

# Whose Life are You Living?

How to Improve Your Self Care  
and Decrease Your Stress


Sally O'Donnell, LCSW

sally@sallyodonnell.com

[www.sallyodonnell.com/oasis](http://www.sallyodonnell.com/oasis)

- Resources

- Slides

- 
- My Life
  - Selfishness vs. Self Care
    - Assertiveness
    - Helping vs. Enabling
  - Tools
    - A Visualization
    - Progressive Relaxation

# My Life

1. Avocation
2. Spiritual Well Being
3. Emotional and Physical Health
4. Fun and Adventure
5. Relationships
6. Contributions to Others

# Selfishness vs. Self Care

*Selfish:* Caring only for oneself

*Extreme Self Care:*

Time and energy on things that bring you joy

What you want instead of what others want

# Assertiveness

*Confident declaration or affirmation of a statement  
without need of proof*

Affirms rights or point of view,  
without dominating or submitting

## **Assertiveness and self esteem**

Believe you deserve to be treated as fairly as  
everyone else.

# Helping vs. Enabling

*Helping:* assist, relieve, change for the better

*Enabling:* "enable" an addicted person to continue in their addiction by failing to set appropriate boundaries

*Codependency:* overly passive or excessive caretaking that negatively impacts relationships and quality of life



# A Visualization

Create your favorite place to visit

Close your eyes and experience your place

Breathe deeply and slowly

What do you feel? Smell? See? Taste?  
Hear?

Sit here and enjoy total relaxation

**You can go to this place anytime**

# Progressive Relaxation

Breathe slowly and deeply. Mantra. Quiet mind.

Permission to relax.

Start at the top of your head.

Visualize each part of your body relaxing.

Continue until all tension flows out your toes.

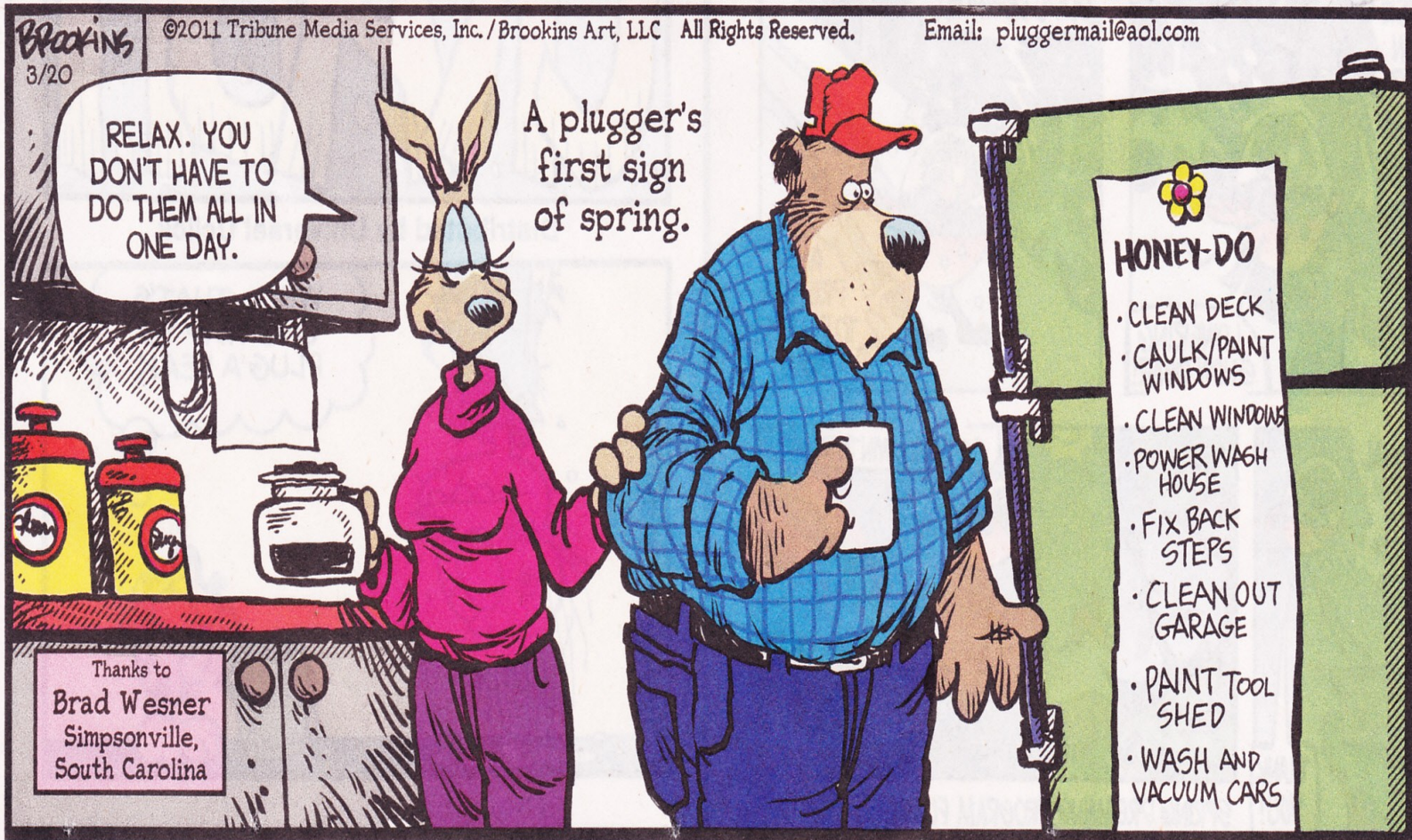
Breathe deeply into tense places.

**Enjoy this feeling for as long as needed.**



# Don't Have To Do All In One Day

## PLUGGERS/ by Gary Brookins



# Inspiration

Purposefully directing gentleness,  
acceptance and love toward oneself  
is a very good place to begin.

Jon Kabat-Zinn, PhD.