

Selfcare And Creativity: A Lasting Relationship

Created by Jenn Gallucci

What is your relationship to self-care these days? How do you connect it to your creativity? As a busy creative, how do you find the time to take care of yourself consistently? We will explore these questions and more during our time together.

As a creative, a single mama, an employee and a solopreneur life is full. It's easy to say I don't have time to take care of myself. Sometimes it feels more financially prudent or the right way to use my time. In the end I always pay for it—with migraines, less patience with my kids, and an empty creative well. Finding time to balance my creativity and productivity with self-care, moments of quiet and reflection, and play (either by myself or with my kids) helps me refill my well. I need both to feed my soul and keep me joyful and connected as a mama, a life coach, and a maker.

During our time together we'll define self-care and become self-care detectives—on the look-out to carve out time in our hectic schedules. We'll create a simple daily self-care ritual and choose a small step to get you on your way. There will be time at the end for questions and brainstorming ways to ramp up the self-care to support your creative work.

Outline

1. Open Introduction
 - who i am
 - what we'll be talking about
 - my intention: to weave self-care and creativity together in a way that supports the whole you
 - share: when someone starts talking about self-care what is your initial reaction? what is your relationship with self-care right now?
2. What self-care **is** to me:
 - (sleep, water, organic lifestyle (including food & home), movement and stillness)
 - simple, nourishing, self-loving, filling my well, connecting me to nature & the seasons, fun
 - something I give myself
3. What self-care **is not** to me:

- another reason to judge myself or get into lack mentality (not enough time, money, support)
 - expensive or unattainable
 - something given to me without even having to ask
4. Let's look at where you're at right now—take a moment to fill out the self-care check-in—choosing an area to focus on today. You can get to all of them eventually but it's usually more effective to begin integrating one at a time.
 5. If at any point during our class today you get inspired by a self-care idea go ahead and write it down, you'll have a chance to use these ideas later.
 6. Using your area of focus, we're going to invite two of my favorite coaching tools into the mix (creativity and small steps)
 - small steps help us to begin and build momentum around a new habit
 - creativity brings self-care to life—helping to form daily rituals, infusing delight and play into our daily practices, giving us the spark or new perspective to keep going when life gets in the way— *and it will get in the way.*
 7. Before we begin we're going to tap into the energy of gratitude
 - take a moment to write down 10 things your grateful for right now (be as specific as you can) Instead of *I'm grateful for my health*, you could say, *I'm grateful I have the stamina to make it through my favorite dance class.*
 - turn to the person to your right and share a few off your list
 8. Gratitude turns our attention to abundance and possibility. As busy creatives and solopreneurs it's easy to believe that there just isn't enough time, money, (fill in the blank) for nourishing moments of self-care. We've dropped into a lack mentality and we don't want to create or market our businesses from this energy. So, let's fill ourselves with self-care that comes from the energy of abundance and watch how it ripples outward to everything we do.
 9. Now let's create a simple self-care ritual infused with enough creative juice to bring us back again and again.
 - Scanning through your day where can you carve out space for your ritual? Morning, mid-day, evening, bedtime? Find a spot in your day that you can come back to regularly.
 - Now bring your area of focus to mind.
 - Let's get creative. Invite the senses in for deep soul nourishment. Are you a music person? Is aromatherapy your thing? Are you visual? Taste can come in with a special tea flavor you like or coffee in your special mug, a bite of chocolate. Or you can bring in the 5 elements: Is there water involved, earth, open sky, a warm fire? What is it that would make this ritual truly yours?

- Share with the person on your left what you came up with. See if you can help each other take it up another notch so you can't wait to show up to this date with yourself.
10. Small step. Now that we've tapped into the energy of gratitude and accessed our right brains with creative play, we're going to use the power of the next small step to begin.
- when you're already feeling like you juggle a lot it can feel overwhelming to add something new to the mix.
 - the oldest part of our brain (the amygdala) is wired to respond to perceived threats. this is the area that triggers the fight, flight, or freeze response. the problem is all change is perceived as a threat, even positive change like beginning a new self-care ritual or creative project. the fear response kicks in and is often masked by creative blocks, such as procrastination, perfectionism, comparison, overwhelm...
 - to work around the amygdala without activating it (like tiptoeing around a sleeping bear) we choose a very small step to begin. a small step is:
 - so easy you can't **not** do it.
 - fun! there is an element of delight, play, creativity involved (similar to the ritual we created)
11. When you take another look at your juicy self-care ritual how does it feel? Does it feel so doable you can't **not** do it? Does it feel so enticing you literally can't wait to begin? If not, that's OK. Let's take a moment to find the next small step that you can begin right away. It's important to choose a day and time in the next week that you will do this small step. It's OK if you do more than your small step. The key is to build the momentum by feeling the success that comes from completing the small step. You'll be more likely to keep going. Soon, you will have created new, lasting habits that support your creative life.
- Check in with the person next to you. Share with each other your next small step and when you plan to take it.
 - If you want me to keep you accountable let me know and I'll follow up with you.
12. Questions? Insights? Would anyone like to share something they will take away from today's class?
13. Final words: Self-care brings you back again and again to the calm center within you. Creating your life and work from this place supports healthy relationships, boundaries, and balance. You get to take home your worksheets to continue playing with how to carve out time for your self-care so your creative well stays full.

14. Thank you so much for your time today. I offer one-on-one creativity coaching, motherhood support coaching, and self-care guidance. More often than not these are all stitched together. You can find me at jenngallucci.com. Email me (jenn@jenngallucci.com) to schedule a free introductory session.