

Dear PCS friends,

I hope you are cozy and dry! Sorry I have not written in a while. I was having a bit of writer's block around a specific piece of wisdom and research I want to share with you and just haven't gotten it right, yet. Below you will find a sneak peek to the "Four C's of resiliency" that I will share with you soon. In the meantime, I want to share a few strategies that have been helping me on a daily basis to be more healthy, happy, and relaxed. As always, take what delights you and leave the rest.

- 1. Do What You Really Want to Do.** In the mornings before I get out of bed, I snuggle in and I have a sweet little dialogue with myself. I usually think of the self I'm talking to as my inner child because that is the part of me that is the most sensitive and also knows how to have the most fun and squish the most joy out of life. I ask myself, "What do you really want to do right this minute? What do you want to do for the rest of the day? Is there anything that we have planned that you really don't want to do?" Then I slow way down and truly listen. Once I get the answers, I figure out which of these things that I want to do that I can do and if there are things that I've planned to do that I don't want to do that I can let go of. Obviously, there are somethings that I want to do that I can't and things that I don't want to do that I must, but in general I find that when I check in with my true desires and see what can be done, I am able to shift a lot of things to make a much more pleasant day for myself. Additionally, with the things that I don't want to do or that I can't do that I want to do, after listening to my inner voice, I am able to consciously make the choice to do or not do from a place of acceptance and feeling valued and loved just the same. To treat myself like a beloved child, friend, or family member in this way feels so precious and honoring. I truly love myself and this is one of the many ways that I show it.
- 2. Let That Stuff Go.** My friend got me a tea cup with a little yogi type figure sitting lotus style saying "Let That (stuff) Go". It's a reminder of some of the little tricks I use throughout the day when I notice myself being tense or perseverating on unhelpful thoughts. Sometimes it's enough to just notice that I am holding on to a thought that isn't serving me and I simply let it go. Often times I will notice that my jaw is clenched, my hands are in fists, or another area of my body is tense. I then consciously open my hands, drop my jaw, or relax the part of my body that is tense while simultaneously releasing the troubling thought. Finding things in my body can help me let them go on all levels.
- 3. The Queen of England.** My friend was talking about selfcare with me the other day and she shared her thoughts about the Queen of England that I absolutely loved. She said, "The Queen of England can have whatever she wants to eat. She can have the finest chef's prepare it for her and could even have somebody hand feed her every bite. But the Queen of England chooses to eat healthy foods and maintain a physical body that is fit and trim. If someone who can have anything she wants chooses to have health and happiness over momentary indulgence, I think there's something to this." I have personally experienced how taking care of my physical body through proper sleep, healthful eating, and exercise is the most effective way to improve my mental health. There are many other things that help like meditation, therapy, journaling, getting out in nature, and having great relationships with people and pets, but I've found that if my

eating, exercising, sleep, and physical selfcare are not in order, these other things are much less impactful. Treat yourself like a Queen!

- 4. Sneak Peek.** Four areas of life that have been proven in the research to support physical and mental health and happiness are: 1. **Connection.** 2. **Context** (purpose). 3. **Control.** And 4. **Competence.** We will flush these out in a future encouragement segment.

I hope you are cozy and safe in this rainy weather.

Warmly,

Becky