



## Renée Trudeau & Associates

Advocates for Balanced Living~  
Coaching, Training and Workshops

### **The Transformative Power of Self-Care**

*Review the following list. Where do you most need to focus? Where could you use support? Note the four areas of care—physical/emotional/mental/spiritual.*

*Self care is not about self-indulgence, it's about self-preservation. It is integral to your total well being.*

#### **Examples in each of the four areas of self-care:**

##### Physical Care

- Be kind/loving to your body—do you need rest, to slow down, to breathe?
- Eat foods that nourish your body and make you feel great
- Get enough sleep and stay hydrated
- Exercise so you'll have more energy and be able to manage stress

##### Emotional Care

- Have a heart-to-heart with a close friend or mentor
- Have kind, loving thoughts about yourself (no criticism for one week!)
- Seek out support from a therapist, coach, social worker or counselor
- Attend a support or life coaching group
- Journal, write down your feelings, thoughts
- Go on a fun date with your partner or a close friend

##### Spiritual Care

- Take time to be by yourself to think or write
- Take a walk in a park or out in nature
- Join a spiritual community
- Meditate, pray or just reflect on what you're grateful for
- Do something creative: paint/draw/write/dance/sing
- Volunteer (help or give back to others)

##### Mental/Intellectual Care

- Read a good book
- Learn a new hobby or skill
- Sign up for a class, group or workshop on a topic that is interesting to you
- Challenge yourself (to try something, to learn something new, etc.)

An excerpt from *The Mother's Guide to Self-Renewal: How to Reclaim, Rejuvenate and Re-Balance Your Life*, by Renee Peterson Trudeau. Visit [www.reneetrudeau.com](http://www.reneetrudeau.com) to start/join a self-renewal circle using the *Guide*, receive monthly self-renewal and life balance tips or order the book. Trudeau is a career/life-balance coach and president of Austin-based Career Strategists ([www.careerstrategists.net](http://www.careerstrategists.net)).