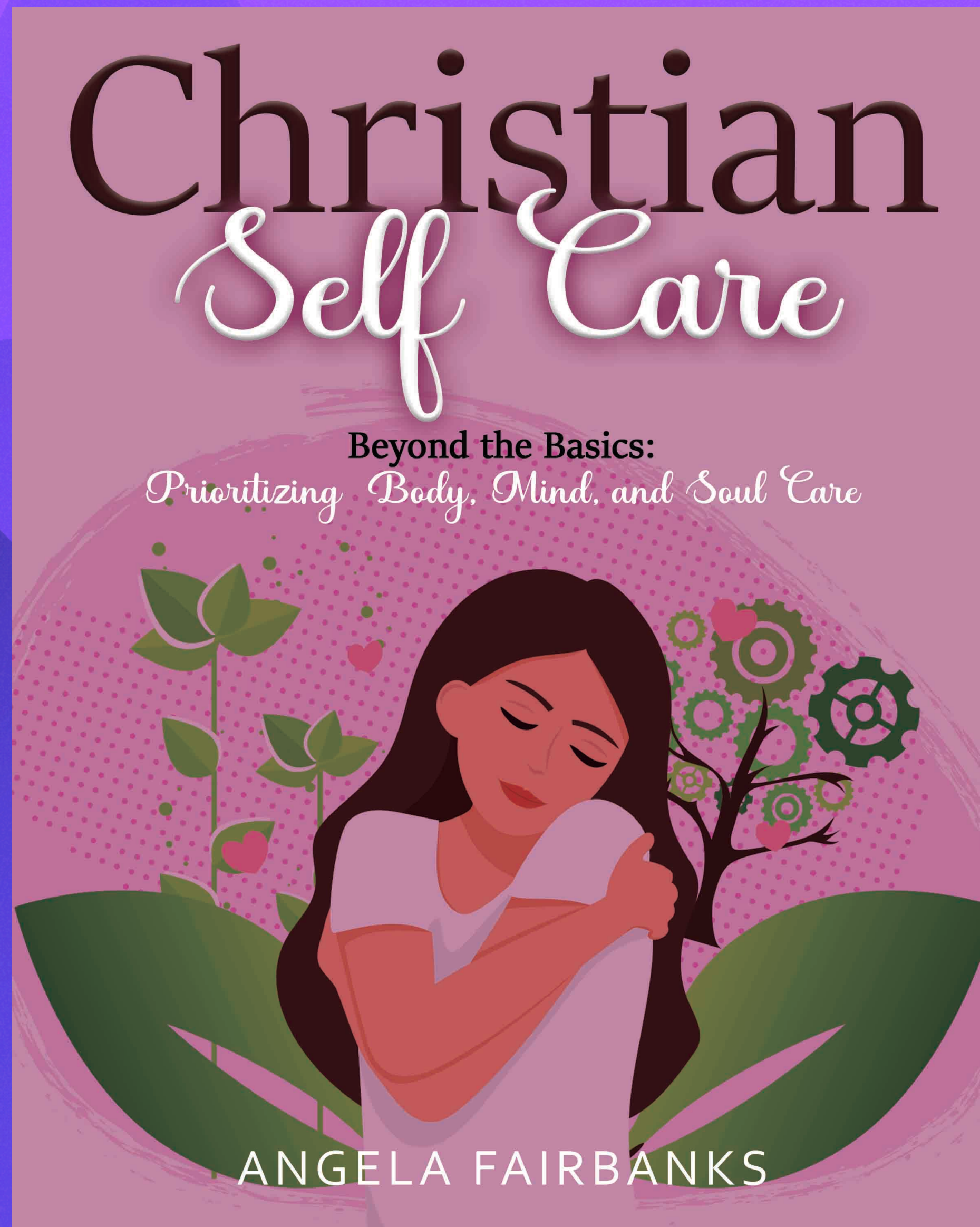

WELCOME

- Who I am
 - What I do
 - Why I'm here
-



The Overview

- My Body
- My Mind
- My Soul
- My Spirit

The background features a stylized mountain range with several peaks of varying heights and shades of purple and blue. The mountains are layered, creating a sense of depth. Two thin, horizontal green lines are positioned near the top and bottom of the image.

THANK YOU!

Fun Drawing to Kick Things Off!

Here's What We'll Examine:

1. The Reason for Self Care
2. Why We Have Trouble Prioritizing Self Care
3. Getting Our Identity Right
4. Some Actionable and Practical Steps
5. The Role our Father's play
6. Discussion and Drawing

THE REASON FOR SELF CARE

Ever feel overwhelmed, worn down, and burned out but you can't really identify the cause?

Is anyone here tired of being tired?

THE REASON FOR SELF CARE

An overload of stress traumatically impacts
your overall wellness.

THE REASON FOR SELF CARE

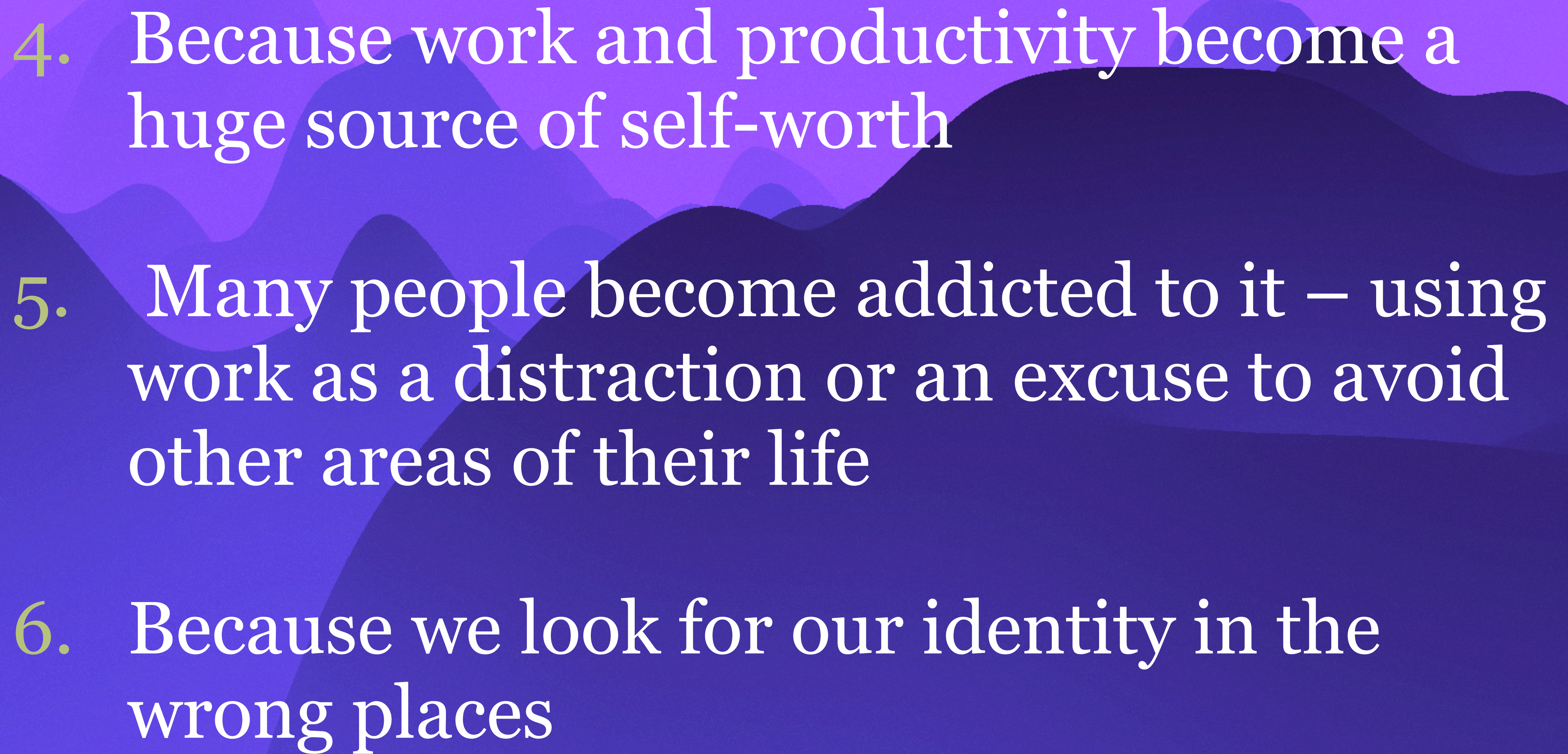
Your mind, body, and soul become so overwhelmed that these three vital areas of your life are unable to properly function.

I'M JUST CURIOUS...

- Does anyone here care for anybody else?
 - Does anyone here put others' needs ahead of their own?
 - Does anyone here feel guilty when you try to relax?
-

WHY WE HAVE TROUBLE PRIORITIZING SELF CARE (*JESUS RESTED. WHY CAN'T WE?*)

1. Because we live in a society that HIGHLY values productivity and accomplishment.
2. Because we are afraid of being seen as lazy, useless, stupid, unproductive, unmotivated, or less than.
3. Because we don't want God to be disappointed in us.

- 
4. Because work and productivity become a huge source of self-worth
 5. Many people become addicted to it – using work as a distraction or an excuse to avoid other areas of their life
 6. Because we look for our identity in the wrong places

GETTING OUR IDENTITY RIGHT: *WHAT ARE THE WRONG PLACES?*

- Our Personality
- Our Job
- What we've accomplished/achieved

IMPORTANT REMINDER

We are loved by God, not because of what we've done, but because of who we are. God loves us with the same love that He has towards Jesus Himself.

1 John 15:9

*As the Father loved me, I also have loved you:
abide in My love."*

THE MIND: OUR MENTAL HEALTH

What do we need to know and understand?

1. Our mind is the epicenter of our wellness. Our brains are dynamic organs. It controls all the functions of our body.
-

THE MIND: OUR MENTAL HEALTH

2. Our memories and intelligence are stored in our minds. Our brains are continually developing.
 3. What we go through in our childhood shapes the way we think, behave and react.
-

THE MIND: OUR MENTAL HEALTH

4. Through our family, we're introduced to things like love, self-worth, and conflict resolution.
 5. We may create unhealthy habits that were birthed from the early years of our brain development.
-

THE MIND: OUR MENTAL HEALTH

6. You may have traumatic experiences that alter the way you perceive people and things.
 7. Your brain has the capacity to reorganize what it has already learned.
-

THE MIND: OUR MENTAL HEALTH

8. Our brains have a characteristic called Neuroplasticity. Neuroplasticity is your brain's ability to change and adapt the way it functions. This means that your mind is able to toss out things it's absorbed that no longer serve your well-being.
-

THE MIND: OUR MENTAL HEALTH

9. Your brain can reroute you to a healthier way of thinking and therefore living.
 10. You can shake off your past, the old ways of thinking that have kept your mind captive, and chase after your own emotional wellness.
-

THE MIND: OUR MENTAL HEALTH

- 11. Change the narrative of your life with self-love, and take on practices that purify and free your thoughts
 - 12. Liberate your mind
-

THE MIND: SELF-CARE IDEAS

- Release feelings of guilt around self-love
 - Ignore your phone!
 - Challenge your negative self-talk
-

THE MIND: SELF-CARE IDEAS

- Set boundaries with yourself
 - Create boundaries at work
 - Read something for fun
-

THE MIND: SELF-CARE IDEAS

- Check in with your thoughts
 - Learn to control your mind
 - Cut off emotionally immature people
-

THE MIND: SELF-CARE IDEAS

- Take a break from your healing
 - Let go of imposter syndrome
 - Mind your business
-

THE MIND: SELF-CARE IDEAS

- Embrace your bad days
 - Take a break from Social Media
 - Start your day with silence
-

THE MIND: SELF-CARE IDEAS

- Have a really good cry
 - Write out affirmations
 - Don't become someone's with emotional dumping ground
-

THE MIND: SELF-CARE IDEAS

- Listen to a podcast
- Simplify your goals

CAROL RUBINO LIFESPIRE WELLNESS





CAROL RUBINO LIFESPIRE WELLNESS

Carol Rubino FREE consultation

THE BODY: OUR TEMPLE

1. Your body has its own memory bank. Good and bad emotions are stored in your body, especially unprocessed trauma.
-

THE BODY: OUR TEMPLE

2. Your body also has a reaction to these different emotions. You might freeze when you get scared. You might get a headache when irritated. Losing appetite, or overeating, when you're irritated.
-

THE BODY: OUR TEMPLE

3. Taking care of your body requires you to listen to it and move it. Pay attention to what the physical temple of your is asking for. Nourishment? Pampering? Stillness? Action?
-

THE BODY: OUR TEMPLE

4. Moving your body is one of the best ways to take care of it. Things like stress and anxiety can paralyze us, creating bad habits that exacerbate whatever illnesses are trying to take root in our bodies.
-

THE BODY: OUR TEMPLE

5. You may have been taught to ignore your physical pains, to disregard what your body is trying to tell you. **That must stop.** It's time to give your body the love and respect it deserves.
-

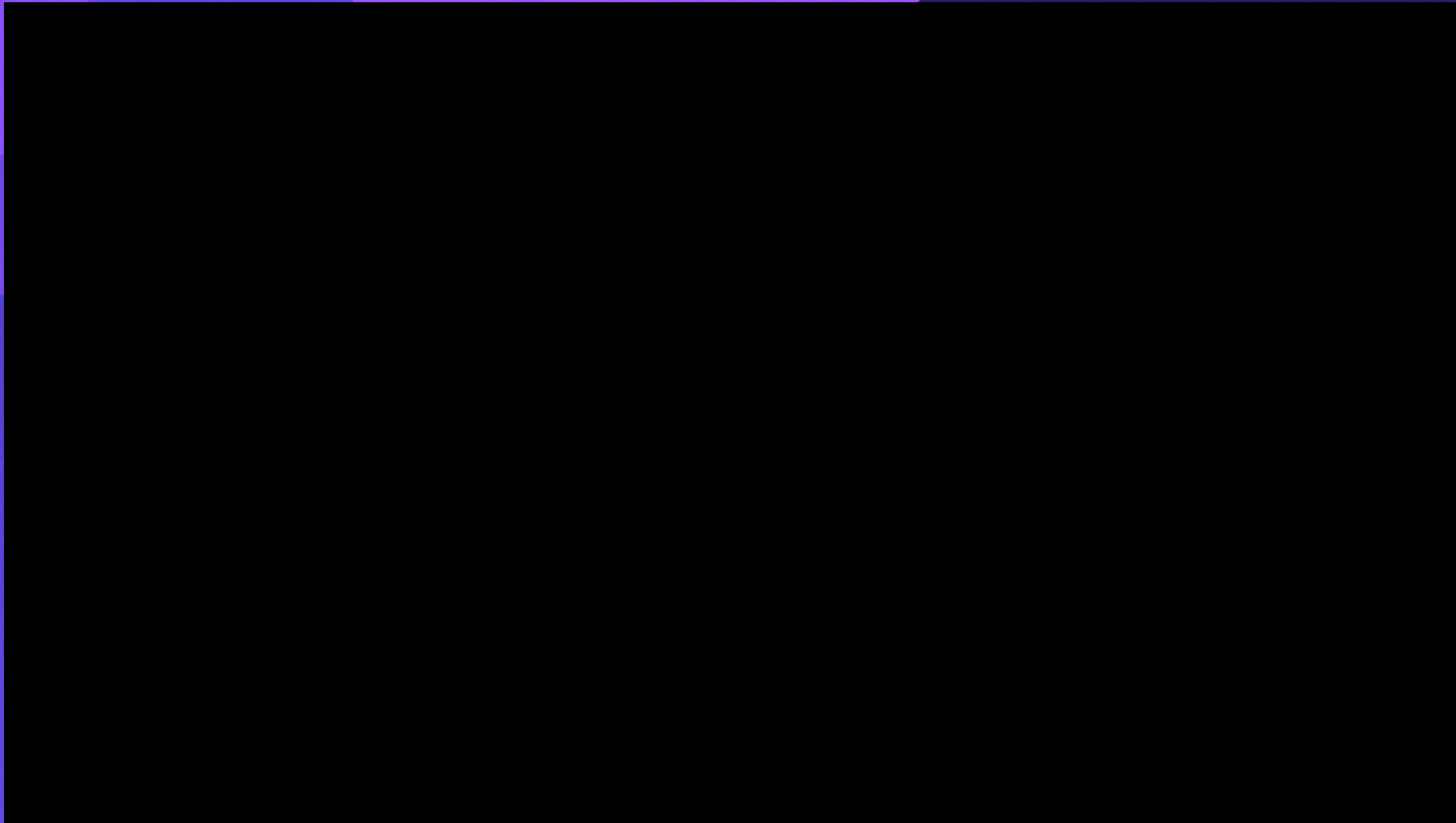
THE BODY: OUR TEMPLE

- Reclaim ownership over your body
 - Take a nap
 - Set an alarm for bed
 - Make your bed
 - Go to the salon as often as possible
-

THE BODY: OUR TEMPLE

- Resist Burnout
 1. get an accountability partner
 2. create boundaries
 3. don't bring work home
 4. rest when your body says so
-

THE BODY: CHRISTIE RYAN FITNESS



THE BODY:

Christie's Challenge

Salina Massage Therapy

THE SOUL: THOUGHTS, FEELINGS & EMOTIONS

Who we are inside.

Thoughts, feelings, emotions, but also intuition.

(The difference between our Soul and our Spirit is that our Spirit is one with the Holy Spirit if we are Christ followers.)

Ephesians 1: 13-14

And when you believed in Christ, he identified you as his own* by giving you the Holy Spirit, whom he promised long ago. 14The Spirit is God's guarantee that he will give us the inheritance he promised and that he has purchased us to be his own people. He did this so we would praise and glorify him.

THE SOUL: THOUGHTS FEELINGS & EMOTIONS

Taking care of your spirit is what helps keep you motivated to pursue total healing.
You will feel more connected to God,
yourself, your family and friends, and the
world.

THE SOUL: THOUGHTS FEELINGS & EMOTIONS

Self-care practices guide you to your life's purpose. It helps you walk, live and love in the full glory of what God has for us.

It is what fills you up with peace beyond understanding.

THE SOUL: THOUGHTS FEELINGS & EMOTIONS

The world is always pulling you in a million different directions and wanting us to act based on our flesh. As believers, we are called to live according to His word.

THE SOUL: THOUGHTS FEELINGS & EMOTIONS

***One of the most important things you can do
to heal your soul is to get into God's word at
minimum***

4 times per week. Here's why!



WAYS TO START

Begin your prayer time with the
*TRUST prayer.”



Pastor Mike Bickle, Prayers that Strengthen the Inner Man”

T. Thank You. Turn your attention inward to recognize the Spirit's presence and simply thank Him for His indwelling presence.

“And when you believed in Christ, he identified you as his own by giving you the Holy Spirit, whom he promised long ago. 14 The Spirit is God's guarantee that he will give us the inheritance he promised and that he has purchased us to be his own people. He did this so we would praise and glorify him.” Ephesians 1: 13-14*

R. Release revelation of Your glory. Paul prayed that the Father of glory release the spirit of revelation to his people (Eph 1:17). Moses prayed, 'Please, show me your glory' (Ex. 33:18). Ask the Holy Spirit to open your eyes to see the realm of God's glory that you may encounter more of His glory and heart.

U. Use me. Paul exhorted us to seek diligently to be used in the gifts of the Spirit (1 Cor 12:31). The spirit promised to release His gifts through every believer (Acts 2:17-21;). Thank the Holy Spirit for His gifts and ask Him to release them to you in a greater measure. Ask Him to give impressions to you to bless people, that you may be a vessel of his presence to glorify Jesus.

S. Strengthen me. The Spirit will strengthen our inner man by touching our minds and emotions with the might of His presence. We can draw on His strength by thanking Him for the reality of His power that is already in our born-again spirit. Because the Spirit lives in us, the fruit of the spirit—love, joy, peace, and so on, is in our spirit now. We can experience more of the power of this fruit by thanking Him that it is already in us. (Eph 3:16, Gal 5:22-23)

T. Teach me. The Spirit is the Teacher who leads us into God's Will and ways so that we are able to live in partnership with God. We ask the Spirit to teach us about God's Word, will and ways by giving us wisdom and creative ideas for every area of our life, including how to steward our money, excel in a career, manage our time, prosper in relationships, in health, etc. He will guide us in ways that help us walk in holiness, have health in our bodies, and so on. John 14:26)

FUN THINGS WE CAN DO TO ENJOY SELF-CARE!

- Create a morning playlist
- Relax with aromatherapy
- Schedule a friend date
- Stop being a “ride or die”

FUN THINGS WE CAN DO TO ENJOY SELF-CARE!

- Find a mentor in your industry
- Date yourself
- Schedule a girls' trip
- Release limiting friendships

FUN THINGS WE CAN DO TO ENJOY SELF-CARE!

- Develop an abundance mindset
- Watch something funny
- Create a financial plan
- Build a healthy sisterhood

FUN THINGS WE CAN DO TO ENJOY SELF-CARE!

- Show yourself compassion
- Leave an unfulfilling job
- Join a book club
- Write a letter to yourself

FUN THINGS WE CAN DO TO ENJOY SELF-CARE!

- Ask for help
- Go volunteer
- Practice radical honesty with yourself
- Practice not complaining

FUN THINGS WE CAN DO TO ENJOY SELF-CARE!

- Let go of your personal timeline
- Become a mentor
- Stop ranting on Social Media
- Find a new hobby

FUN THINGS WE CAN DO TO ENJOY SELF-CARE!

- Create an Illustrated Discovery Journal
or Vision Board

Studies show that enjoying a creative
expression hobby lowers Cortisol levels by
30%!!!



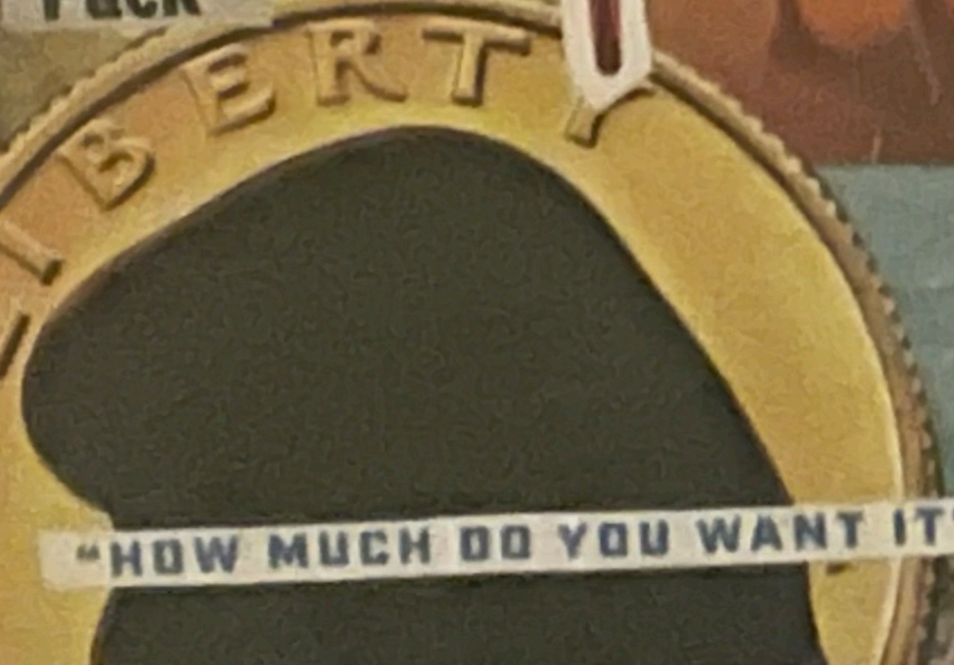
If you can
pull ahead
of the pack,
life doesn't
get better.

Pull
Ahead
of the
Pack

I'VE
LEARNED
TO
ACCEPT
MYSELF'

You, 2.0

love it or
lose it



"HOW MUCH DO YOU WANT IT?"

BADASS

badass

A Healthy
Reset for
Mind & Body

You Need the Lows
to Appreciate the Highs

Goodbye Chaos.

The Queen
Gets Ready
to
Party!

THE RELATIONSHIP WITH OUR FATHER

- Heal Your Father Wound

How we view God the Father is foundational
in how we view our life with God.

THE RELATIONSHIP WITH OUR FATHER

- Satan will always try to pervert how we think of God.

If we can trust God, then we can live out what God wants for us. The enemy will use the picture of our earthy father and pervert that.

FATHER TYPES

1. Passive Father

- emotionally distant
- expresses his emotions in a very minimal way
- assumes that you know he loves you

People who had a Passive father can

- Think that their Heavenly Father is equally passive
- That he surely is not interested in the day-to-day workings of our lives, but only the big things

FATHER TYPES

2. Authoritarian Father

- imposes his will to shape your life
- puts obedience above relationship
- hands out a clear list of do's and don'ts
- interrupts us because only his thoughts or opinions matter

People who had an Authoritarian Father learn:

- that our emotions, desires, and feelings don't really matter
- we must be subservient to our father in order to be loved
- obedience is the main thing that matters

People who had an Authoritarian Father often can't understand

- That God wants more than works or sacrifice
—He wants a relationship with us
- He's more interested in who we are than
what we do
- And that we don't have to "earn" our spot in
Heaven

FATHER TYPES

3. Abusive Father

- inflicts pain deliberately
- hurts his children emotionally, mentally, sexually, physically
- creates lifelong trauma
- damages our thinking and emotional process development

People who had an Abusive Father learn:

- to stay back from God, never fully surrender because “Why would I?”
- to feel that God will judge them harshly because He has the power to do so

FATHER TYPES

4. Absent Father

- different from Passive father because he is never truly around
- gone by death, divorce, running off or workaholic (home, but not really)
- doesn't do what a father should do

People who had an Absent Father learn to think about God:

- that God won't really show up in times of confusion, crisis or trouble
- that He can't really be trusted or relied on

FATHER TYPES

5. Accusing Father

- “Yeah, but...”
- always judgment or criticism
- intentions are primarily good, but always find fault
- thinks that by pointing out our failures, it will make us better and stronger

What people who had an Accusing Father learn to think about God:

- we are always striving to meet His approval
- very difficult to understand unconditional love

What should a father actually do?

1. Speak identity into his children

- helps children to understand who they are in Christ
- helps them with their strengths and weaknesses

2. Protects his children

- comforts
- assures them all will be alright

3. Provides for his children

DO ANY OF THESE TYPES RESONATE WITH US?

- Are there wounds I am still carrying from my childhood (or my relationship with my earthly father) that could be hindering my walk with the Lord?
- TRUTH: God is unlike any of our earthly fathers
- Jesus came to earth to reveal who God really is
- With God's help, examine your heart



Prayer

Fun Give-a-ways!

(Resource Guide has contact information)

Q and A