



ORDER WITH THE UNIVERSE STARTS WITH YOU—SELF CARE FOR HARMONY & BALANCE

Order- The intelligence of the Universe expressing through each of us. The disciple is James, son of Alphaeus. He represents the harmony and balance available through centering our awareness. The corresponding color is **deep green**, and the location is the navel
Affirmation: My life is balanced and in order, and all is well. - BREATHE

Make Peace with your Broken Pieces

Building strong wellness and self-care practices into your life that integrate your spiritual principles, takes active choice. What is your "daily bread" - the sustenance that keeps you motivated to grow and take action? Last week we talked about our fragility, this week, lets explore ways to be all right when we aren't all right—mentally, physically or spiritually. It starts with understanding Self-Care for SELF-LOVE. People around us are often not okay also, and that can be difficult. We must first learn to be in touch with our emotions first; even on an airplane we are directed, to put our mask on first. It is only then that you can take care of others.

To make peace with your broken pieces, let go of the shards of a broken past that you're still holding onto. Make peace with the pain by forgiving someone, that doesn't deserve, your forgiveness or more importantly, forgiving yourself. *True forgiveness is accepting the apology that you never got or gave to yourself.* And be honest about who you really are. Because if you know your weaknesses, you can be strong.

For a parent, supporting a child going through something difficult can be hard. Parents easily empathize and often "feel" along with their child, which in turn makes all involve fragile. There is a distinction between empowering and enabling. There are times we may consider allowing someone to work through their circumstances. Making peace in this broken situation may require professional assistance, but it always starts with love.

JUST BREATHE!

Body ✨ Reflections ✨ Emotions ✨ Attention ✨ Tenderness ✨ Health ✨ Empowerment
BE.RECEIVE.EXPERIENCE.ACKNOWLEDGE.TRANSFORM.HEAL.EVOLVE.

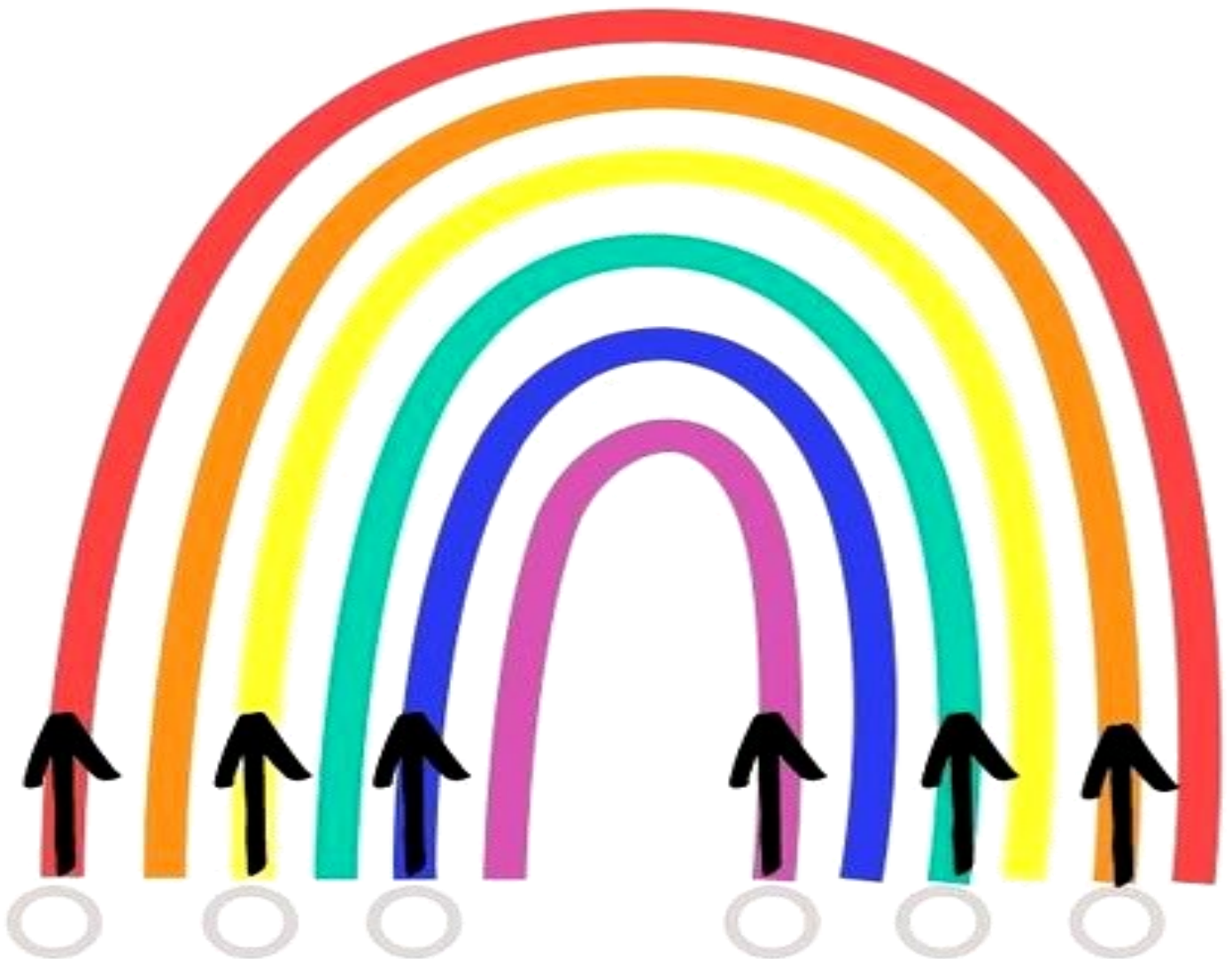
The body tends to hold a lot of trauma, breathwork has become a tool to heal. With guided and intensified breathwork, you can go deeper into expanding and reaching your higher consciousness and subconscious mind. There is science showing that you can heal inflammations and diseases with breathing. Emotional trauma and mental distress are other areas where breathwork can come in and release a lot of this. *So if you're looking for a way to become healthier, heal old trauma and wounds, embarking on the journey of your own breath might be a solution.*

Family Activity: **ACRONYM** An acronym is a word that is made of the initial letters of a phrase like LOL: laugh out loud.

Create a Family Acronym for the word B.R.E.A.T.H.E.
For more fun, create an acronym for Your Family Name.



Deep Breathing EXERCISE



Place your finger on a white dot. Trace the arrow and take a deep breath in. Pause at the end of the color. Trace the next arrow and breathe out. Continue around the image several times.

Self Care Thoughts and Tips

Self-care is for everyone. Simply put, **self-care** is the practice of taking actions to improve health... both physically and emotionally. Kids and adults need time to refresh, recharge and unwind from work, school, and current events. While it is important to focus on **self-care** individually, it's also important to prioritize as a family to support healthy communication and a better understanding for how to support our loved ones. **Create a plan, together, of self care in these areas: Caring for the Body, Caring for the Mind, Caring for the heart and Caring for the Spirit.**

Keep it Simple. Build in flexibility. **Self-care** plans are not intended to add more stress to your current rou-

Tough Self-Care
Sometimes self-care is hard & uncomfortable.

Unfollow/ unlike/ unjoin people/ pages groups that aren't adding value to your life.

Create boundaries with people. Say no.

Set unstuck. Let go and change things up.

Stop comparing yourself, especially on social media. Focus on your own story.

Work on your bad habits and toxic traits. None of us are perfect. There's nothing wrong with personal growth. Love yourself through it.

Take control of your finances. Save and budget if you can.

Go to therapy. Learn how to process feelings in healthy ways. Work on your communication.

Do the work. If something isn't working in your life, figure out how to fix it.

SELF-CARE CHECK-IN
Mid-month check up! Are you...?

Finding your inner peace

Meeting the goals you set for yourself

Spending time on the things that you love

Reaching out to the people you adore

Taking breaks and getting rest

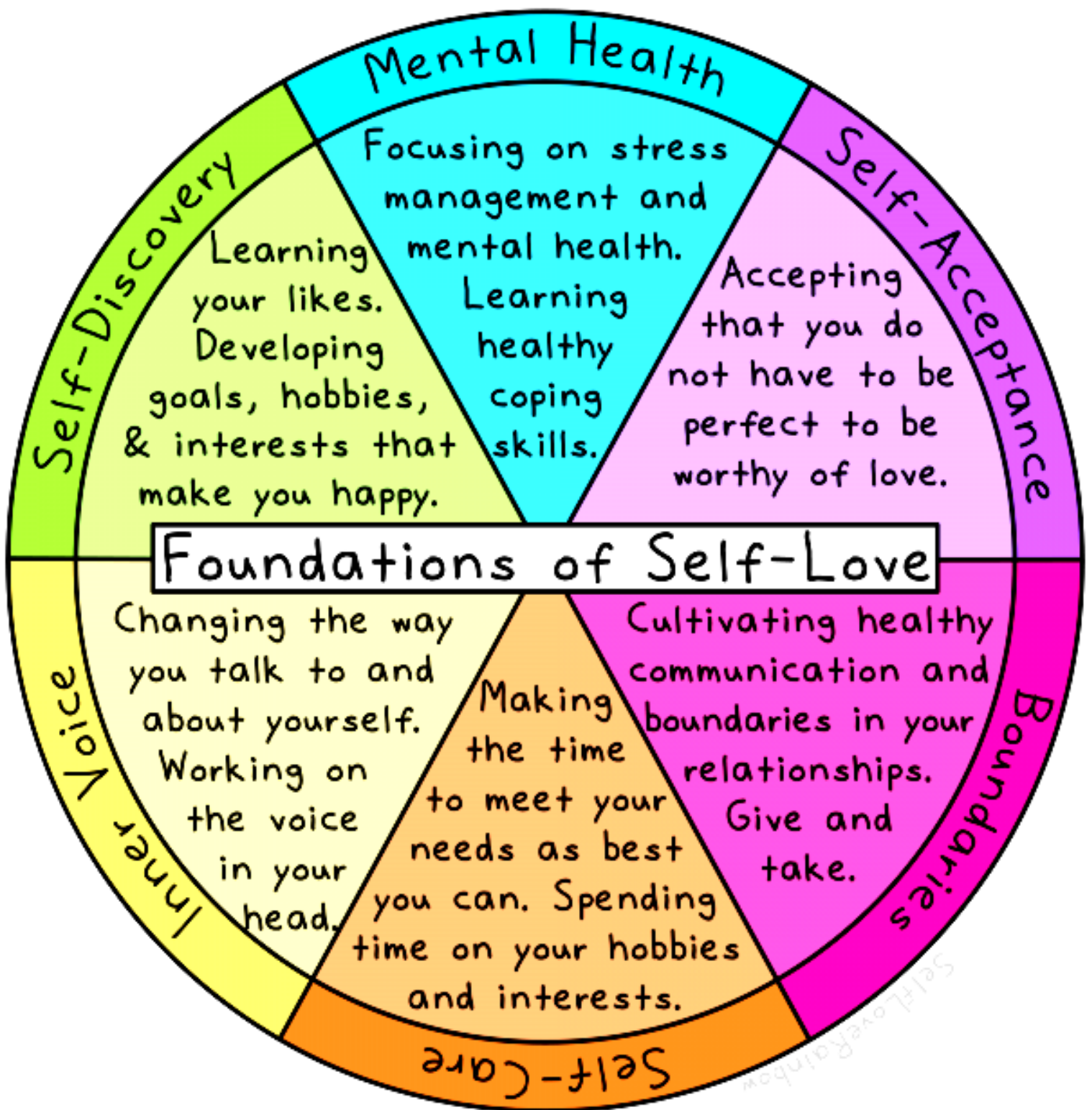
Honoring your word of the year

Meeting your health goals

BlessingManifesting

Bible Quote on Self Care: Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. **Matthew 11:28-29**

Reading the bible can be very comforting, meditative and relaxing. Just for today, breathe, be still and open the bible or other spiritual book of your family choice. Take time reflecting on the words discovered.



SelfLoveRainbow.com



Chinese Moon Festival



National Talk Like a Pirate Day

Aster September Flowers



SEPTEMBER



National Potato Day

FUN FACTS



Sapphire Birthstone



Goodbye Summer



Hello Fall



Grandparents Day

Astrology Signs



Virgo



Libra

Patriot Day



National Coffee Day



9th Month of The Year



National Play Doh Day



MADEWITHHAPPY.COM

Self-Care Activities

QHOVPUSLESMUEBIZKKFFTJXFF
WUQJNVPTPKHMHDBOUCFQTXJCK
SGJCRXGBPLPRASZZORDRAWUPA
BDLAHTRIMASXTSXALIBZKTLCX
CILZPJIGGUGVGP SLNYDHEMBDX
VBAMAAQRGGXPIFHAVHOLAZLWO
CDBCSTRAZHWHKHHGPGZGFBBOPJ
QLPOPBATAPHOGXLXEJCAJFSZ
JRAOWRJIVRYUWUFKRBWITBONQ
XNIKFLOTALKTOFRIENDSHNAIY
UMNNDXUUTTRYNEWTHINGS SDKPU
DSTJYMRDTUMFTTMZXCJTHTFAH
DWHGYZNERKUFURNSVCOLORSNS
NSNOJGAFZHGDZREDXAXXFGFTH
EUNJWDLAMUTCLKXCNAWRTQEA
VPNPBEHWRGHWVIEFCYYEKLF CI
YDNGHYROJSDGTKRZMFI EJDIGB
PCVNGONGSOWLTRCKMEDITATEW
RIVAEGXEEMLSOOIMLNHGCEQBT
ITKPXAKOZESZQMSDXVGSPPSPX
UYSSKKEBEOOZJEARXWXRHRHD
OFLYUVIDRNWTZZJLIAETKAWXS
FLMFIIEFEAAFFIRMATIONS LZV
GIJXJOVUAIZBIWXWHJJEKKNKQ
JLBAKEURDDQGMCDANCEFDRHNS



COOK
TALK TO FRIENDS
AFFIRMATIONS
READ
YOGA
NAP
EXERCISE
GRATITUDE

COLOR
JOURNAL
HUG SOMEONE
TAKE A BATH
DRAW
MASSAGE
TRY NEW THINGS
SHOWER

DANCE
MEDITATE
LAUGH
PAINT
BAKE
WALK

Self-Care for Families

<p><i>emotional</i></p> <ul style="list-style-type: none">___ watch a good movie___ write each other positive notes___ verbalize and talk about feelings___ draw self portraits___ Say "I love you"___ spend time writing___ have a sing-a-long___ tell jokes___ try a new craft	<p><i>physical</i></p> <ul style="list-style-type: none">___ dance party___ go for a walk___ family bike ride___ take a hike___ play kickball___ tag___ roller skating___ go to the pool___ jumprope___ kids yoga___ wii fit games	<p><i>spiritual</i></p> <ul style="list-style-type: none">___ a gratitude list___ go outside___ talk about forgiveness___ write thank you's___ volunteer___ spend time outside or with nature___ practice positive self-talk___ plant a tree
<p><i>mental</i></p> <ul style="list-style-type: none">___ read together___ draw or write stories___ kids meditation___ find shapes in clouds___ practice belly breaths___ go on a walk to find new things___ make vision boards___ try Headspace for kids___ create mandalas___ make mindfulness jars___ play mind strength games like memory	<p><i>practical</i></p> <ul style="list-style-type: none">___ clean up___ declutter old toys___ assign chores___ make a grocery list together___ learn about money___ make a weekly budget check-in___ make a weekly cleaning check-in___ homework/study___ have a morning & night routine	<p><i>social</i></p> <ul style="list-style-type: none">___ play in the park___ call or visit relatives___ have family dinner___ play boardgames___ host a sleepover___ invite friends over___ plan a bbq___ join a team___ do a neighborhood food drive___ have talks about friendship and how to be a friend.

just stay curious

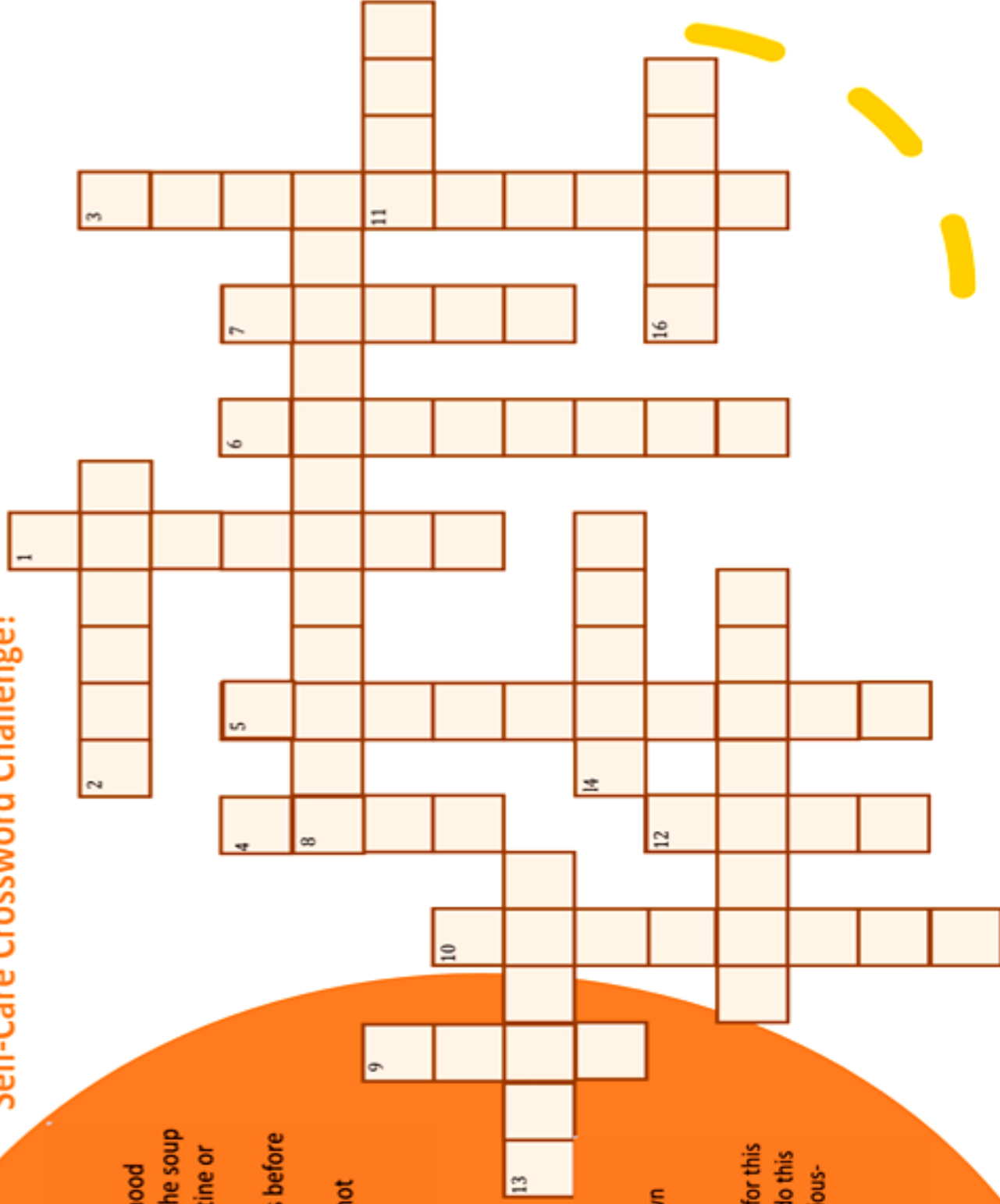
Self-Care Crossword Challenge!

ACROSS

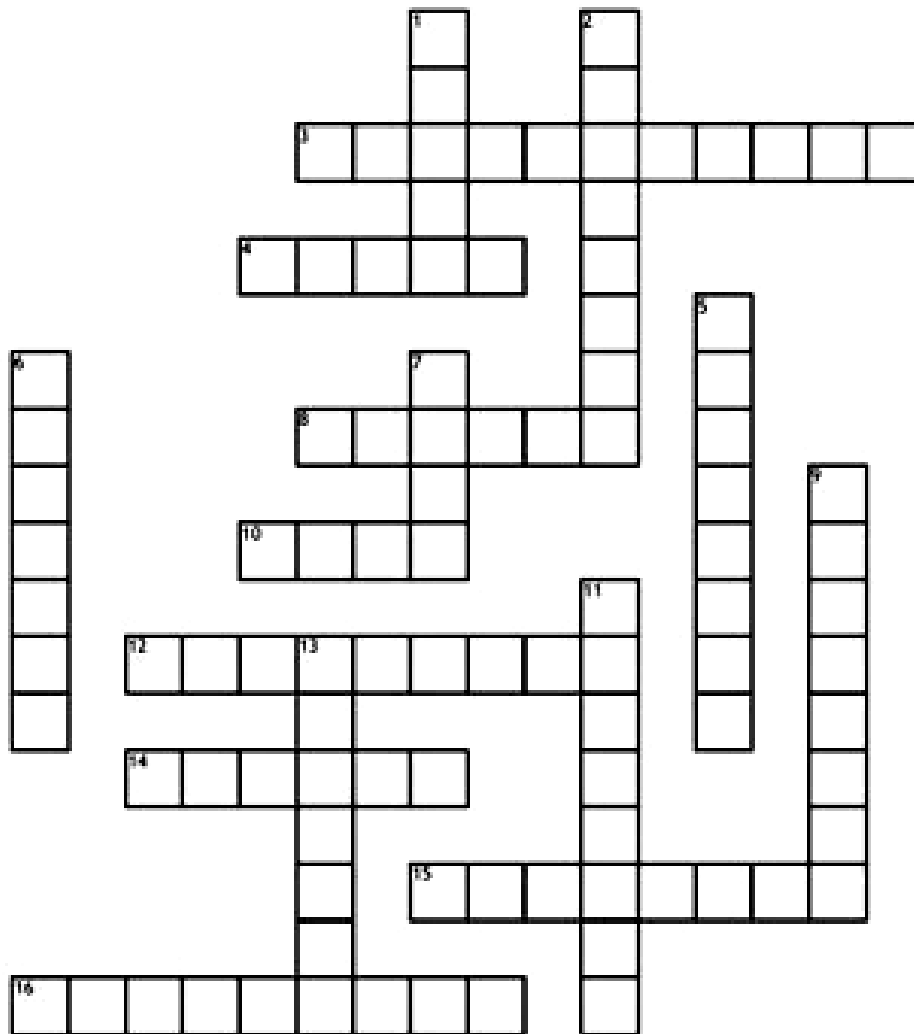
2. _____ vs. nurture
8. Using smells to enhance mood
11. Too many of these spoil the soup
13. Step away from your routine or mobile device
14. Some hyenas, also comes before lines
16. Too much strong drink-- not advised
17. Popular live video chat

DOWN

1. _____ deeply
3. Time off without leaving town
4. Reach four balls in baseball
5. Writing, not for publication
6. Clear your mind of thoughts for this
7. It really doesn't take two to do this
9. Intentional daytime unconsciousness episodes
10. Don't forget the SPF
12. Beatles album, or assist



Self Care



Across

- 3. A lightbulb moment
- 4. We all love this when it's quiet
- 8. Building on yourself
- 10. A long one will do you good
- 12. Never give up
- 14. Something you do to make yourself feel better

Down

- 1. Sounds to sooth your mind
- 2. You're stronger than you know
- 5. Put yourself first. Be your own
- 15. Be Still and quiet
- 16. Release your inner child

- 6. Write down your thoughts and ideas
- 7. Occupy your mind with words
- 9. Find _ in the little things
- 11. Taking time for yourself and
- 13. Accept help from others