

## INFORMED SELF-CARE

Approx.

(Screen shows Title Page)

Self-care is really about practicing unconditional self-love. Lack of self-care is a symptom of practicing conditional self-love, self-dislike, self-disgust and even worse, self-loathing. We are not consciously choosing to practice these things. This practice stems from our underwater programming and not having the skills necessary to consciously communicate with ourselves and others.

If you don't understand unconditional self-love or how to practice it, just go back and reread all the examples I have provided in this Program on how people Create their Own Luck by *Living Above the Line*. The process of *Living Above the Line* is the practical "how-to" guide on unconditional self-love. Conditional self-love or worse will block sustainable self-care. There is always room for us to grow in our understanding and practice of how to communicate with ourselves and others that will result in greater levels of self-care.

(screen shows roots)

Self-care is a process of finding the root cause of our problems – physical and emotional. Sometimes we need to reach into that next tier for professional help to couple with our self-care and sometimes we don't. At this point we are paying attention to our feelings, again both physical and emotional, taking them seriously, and acting from empowerment to find a root cause and a natural solution when possible. Finding natural solutions is a big part of the planning process on our Self-Care Worksheet. Natural solutions can range from journaling, writing down affirmations and posting them, taking a bath, exercising, using essential oils, meditating, taking supplements, stretching, having fun, drawing, singing, taking pictures, self-massage, self-performed body talk or reiki, taking to someone, taking more breaks, or working harder toward a goal. The possibilities for natural solutions to resolve our problems are limitless and highly dependent upon each individual. Not everything works for everyone, and we don't have the time to do everything. When creating your plans, do some internet searching, ask friends for ideas, and choose small, manageable solutions that you can create an *Above the Line* Feeling about. You may want to take some classes to gain new skills to administer your own self-care. When you open your mind and focus on what you want rather than on what you don't want, what you CAN DO rather than on what you CAN'T DO, the world becomes a more abundant place.

(Screen shows rubik's cube)

Let's talk about the mind/body connection as information we can use to look for the root cause of our problems. As we have discussed, our subconscious communicates with us through feelings, both emotional and physical. Our job is to solve the puzzle of what they are trying to tell us, just like solving the Rubik's cube in the slide. Keep an open mind about the possibility that a physical feeling is a clue about something you are doing "wrong" emotionally. Emotions can also clue us in as to when we are doing something "wrong" physically. "Wrong" means that we are not treating ourselves from *Above the Line* (with unconditional self-love), and instead are treating ourselves *Below the line* (with either conditional self-love, self-dislike, self-disgust

or self-loathing). We are stressing our body physically or emotionally beyond what is healthy. Self-care is that process of paying attention to our feelings, and then doing the work to figure out what they are trying to tell us. Sometimes we can do that ourselves, and sometimes we need help from friends, family and professionals.

(screen shows sore throat)

Here is an example of how literal our mind/body connection can be. Amy has been having a sore throat. She has gone to doctors, but they can't find anything wrong. She has tried using essential oils which helps for a bit but then it comes back. Looking at her lifestyle, she is married to a man who is quite controlling and who interacts with her frequently from *Below the Line*. Amy's personality is to avoid conflict and keep peace in her family, but it has come at a price because she is often *Below the Line* as a result. She seems unable to find the words to express herself and establish boundaries for how she wants to be treated. She can't find her voice. She is not being kind to herself by repressing her emotions and feeling powerless. She frequently has *Below the Line* emotions like unhappiness and frustration, but she hasn't been paying attention to what they are telling her because she doesn't have the skills to know how. She has remained a victim and the stress isn't good for her body. Her body knows this, so it is trying to give her a bigger CLUE than her *Below the Line* emotions as to what the problem is by causing pain in her throat (a physical feeling). It is trying to tell her she is not using her voice.

Once she gets some training and starts using her voice from *Above the Line*, focusing on what she wants rather than on what she doesn't want, she uses her essential oils and her throat problem no longer comes back. In the future when she has a sore throat, she looks to see if she is failing to use her voice and falling back into old patterns, or if it really is just a sore throat. She is providing herself with a high level of self-care.

Self-care for chronic issues requires that we CHANGE, and that means going through the process of reprogramming our underwater system. Was it easy for Amy to start to use her voice? NO...that is why Wellness is about true personal growth. She had to reach out to a friend and ask for help to understand what she was doing wrong and make a plan to change it. She could also have reached into her next tier of professional care and found a good therapist who understands the mind/body connection. Some professionals say that almost all chronic physical health issues have an emotional root cause. Remember from our Cellular Health section that **our cells have receptors for emotional messengers all through our bodies, not just in our brain**. This brings us back to how important stress management is to support our self-care tier.

(screen shows gymnastics)

Here is an example of when an emotion is telling us how to deal with a physical problem. I had 4 ACL reconstructions and multiple meniscus repairs on both knees in my 20's. Still, well into my late 40's I would constantly reinjure myself by doing activities that were beyond what my damaged knees could handle. For instance, I love to tumble. I tore my ACL for the 3<sup>rd</sup> time on my left knee by doing a roundoff back sommie at my law school graduation when I was 27. Yet, when I was 46, I was watching kids do back handsprings at the school playground and said, "I

can do that!" So I did and thought that would be okay because I used my was hands unlike a back somersault. After I did one I said, "I can do more than one!" So I did a roundoff with 4 back handsprings. I couldn't walk without significant pain for more than a week. Each time I would heal and start to feel better, I would do something outsiders would call "stupid" for someone in my condition and injure myself again. I was in a pattern of constantly suffering. How is that for self-care?

But if I am honest, I always experienced *Below the Line* emotions before I did something "stupid" like guilt. I felt guilty knowing that I was probably doing something that would hurt me. But my stronger, underwater programming shoved that aside in favor of attaching to the **identity** I had of myself – I was an athlete and continuing to perform athletic feats was who I was. Then I had a teacher tell me I am not an **identity**. She asked if I would let my child do something that I was almost positive would injure them. I said "no - duh," and she said, "then why would you do that to yourself?" Her implication was that I love my children unconditionally but not myself, that injuring myself practically intentionally was not loving to myself. So I said, "who am I then?" And she just looked at me like that was for me to figure out. What I figured out is that who I am is being *Above the Line*. My actions, careers, activities, and behaviors may all change and flow in and out of my life as *Living Above the Line* leads me. Who I am is practicing unconditional self-love. If I would have paid attention to my guilt in the first place, I would have seen that it was trying to teach me how to love myself better.

Do you ever experience an emotion that is telling you that you shouldn't do something, like eat something, drink something, buy something, say something, commit to something? Figure out if that emotion is telling you how to love yourself better by not doing something **unhealthy**, OR if the emotion is leading to self-sabotage and holding you back from doing something **healthy**.

Self-care means identifying where we aren't practicing unconditional self-love in the bottom 4 tiers. It means doing the work of creating change and following through with using the tools that can help us. Eventually using those tools becomes automatic, and we feel good from the inside out when we use them. The problems we experience in our healthcare tiers become fewer and fewer.

(screen shows clock)

What are some of the things that block us from self-care? The ones that I experience myself and hear the most often from others are Lack of Time, Money and Energy. First of all, when you look at our *Above the Line Quick Guide*, we see that "Lack" is Below the Line. We experience what we believe, so right off the bat we have pretty much killed any intention for self-care when we have feelings of Lack attached to it. This is our opportunity to detach from the emotion and take a fresh look from *Above the Line* with our minds open and our logic and objectivity intact.

To take a fresh look, we usually have to figure out what we currently **do** have by tracking our current habits. Let's take time for example. Let's say a person has back problems from sitting too much at a computer at his job. When he doesn't move it, he loses it, he loses it, right? He has

identified that he needs to walk and stretch several times during his workday, but when he tries to follow through he can't because he feels he is too busy and doesn't have time.

The first thing to consider is whether or not that feeling is true. Is he too busy or is he being driven to keep working by underwater programming that is directing him to work instead of pay attention to self-care to avoid the possibility of feeling like a failure. Does he hold a belief that his obligation to work is more important than his obligation to his health? Is this because his subconscious fully understands the consequences of failure at his job, but it doesn't fully understand the consequences of failing at his health because he hasn't experienced it yet? For instance, if his back goes out and he can't move, can't work, and he is in excruciating pain for a few days, his underwater programming will quickly change to motivate him to protect himself from that kind of failure in his health again. This is why sometimes it takes a crisis for us to take self-care seriously and make changes – things like heart attacks, illnesses, addictions, cancer, divorces, and job losses. This program is giving you the education and skills to change now and not have to suffer a life crisis. Remember that the root cause of many health crisis is emotional from years of *Living Below the Line* and experiencing chronic stress.

Next, after our guy analyzes his emotions and recognizes he is being driven by fear of failure and not facts, he can start to gather some information by tracking his time. He keeps a log every day for a week and sees that he checks his email 20 times a day instead of 3 that would be sufficient. He sits at lunch for an extra 20 minutes after he is done eating and goes on social media. He also sees that he is working more time than he is getting paid for by coming in 20 minutes early and leaving 30-60 minutes late. He finds 90 extra minutes during his work day that he could use for stretching and walking. He breaks that up into segments, makes a chart to time block when he will do them, marks it down every time so he is accountable, and sets alerts as part of his plan. Incidentally, he finds that when he allows his mind to let thoughts flow in and out without an agenda during these exercise times, he comes up seemingly out of nowhere with better ideas and solutions than he was coming up with before. He is working more efficiently and is able to accomplish more work in less time even when taking into account the time he is spending stretching and walking. He is happier at work and that trickles over into the rest of his life. He is Creating his Own Luck and administering self-care from *Above the Line*.

(screen shows energy)

We may need to go through this process with money and/or energy. First analyze why we are feeling "lack", then track the facts and come up with a plan to create win/win solutions. How we track money is straightforward, but how can we track energy? We can keep a log of our activities and create a scale 1-10. 1 could be that an activity gives us lots of energy, 5 seems to neither increase or decrease our energy, and 10 sucks the energy right out of us. Pay attention to how you are feeling during the activities. Are you finding that when you feel *Below the Line* the activity takes your energy, but when you feel *Above the Line* it might energize you? The way it energizes you might be to fulfill you, not necessarily that you feel raring to go. We all use up our energy during the day and that is why we sleep to rejuvenate. Can you identify activities, or emotions attached to activities, that use up a lot of your energy? Can you find ways to change the activity or the emotion attached to it?

(Screen shows 80% picture)  
NATURAL PRODUCT TOOLS

Now you understand the concept of how to practice self-care. I mentioned many tools you can use in your plan earlier. I am going to focus on what Doterra has to offer for tools because the ability of their supplements and essential oils to assist your self-care is off the charts, especially when you are combining them with the practice of *Living Above the Line*. 95% of my family's healthcare needs have been taken care of with essential oils and supplements since 2002. I have used essential oils from birth with both of my children, and the empowerment I have felt as a mother is like no other feeling. That experience has led me on this path of wanting to empower you.

(Screen shows Books)  
PRODUCTS (All Doterra's products are amazing tools for self-care. You can learn how to choose what tools fit the needs in your Plan)

The first purchase is a **reference book** so you can look up your issue and get a recommendation for an oil or supplement and learn exactly how to use it. This is the best way to incorporate Doterra's natural tools as a first go-to habit when issues arise. Here are 2 options:

Modern Essentials: This is a great reference book for straight issue recommendations and some foundational information on essential oils.

<https://www.aromatools.com/books-media/books-brochures/modern-essentials/modern-essentials-10th-edition.html>

Essential Life: This is an amazing well-rounded reference book that includes sections on cooking, gardening, and DIY recipes as well as recommendations for your issues.

<https://www.oillife.com/collections/essential-life-book/products/essential-life-book-5th-edition>

These resources also have app versions for you to check out also.

(Screen Shows Discover Solutions)  
Discover Solutions: product reference tool on Doterra.com that helps you search by issue and by body system:

<https://www.doterra.com/US/en/education>

(Screen shows Empowered Life)  
Empowered Life Series on Doterra.com: Every month Doterra focuses on one category of Wellness and provides expert education on how our bodies work and what Doterra tools can help support that area of wellness. CHECK out the Archives for categories from prior years.

(Screen shows eBooks)

Doterra ebooks on Doterra.com: Doterra has created an amazing series of ebooks that are quick to read or listen to and provide you with an incredible understanding of essential oils. The topics range from EOs for beginners which contains safe usage information, to using them with children, sleep, focus, fitness, emotional support and more:

<https://www.doterra.com/US/en/ebooks>

(Screen shows Pierson Wellness FB page)

My Webinar Series: I periodically do live Webinars that I record for rewatching. Be sure to join my email list to receive new webinars, or look for the pinned post on my FB Group: Pierson Wellness where I always have the links available:

2018 NEW PRODUCT EDUCATION WEBINAR:

<https://vimeo.com/294387005>

UNDERSTANDING WELLNESS: The Mind/Body Connection. <https://vimeo.com/261910635>

LET'S CLEANSE TOGETHER: <https://vimeo.com/254536689>

SLIM & SASSY WEIGHTLOSS:

[https://zoom.us/j/619CmvBy9ld19\\_ZW2Utip1g64KEEDBm2jLCiR0lx...](https://zoom.us/j/619CmvBy9ld19_ZW2Utip1g64KEEDBm2jLCiR0lx...)

BACK TO SCHOOL ESSENTIALS:

[https://zoom.us/j/619CmvBy9ld19\\_ZW2Utip1g64KEEDBm2jLCiR0lx...](https://zoom.us/j/619CmvBy9ld19_ZW2Utip1g64KEEDBm2jLCiR0lx...)

2017 NEW PRODUCT EDUCATION WEBINAR:

[https://zoom.us/j/619CmvBy9ld19\\_ZW2Utip1g64KEEDBm2jLCiR0lx...](https://zoom.us/j/619CmvBy9ld19_ZW2Utip1g64KEEDBm2jLCiR0lx...)

Now you are ready to start filling in your self-care worksheet using the Sample Worksheet for Nutrition as a guide for instruction and tips. Your focus for this tier is on finding a solution for your current healthcare issues, but remember to phrase your goal in terms of what you want to experience rather than in terms of getting rid something. You do not want words that represent what is “wrong” with you in your goal. You want your focus to be completely on words of what you want “right.” For instance, if you have acid reflux, you don’t want your goal to say “I want to cure my acid reflux.” It could say “I want my chest and my throat to feel awesome every time I eat, and I want to feel completely comfortable as I go to sleep every

night.” Make sure you are involved in my Facebook Group to keep reinforcing self-care skills and tool options.