



MINDWORKS PRODUCTIONS

Health care = Self Care

Self Care is a commitment to yourself. Self care is self management, but then isn't everything

"It all begins with you"

That being said, we look at HOW we manage ourselves, we look at the ATTITUDE with which we manage ourselves.

Is your attitude one of fear, of desperation, of anger, guilt or denial? Do you shout on yourself? Or walk in 'I have to, but...'. Do you begin each day in resistance, already focusing on the obstacles in your way, the struggle. Maybe you have the attitude....



"It's too hard", "what's the use?", "who am I kidding?", "I have time to take care of myself". Your attitude about self care is a key to where you are at, perhaps HOW you are stuck.

Whether it be about food, exercise, rest, play, work, relationships or health, how you begin the journey directly influences the results, the outcome.

I am here to suggest there is a softer gentler way to get there. It's all about loving yourself enough to be kind, encouraging, and committed to your journey.

Each journey we take is one of self discovery. If we are conscious and aware, everything is in relationship. Aware of the dynamics of the relationships in your life, your relationship to your parents, your kids, your friends, your spouse, your co-workers, your clients, your team, your boss, your LIFE!

Be aware of your relationship with the weather, with time with traffic, all of this, to discover and measure the relationship you have with yourself.

This is where self care begins with you.

Step one is to simply agree here and now to begin observing, your present relationship with nutrition, fitness, and time for yourself.

Once the door of awareness opens, it is easier to discover what you do want, next comes the way of getting there. Be kind, simply observe, free of judgment, filling your days with 'aha' and your healing begins.



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