it's going to be exercise. And I go out just to go look at other people's flowers. Like and but it's movement. And those are physical shifts. Another self care for me that's important is I is trying to get a massage pretty consistently. And that's a physical detox for us for our bodies. And so that's another physical self care that I do. And if you haven't, you know, talked about getting the STD check. But for some going to the doctor isn't fun. They don't like it, they for whatever reason.

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That would be what I would say that I did. I got a full full workup done and started working on my areas of deficit. And I also found out I had high blood pressure, and I didn't know it so good to take that step to go see a doctor. So you want to move on to the

out, I had high blood pressure, and I didn't know it so good to take that step to go see a doctor. So you want to move on to the intellectual piece of pies. I'll say that some self care intellectual self care for me,

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did look like getting in support groups being able to learn concepts that were just kind of staring me in the face, being able to pick up language to start describing what was going on. For me that was all intellectual. And I did that through listening to podcasts, I would do that I do that through reading, listening to audiobooks or reading books of interest. And I'm a and I gotta keep it simple. I mean, most of our listeners probably know at this point, like I have a lot, I have a lot of kids, I have five, and they overtake me quickly. And so I don't have a lot of margin for joining a lecture or something like that. But those are certainly ways that I feel like intellectual self care happens.

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The same for me, I read about my own experience about betrayal, trauma, about sexual addiction that really helped me intellectualize some of my experiences and take some of the emotional power out of what I was experiencing. Part of my intellectual self care was turning off the news. I used to watch the news quite often I wanted to stay intellectually aware of what was happening out in the world and in my local area, and I needed to disconnect from that part of my world so that I could build up some intellectual self care around things that were more actionable to me in this chapter of my life.

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I don't have like a broad sweep of ideas to offer here but I will give you my personal experience that I delved into genealogy. And I know that sounds crazy. But that was a space where I could forget about everything else that was going on. It was a type of flow for me. And that intellectual piece helped me have a moment or two where I had rest from recovery. And I needed that.

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Yeah, I was reading a list of intellectual self cares. And it says, like learning a new language, picking up a new hobby that stimulates your mind teaching others something, is also an intellectual way of self care. So I hear that in your genealogy. Funny.

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For me, personally, early in recovery, intellectual would have been hard, it would have been hard for me, cognitively, to apply that part of my brain to learning a new skill I because of my trauma, I had a job, my career that required a lot of logic and programming and coding. And when I sat down to do that it early in recovery, I had no brain bandwidth to do that.

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Yeah, well, the cognitive function does go offline for a season. So if the intellectual is a piece you really can't plug in right away. That's okay. So why don't we go on to the emotional aspect? How would you build in some emotional self care,

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I found journaling to be incredibly, emotionally soothing, and freeing, and releasing, being able to write what I was feeling without filter, right? Just whatever. My husband says BB and a boxcar, whatever BB in the box car was rolling around my head, to be able to get it out on paper, changed it and took away its visceral power over my body. So that was one way that I was able to give myself some emotional self care was through journaling,

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my emotional self care was nurtured by my sister in law. She knows that I'm a very independent woman, and I have navigated life. As a single mom with a husband who's always traveling, I'm very high functioning. And she said, Bonnie, you need to get some help. It's a form of self care. Find a counselor find a coach at self care. That flipped a switch for me it reframed my independence into I can still be independent and ask for some help. And, and I did, I researched and I got a actually, I don't know if I might have I mentioned this yet, before I started reaching out into my Christian sexuality community to find an APSATs coach, and one came into my view came very well recommended. And that was Lyschel. So I'm going to give a shameless plug not only for Lyschel, but for the other

two of us, too. We were all APSATS, coaches. So if you need that emotional self care, if you're an independent, high functioning woman, we're not here to take any of that away from you. We just want to walk with you a bit. We're just a little bit farther down the journey, and we can help you see there's a light,

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agreed emotional self care has also been something that's been a process for me. I think about how when I was probably about six or seven years into navigating my journey, I realized that actually my emotions scare me to death. And part of that was probably because of like, Barney, I was high functioning. So I didn't have any time or space for them, because they would slow me down. If I actually had these big emotions, or even medium emotions. Part of my emotional self care was learning emotional words, I know that many of us use the feeling wheel as a part of our group dynamics or conversations. Because there's a reason why us as coaches are doing that is because we know when you've been avoiding them for so long, or they've just been overwhelming you, you just don't want to go there. So I think self care for me was one naming my emotions and two was even naming them when I was having them. And one of them that was most powerful for me was being able to name when I was feeling grief. And I would be able to say, I'm just feeling sad today. And that was so care. I needed to be able to say that out loud and hear myself say it. And then I'd say on the other side, maybe of that spectrum of that continuum has been laughter. It's one of my most favorite things to do is to laugh. Like it's so much fun. I enjoy it very much. And so some of my self care will be intentional ways that I'm trying to seek out joy and laughter. And I will do this in simple ways. I will watch puppy videos with my kids. In days, when I find the hard I get is when I can't find color in my world because it all feels gray, or it all feels very black and white, I will choose to go do that as a form of self care in order for me to feel other things besides gray or black and white. And so I will just watch silly videos.

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So let's move on to our first S which is spiritual, what practical tool for spiritual self care can we offer our listeners

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lean into the word, no doubt about it. Because of my experience, Scripture seem to jump out at me as if it was written just for me. And it gave me such comfort. It reminded me that we are made for God, we are not made just for marriage, spending time with the Lord and His Word. And breathing in the Holy Spirit just gave me such peace and comfort and healing and care

36:00

spiritual for me because my intellectual brain had gone offline right AFTER D DAY. Spiritual for me was listening to songs. And I had a few key verses that I had memorized that I could think over like Psalm 23, when I would wake up in the middle of the night, which I didn't get, you know, none of us get good night's sleep. Right AFTER D DAY, I would recite Psalm 23. And, and I would visualize that he was right there with me that he was leading me into that still meadow that he was inviting me to rest near that those those waters, and that he is with me through the darkest valley of death. You know, I hadn't really thought about those two verses in Psalm 23. Before until it felt like I really was in the valley of death. But I couldn't do a lot of studying right afterwards, it was mostly just, you know, what was already in my brain. And trusting him I had to trust, there was a season where I couldn't feel him. But I just had to trust he was still there, I just had to trust it had something to do with the trauma that I wasn't feeling him, it came back. But that was like a season of testing,

37:15

I think spiritual self care. For me. Again, I'm gonna keep saying this, that it has morphed over the course of time. I've shared this story on other platforms. So it might be a repeat, but I had so much trouble just reading in general, let alone actually absorbing or connecting with scripture, it was very difficult for me to be able to do that. So one of the things that I ended up doing, I actually got a hold of a coloring Bible, my spiritual self care became time where I would just sit and just color the words in my Bible. And at first it was just simply just coloring and I didn't connect with it. And then eventually it started to morph into meditating on that scripture, and then it's morphed into, oh, I can color the scripture, and I can read more around the Scripture, each of us have come back to the Word of God. And that's where our foundation was. And each of us just needed to approach it a little different, and what was good and fit for us in that season. I've had friends who have, you know, memorized scripture, because that's what they needed to do to help their minds stop over processing and being in hyper vigilance that memorizing something for them brought them a lot of peace and comfort. I think that getting into nature is a spiritual self care for me. So I feel like I'm winning, because that's physical and spiritual like it that I'm an overachiever getting to self care, isn't it once. That's right. And I so I enjoy that. That's something that's another self care for me. That's a spiritual connection. We're just going on a, like a small hike. And being able just to be close to the Lord that way, is another spiritual self care.

38:56

I have a double duty. It was an emotional and spiritual self care. I couldn't express my anger very well. I'm not an angry person. But I found that Skillet and Disciple are just really great ways to symbolically share my anger. So they're hard. They're heavy metal, Christian music. And if you saw me just a little, you know, just a little old grandma. Oh, look like I'd be doing some heavy metal. So that was my emotional and spiritual self care, that I would blast Skillet and disciple through the house when I was mad, and Dave knew not to come out of his office. But again, I had shell so this is a process so we processed out of that part, but

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I had that double to have singing and dancing. I just, I'm gonna have to dig out the research. I just recently came across something about singing and how it affects trauma brain. And I would put on Annie Lennox.

40:00

I would put on Alanis Morissette, Jagged Little Pill. And I would sing at the top of my lungs, and dance. So there I got the physical. And that was emotional for me, it really helped move those big heavy emotions out and change them. So let's move on to social. What are some social tools we can help our listeners with? That was a tough one for me, because my existing social circle, didn't understand. And so my new social self care, and this is pre pandemic was going to meetings, seeing their faces as they listen to me share my story, watching other people for that season, fulfill that social self care for me, my social self care was being with people who brought life and light into me versus drained me, and I had to be really intentional about scheduling time with them, a lot of times, it would be just sending them a text message. And even if it was, like, I was joking with them, or had, you know, just shenanigans, I, I knew who those people were, but I did have to pause a little bit and identify, um, and again, going back to that place of kind of establishing some boundaries, like, hey, this person particular friend, is not my place to go to feel this social self care, because this friend needs more than I can really offer them. But this friend over here, I can do that with and I'm a bit of an extrovert. So connecting with people is really is important to me, and it's a part of who I am. When I think about some of my clients who are introverts. And they're the the most social self care they need is when we get on a coaching call. And they get to talk about nothingness for four minutes. And then they get to business. But that's all they need. They just need that four minutes. They don't need a lot of social interaction with people. So I think it's just important to sit and think about that question, what is it that I need for social self care? Another one, oh, this one I forgot about this one, one particular season was super hard at the holidays. And you know what I did for social self care, I went to a pet store that I knew had puppies. And I sat in this little ring with these puppies, and they just bombarded me. And I knew I couldn't take any of them home. But I needed to feel them. Like all my senses were engaged in that moment. And it was so therapeutic for me to sit in that space. And that felt very social to me.

42:36

For me, social is I'm not a real extrovert, I'm kind of on that ambiverts scale. So social, for me was just doing a few zoom calls a week, that was good. I had, I had good friends that I could, I had one good friend that knew what was going on. So she was she was a great source of social outlet. As partly an introvert, I don't have a whole lot to offer in this category. So ladies, as we start to wrap up, what kind of hope can we offer our listeners when it comes to self care

43:15

might tend to draw my hope from the one who can actually give it which is the the Lord and the word of God. And I think about Ecclesiastes three, four, that talks about a time and space for everything under the sun, there's a time to weep. And there's a time to laugh, time to mourn and a time to dance. And it goes on to give more examples of that. And I think there's a time for various types of self care, there's a time for survival self care, and then there's a time for self care to be so integrated with who you are, that it is, it just is you like it's just a part of you. So my encouragement to all of us is, and I hope our listeners are hearing like, this is a place of discovery, not a place of shame. There's no right or wrong way to do self care, except for to not do it. Pam offered that permission right in the very beginning. Obviously, we've offered permission, we've just been an entire. And so the hope. And the encouragement I want to give our listeners is sit with the question, what do I need? And I love that we've given those the acronyms to even break it down into categories. What do I need in this category right now? And maybe the answer is nothing. Because I need more in this other category. Maybe I don't need social right now. But I do need physical or I do need emotional self care. And so just permission. I want to encourage you to know that you have permission. And I want you to get curious and discover what you need.

44:48

So the hope I'd like to offer is that as you discover who you are, through first the survival self care I love that term. First through the survival Self Care and then into more long term self care. And as you do learn who you are, your emotions will surface as you have more and more energy reserves. And this is so important for our healing, because once you can tap into your emotions, when you begin to feel a wider range, you know, sadness, depression, fear, anger, it actually unleashes your spirituality that helps you get



more in tune with what Jesus wants for you. But it also helps us get in tune with our grief, which is a necessary step towards our healing. And the hope I would give you as you do self care, and you can step into grief is that God will not let the devastation of this pain destroy you. He'll get you through it. But it starts with self care,

45:57

boundaries or self care, expressing what you need self care, doing the work of rebuilding yourself and finding yourself again, through self talk and self compassion is self care. And the hope that I would leave is when you think you've exhausted all of your options for self care, to turn back to the Lord in Matthew 11:28. He says to us come to me, all you are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

46:49

So we'd like to thank you all for joining us. We hope to be a bright spot on your recovery journey. If you'd like to leave us a question or comment, please go through the contact button on our website. Also help a friend by leaving either a five star rating or review on iTunes so others can find us. Talk to you again in two weeks.

47:10

Bye