



Reset
&
Rejuvenate
week 1

About your instructor

Amy Backos PhD, ATR-BC

- Neuro-Creative Life Psychologist
 - Registered and Board Certified Art Therapist
 - Licensed psychologist
 - Author & retired professor
 - Present, teach and study nationally / internationally
 - 25 years experience
- What I enjoy: watching the sun rise, family, dog, knitting, reading, learning, art, alone time, cake, being of service, fashion, urban hiking, writing, running.

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What You Can Expect



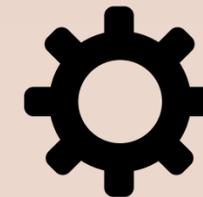
Knowledge

Understand rest and how to cultivate it.



Tools for Change

Learn proven techniques to move towards your values and more rest.



New Relationship to thoughts

Daily practice of writing, art, and scheduling.

Every person needs to take one day away. A day in which one consciously separates the past from the future.

Jobs, family, employers, and friends can exist one day without any one of us, and if our egos permit us to confess, they could exist eternally in our absence.

Each person deserves a day away in which no problems are confronted, no solutions searched for. Each of us needs to withdraw from the cares which will not withdraw from us.

-Maya Angelou



Discrete Theory of Emotions: Inside Out

Enjoyment (pleasure, joy, pride)

Sadness (lonely unhappy, hopeless)

Fear (worried, nervous, anxious, scared)

Anger (annoyed, insulted, mad, vengeful)

Disgust (dislike, offended, revulsion)

(Ekman, 1999)



Rate Yourself

- On a scale of 0-10, how present are you right now?

0 = checked out

10 = completely present

- Name one feeling you are aware of right now.

Housekeeping

Be kind, positive and respectful in the chat. Share solution-focused ideas about what works for you. Avoid negative venting, complaining, or problem-focused sharing. Everyone is welcome here.

This book and classes are for education and inspiration. This is not therapy and participating does not constitute a therapeutic relationship.

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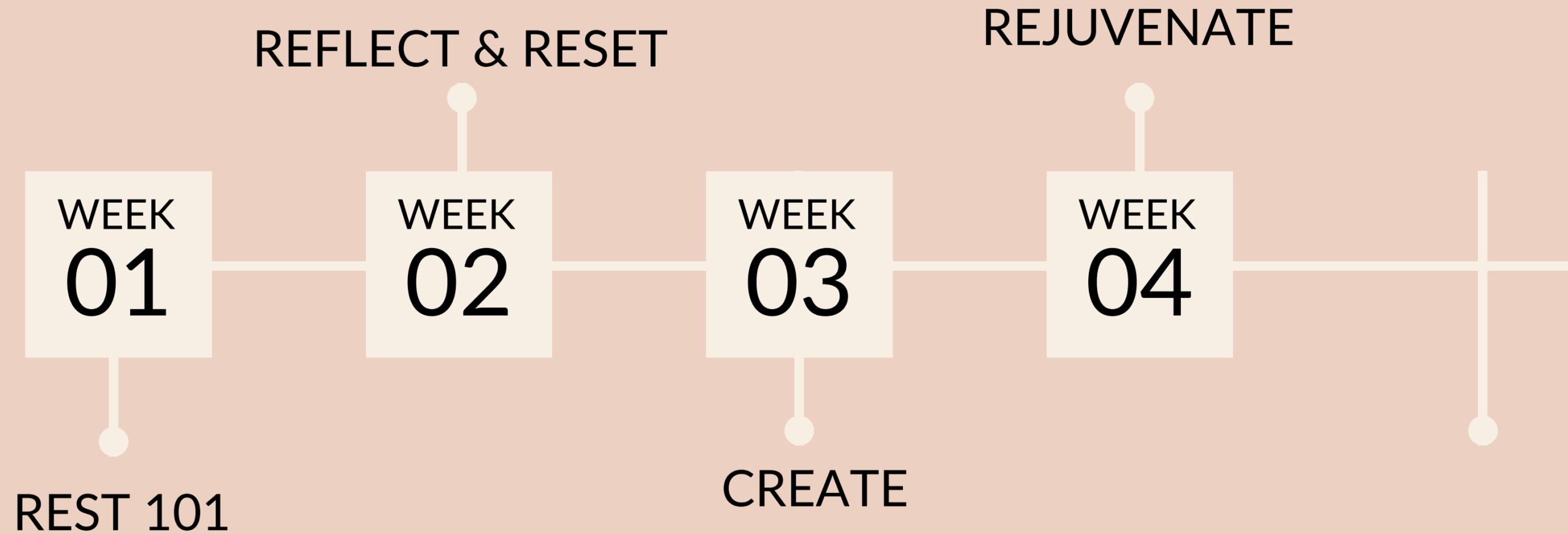
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Enjoy!

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Timeline





What do you hope to get out of this
workshop?

Put your answer in the chat.



What is
rest?

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Defining Rest

- Refreshing quiet, ease, inactivity after exertion.
- Refresh yourself (sleeping, lying down, stopping, or relaxing).
- Refresh yourself.
- To lay or place for rest, ease, or support.





The most valuable thing we can do for the psyche, occasionally, is to let it rest, wander, live in the changing light of room, not try to be or do anything whatever.”

— May Sarton



Rest as a Radical Act

"You don't always have to be creating, doing, and 'contributing' to the world. Your birth grants you rest and leisure as well."

-Tricia Hersey of The Nap Ministry



**Rest is
your birthright.**

You deserve to rest.



The true
cost of
taking care
of everyone
else



Stress Inducing Environment

- Insufficient sleep.
- Individualistic attitude.
- Too many projects.
- Saying yes, when you want to say no.
- Worrying.
- Over-thinking, non-presence.
- Lack of exercise.
- Poor diet.
- Expectations of self and others.
- Insufficient social time.
- Long commutes.
- Unresolved traumas.



Cost of Insufficient Sleep

7-9 hours is mandatory.
Even missing as little as 1.5 hours can
have an impact on how you feel.

- Lack of alertness.
- Excessive daytime sleepiness.
- Less exercise.
- Eat more.
- Impaired memory.
- Poor information processing.
- Relationship stress & conflict.
- Lower quality of life.
- More car accidents.



Stress in your Body

Stress is normal and helps us adapt and survive. It helps up to a certain point.
Chronic stress damages our body.

- Aches and pains / Muscle tension.
- Increased blood pressure.
- Chest pain or racing heart.
- Exhaustion or trouble sleeping.
- Headaches, dizziness or shaking.
- Jaw clenching.
- Stomach or digestive problems.
- Trouble having sex.
- Weak immune system.



Stress at Work

The Occupational Safety and Health Administration (OSHA) declared stress a hazard of the workplace.

- headaches.
- high blood pressure.
- heart problems.
- diabetes.
- skin conditions.
- asthma.
- arthritis.
- depression.
- anxiety.

Systemic Problems

- Lack of role models in family, school, workplace, media.
- Generational trauma.
- Capitalism work demands.
- Undervaluing healthcare (tying it to labor) & lack of childcare.
- Hostile or unhealthy work culture.
- Systemic stress/traumas including sexism, racism, homophobia, ageism, ableism, violence and discrimination.
- Money, house, and food scarcity.

Stress is compounded by unresolved traumas, unsafe neighborhoods, unstable housing, financial insecurity, food scarcity, etc.



Add Suffering to Pain

- Individualism: imagine you are the only one in pain or a problem is unique.
- Avoid asking for help, keep secrets.
- Be angry that things are "as they are."
- Think you are unable to change/contribute.
- Distract yourself: eat, shop, drink, complain, gossip, read negative news.
- Work more.
- Deny the impact of systemic stress on self/others.
- Judge yourself/others for having needs.



The Good News

You can feel better
without anything
having to change
outside of you.

Noticing and accepting "what is" allows you to drop the struggle and make changes you desire.







3 steps to Reset

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How to Feel Better

- **Mindset:** relationship to your thoughts/beliefs.
- **Identity:** present moment awareness & higher self
- **Direction:** your unique values and actions towards manifesting them.



Mindset

relationship to your thoughts/beliefs

Change your thoughts about self and self care.

I deserve exquisite self care.

I can ask for help.

Rest is a valuable part of life.

I am not alone in facing systemic problems.

Negative thoughts do not derail me.

I observe my thoughts with curiosity & without judgement.

Take responsibility for behavior to help your mental and physical health.

I am capable of taking care of myself.

I always have a choice.

Rest and mental health are important to me.

Taking care of myself helps me care for others.

Relapse is part of the process.



Identity

present moment awareness & higher self

Manage your perception of stress.

I am calm, cool and collected.

I am here now.

I have all the time there is.

Educate yourself

I learn new things each day.

I am open to new experiences and other people.

Connect to source/higher self/self as context

I am willing.

I trust.

I forgive myself and others.



Direction

Unique values and actions towards them

Identify what is most important (values)

Know what is most important & prioritize.

Set limits to protect your values.

Create and rely on a team for support.

Take exquisite care of yourself

Prioritize sleep, healthy foods & movement.

Spend 20 minutes a day learning and reflecting.

Celebrate yourself everyday.

Become a good role model for others.



Serenity Prayer

God, grant me the serenity to
accept the things I cannot
change,
the courage to change the
things I can,
and the wisdom to know the
difference.

-Reinhold Niebuhr (1932)



What drains your
spirit drains your
body.

What fuels your
spirit fuels your
body.

— Carolyn Myss





Rate Yourself

- On a scale of 0-10, how present are you right now?
 - 0 = checked out
 - 10 = completely present
- Name one feeling you are aware of right now.



Note your "before" and "after" scores for
present moment awareness.

Note your before & after words.

Put your answers in the chat.



Making Change

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Commitment

noun: the state or quality of being dedicated to a cause or activity

verb: actions which reflect your values

Committed action

Doing what is most important.

Not doing what is not important.

Creating opportunities to respond differently & decisions to persist or alter how you typically respond.



Research says...

Success follows a pattern:

If you have had difficulty with consistency in the past, don't worry! This time you will succeed using the best psychology research!

You will learn and use all of these tricks for success this month.



Committed Action

- Commitment of 1% of each day this month
- 20 minutes a day
- Are your values important enough for you to set aside time for conscious change?

YES!

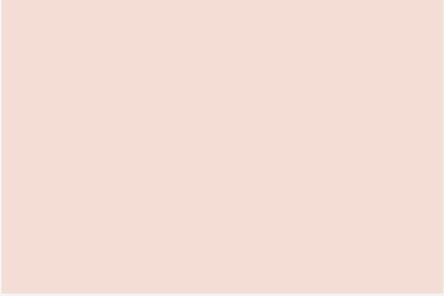


Committed Action



Homework Example

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Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

1

Intentions

2

How do you relax?

3

Other ways to rest

4

Creative Expression & Reflection

A vertical strip on the left side of the slide features several pink cherry blossoms in various stages of bloom, with soft, out-of-focus petals and visible stamens.

Intentions

- What are your goals for rest and rejuvenation?
- Why do you need rest right now in your life?



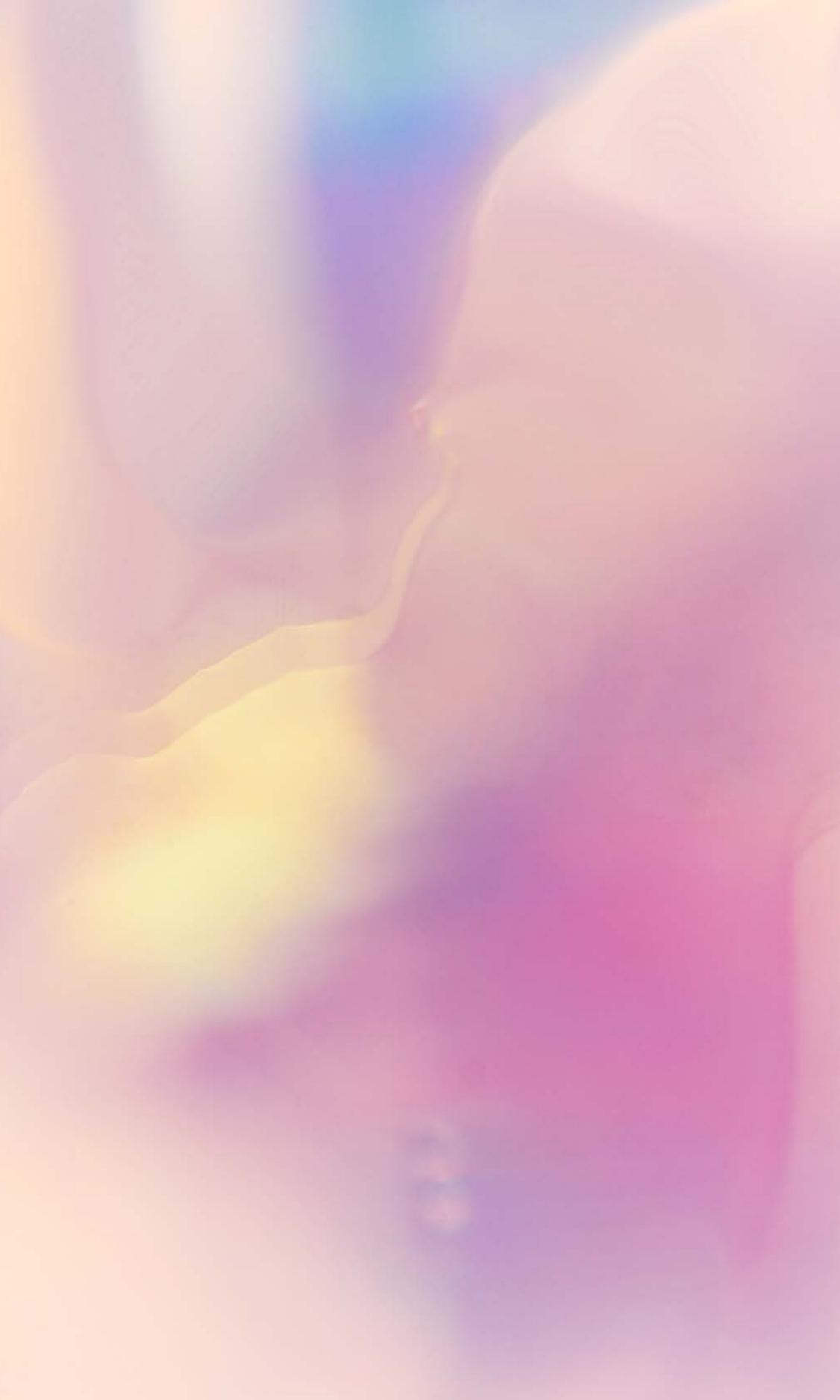
How do you Relax?

- **Passive** (stargazing, napping)
- **Active** (meditation, reading, writing, walking the dog, stretching)
- **Vigorous** (hiking, swimming, cardio exercise, etc.)



What New Ways can you Relax?

- Your task is to identify other ways people relax.
- Ask several friends for 3-4 ways they relax.
- Collect answers until you have a list of 9 new-to-you ways to relax.



Inner and Outer Judgements about Rest

- What negative judgements have you heard or said to yourself/others about relaxing or being at rest?
- Who benefits from these thoughts?
- Who benefits when you work overtime, say yes, or stay up late to finish chores?



Art & Reflection

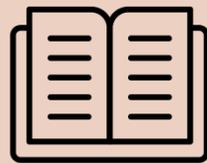
- Create a piece of art using lines, shapes and colors to reflect your your true state of relaxation.
- Reflect on what you learned.
- Appreciate your strengths and celebrate.
- Avoid judgement.



What will you remember about
today's class?

Put your answer in the chat

What To Do Next



Review

Review pages 2-19 in your workbook.



Make the commitment

Schedule 20 minutes a day & write on your planner.

Complete commitment worksheet on page 12.



Week 1

Read and complete Week 1 exercises and complete worksheets.



Looking for More?

For supplemental inspiration about your values and self kindness, find me each Friday at noon PST on IG live @dramybackos

Individual psychotherapy

Signature Packages

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Thank you!

