

# *Self-Care for Lightworkers and Empaths*

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## *Who are we?*

- ♥ **Caregiver** – One who gives care to another; may be a family member or paid helper who regularly looks after a child or a sick, elderly or disabled person.
- ♥ **Empath** – A person with the clairsentient ability to apprehend the mental or emotional state of another individual. Also known as someone who feels or a “feeler.”
- ♥ **Sensitive** – Someone who is in tune to the energies around them and is able to feel other people’s energies and emotions.
- ♥ **Lightworker** - Someone who has chosen to incarnate at this time to assist with raising the vibration of the collective consciousness. They may be able to intuit what other people are thinking, feeling or need in order to heal.

*An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly. ~ Unknown*

*Self-care = care of self*



*Self-love = love of self*

According to Google, the definition of self-care is “the practice of taking action to preserve or improve one's own health. The practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.”

Merriam-Webster defines self-love as the “regard for one's own well-being and happiness.” Embodying self-love is a choice. This practice is not the result of achieving this or attaining that. There is nothing to wait for or anyone to wait on. Self-love is not a destination; it’s a journey.

Self-care is any activity that we do deliberately in order to take care of our mental, emotional, physical and spiritual health. Self-care choices are those choices that improve our physical, mental or emotional health and move us towards our desired outcome. Self-care includes activities and practices that we engage in on a regular basis to reduce stress and enhance our well-being.

*Caring for your body, mind and spirit is your greatest and grandest responsibility.  
It's about listening to the needs of your soul and then honoring them. ~ Kristi Ling*

For many of us, we desire to help others. None of us should feel guilty or feel self-ish for practicing self-care. Self-care involves taking care of ourselves, so we can then give our best and provide value to the world by living our purpose and sharing our gifts with others.

## ***Practicing Good Energetic Hygiene***

As a spiritual being having human life experiences, the residue from these experiences can remain in our energetic body. Whether we consciously realize it or not, many times these experiences can affect us physically long after the actual experience occurred.

### **Grounding**

- ♥ Keeps you present and in the moment
- ♥ Completes the energy circuit
- ♥ Anchors your energy to the earth below
- ♥ Be a tree - Visualize legs as tree roots growing deep into the earth
- ♥ Stay hydrated
- ♥ Work with crystals

### **Centering**

- ♥ Visualize a white ball of light at core (solar plexus)
- ♥ See the white ball of light shifting to yellow
- ♥ Breathe and bring awareness inward to the central essence
- ♥ When centered and balanced, we can affect the energy that is around us rather than allowing the energy around us to affect us.

### **Clear and Balance Chakras**

- ♥ Clears the energetic clutter and revitalizes our energy
- ♥ Using the respective color for each chakra, set the intention to first clear, balance and then strengthen each one.
- ♥ Envision the chakra as healthy, cleared and balanced
- ♥ Visualize breathing in the respective chakra color and then exhaling the respective chakra color.

### **Clear Your Aura**

- ♥ Epsom or sea salt bath
- ♥ Dry wash
- ♥ Purification bath comprised of 1 lb. Epsom salt and 1-16 oz. bottle of hydrogen peroxide
- ♥ Sage or incense your aura

### **Cutting Energetic Cords**

- ♥ Cutting, chopping or swiping motion over solar plexus
- ♥ Clearing lower vibration cords associated with fear, worry, doubt, guilt, shame, frustration, regret, etc.
- ♥ Cords associated with love will “grow” back instantaneously, so there is no reason to fear cutting cords

### **Clear Your Home's Energy**

- ♥ Discard, sell or donate unused items
- ♥ Choose personal décor that fits your personality, which will lighten and brighten the space.
- ♥ Light a candle, burn incense and sage your space.

### **Protect Your Energy**

- ♥ Visualize white or colored light or a bubble surrounding you
- ♥ Envision being wrapped in a cloak, wearing a cape or carrying a shield

*Self-care is the number one solution to helping somebody else.  
If you are being good to yourself and your body and your psyche, that serves other people better,  
because you will grow strong enough to lift someone else up. ~ Mary Lambert*

## **How do you define self-care? Self-love?**



## *Good Vibrations - Feeling Energy*

Lower or heavier vibrations are vibrations that stem from reaction to an outside source. They are the frequencies of fear, which include worry, doubt, lack, depression, anger, hatred, apathy, jealousy and despair as well as many other emotions. Lower vibrational energies will quickly zap our energy if we remain in it for extended periods of time. This heavy energy inhibits and restricts us.

Higher vibrations are powerful and tend to feel good. Higher vibrations are easy to identify, since they are heart-centered, light, bright, playful, loving, grateful, peaceful and giving as well as many others. Gratitude energy is one of high-vibration and assists with creating more abundance.

The lower vibrations may feel especially overwhelming to those of us who are sensitive to energies and empathic. We can easily shift our energy by simply breathing consciously and intentionally, while attaining the peace within, so we can respond rather than react to external circumstances. Making conscious and empowered choices is fundamental for our overall wellness, including our physical health and mental/emotional well-being.

*There are days I drop words of comfort on myself like falling leaves  
and remember that it is enough to be taken care of by myself. ~ Brian Andreas*

## *What is Self-Care?*

Self-care involves engaging in the activities that are required to maintain an optimal level of overall health. In addition to physical health, overall health includes psychological, emotional, social, professional, environmental, financial and spiritual aspects of an individual's well-being.

*Self-care is a deliberate choice to gift yourself with people, places, things, events  
and opportunities that recharge our personal battery and promote whole health  
— body, mind and spirit. ~ Laurie Buchanan, PhD*

### **Physical Self-Care**

Taking care of our physical body is primarily what self-care concepts have been based upon. Physical self-care involves movement of the body, health, nutrition, sleep, rest, physical touch and sexual needs.

Examples may include:

- ♥ Going for a walk in nature
- ♥ Taking an Epsom or sea salt bath
- ♥ Physical movement, such as dance, Tai Chi or yoga
- ♥ Getting adequate, quality sleep
- ♥ Practicing good hygiene
- ♥ Eating nourishing foods
- ♥ Staying hydrated
- ♥ Massage or energy work
- ♥ Visiting hair or nail salon
- ♥ Wearing clean clothes

*Rest and self-care are so important.*

*When you take time to replenish your spirit, it allows you to serve others from the overflow.*

*You cannot serve from an empty vessel.*

~ Eleanor Brown

## **Psychological Self-Care**

Our mental health is just as important as our physical health. Becoming aware of negative self-talk and addressing the emotions and triggers that affect us are essential.

Examples may include:

- ♥ Practicing mindfulness
- ♥ Learning a new skill or modality
- ♥ Disconnecting from technology and/or social media
- ♥ Journaling
- ♥ Being creative
- ♥ Reading a book

## **Emotional Self-Care**

Emotional self-care is strongly connected to our psychological self-care because there is overlap between the psyche and the emotions. Examples may include:

- ♥ Honoring emotions as they arise
- ♥ Increasing empathy and compassion for others
- ♥ Expressing gratitude and writing in a gratitude journal
- ♥ Spending time in reflection and introspection
- ♥ Saying no when you really mean no
- ♥ Practicing self-love and compassion
- ♥ Managing stress
- ♥ Establishing and maintaining boundaries

*Self-compassion is simply giving the same kindness to ourselves that we would give to others.*

~ Christopher Germer

## **Social Self-Care**

Social self-care entails connection with others, which offers a sense of belonging and connectedness. Social interaction includes communication, expressing our needs, talking effectively through conflict to avoid miscommunication and also addressing the emotional needs of the people we love.

Examples may include:

- ♥ Having relationships
- ♥ Belonging to a group or community
- ♥ Honoring commitments and having follow through
- ♥ Choosing not to interact (cocooning)
- ♥ Asking for assistance when needed
- ♥ Offering support and assistance to others
- ♥ Meeting new people
- ♥ Interacting with family and friends

*Invent your world. Surround yourself with people, color, sounds and work that nourish you.*

~ Susan Ariel Rainbow Kennedy (SARK)

## **Professional Self-Care**

The workplace environment, whether we work from home, in an office space or outdoors, must include a practice of self-care, especially when we are providing services to others.

Examples may include:

- ♥ Eating nourishing meals to sustain your energy level
- ♥ Expressing your needs
- ♥ Having clear professional boundaries
- ♥ Knowing your roles and responsibilities
- ♥ Maintaining balance
- ♥ Developing skills

*Self-care is taking the time to recover. It's sabbaticals to clear your head and chart your course. It's leaving. It's investing. It's asking for more. It's being protective and tender and limitlessly compassionate with yourself.*

~ Danielle LaPorte

## Environmental Self-Care

The living/home space and workspace environment needs attention as well and is deemed environmental self-care. Examples may include:

- ♥ Decluttering your home or work environment
- ♥ Recycling and minimizing waste
- ♥ Donating or discarding unused items
- ♥ Freshening up space with new décor
- ♥ Having clean clothes
- ♥ Maintaining a clean and safe living space
- ♥ Cleaning up after a meal
- ♥ Monitoring technology time

## Spiritual Self-Care

Spiritual self-care includes the beliefs and values that are important to us and guide our life. Spiritual self-care may entail spending time in prayer, meditation, reflection and introspection as we explore who we are and why we are here having this human life experience. Examples may include:

- ♥ Meditating
- ♥ Reflecting and writing in a journal
- ♥ Volunteering your time
- ♥ Going on a retreat
- ♥ Spending time in nature
- ♥ Reading a book
- ♥ Watching a video
- ♥ Learning a new modality
- ♥ Spiritual development
- ♥ Pursuing your goals

*To meditate means to go home to yourself. Then, you know how to take care of the things that are happening inside you, and you know how to take care of the things that happen around you. ~ Thich Nhat Han*

## Financial Self-Care

Financial self-care involves being responsible with our finances and having a conscious relationship with money. Examples may include:

- ♥ Knowing where your income is coming from
- ♥ Knowing your expenses and when they are due
- ♥ Notifying creditors if unable to make a payment on time
- ♥ Paying bills in a timely manner
- ♥ Keeping insurance up to date
- ♥ Filing taxes

**What area is your strength?**

**Where do you believe more attention could be given?**



## *Making Self-Care a Priority*

*Self-care has become a new priority –  
the revelation that it's perfectly permissible to listen to your body and do what it needs. ~ Frances Ryan*

We are each having our human life experience, and no two people are the same. Self-care is personal to you. Your perception of self-care and preferences may differ from another. You have free will and the power to choose what is right for you in all areas of your life. As you change and grow, your self-care needs and practices may change as well. Be receptive to being adaptable and flexible. With busy personal and professional lives, time may evade us, so making self-care a priority is a must. If necessary, schedule time in your calendar for self-care.

*When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life. ~ Jean Shinoda Bolen*

Self-care isn't something that you should put off until you have more time. It is an active choice to participate in the activities that are known to increase your overall physical, emotional, psychological, social and spiritual well-being. A small intentional effort will have many lasting benefits.

*Self-care is giving the world the best of you, instead of what's left of you. ~ Katie Reed*

## ***Questions to Consider***

If you need assistance, the following questions may offer some self-care practices that can make a viable difference in your life:

- ♥ What does self-care mean to me?
- ♥ How do I embrace well-being?
- ♥ What do I love to do?
- ♥ What activities bring me joy?
- ♥ When do I feel the most alive?
- ♥ What do I do to unwind from the tensions of the day?
- ♥ What do I do to treat myself?
- ♥ As a healing practitioner or caregiver, what suggestions do I recommend to others?
- ♥ Who in my life supports and uplifts me?
- ♥ Who in my life energetically drains and exhausts me?
- ♥ What am I doing when I feel that my life is full of purpose and meaning?

If you are unable to answer any of these questions, you may be guided to spend time in reflection and connect to the power of your heart. Listen to your spirit and let it convey the answers to you. Then, trust what is coming through thoughts, feelings, words and impressions. Many people become so involved in their work and family lives, including caring for others, that they forget to pause and consider who they really are and what brings them peace, joy and satisfaction.

**What are some ways you practice self-care?  
What do you do to take care of you?**



*Self-love is asking yourself what you need – everyday – and then making sure you receive it.  
~ Unknown*

*Self-care is a Divine responsibility. ~ Danielle LaPorte*