



Reset
&
Rejuvenate
week 3



Rate Yourself

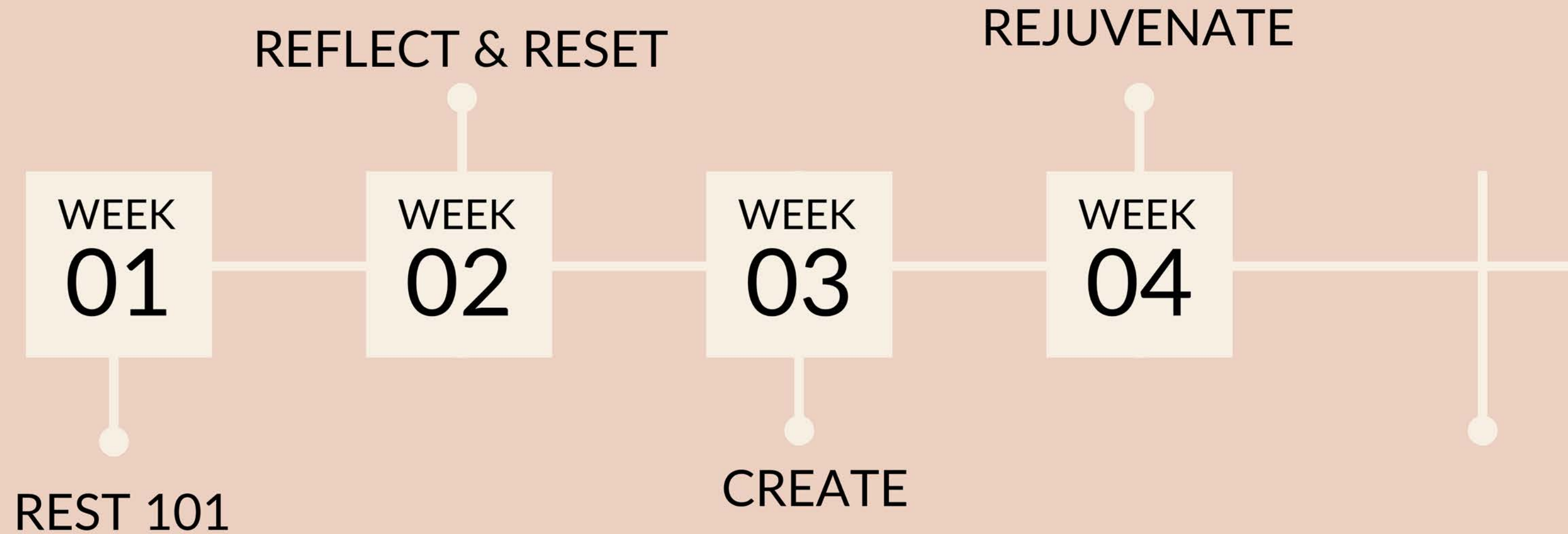
- On a scale of 0-10, how present are you right now?

0 = checked out

10 = completely present

- Name one feeling you are aware of right now.

Timeline





Your future depends
on what you do today.

-Mahatma Gandhi

We might neglect our
future selves because of
some failure of belief or
imagination.

-Derek Parfit



Creating Your Ideal Rest

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Types of rest

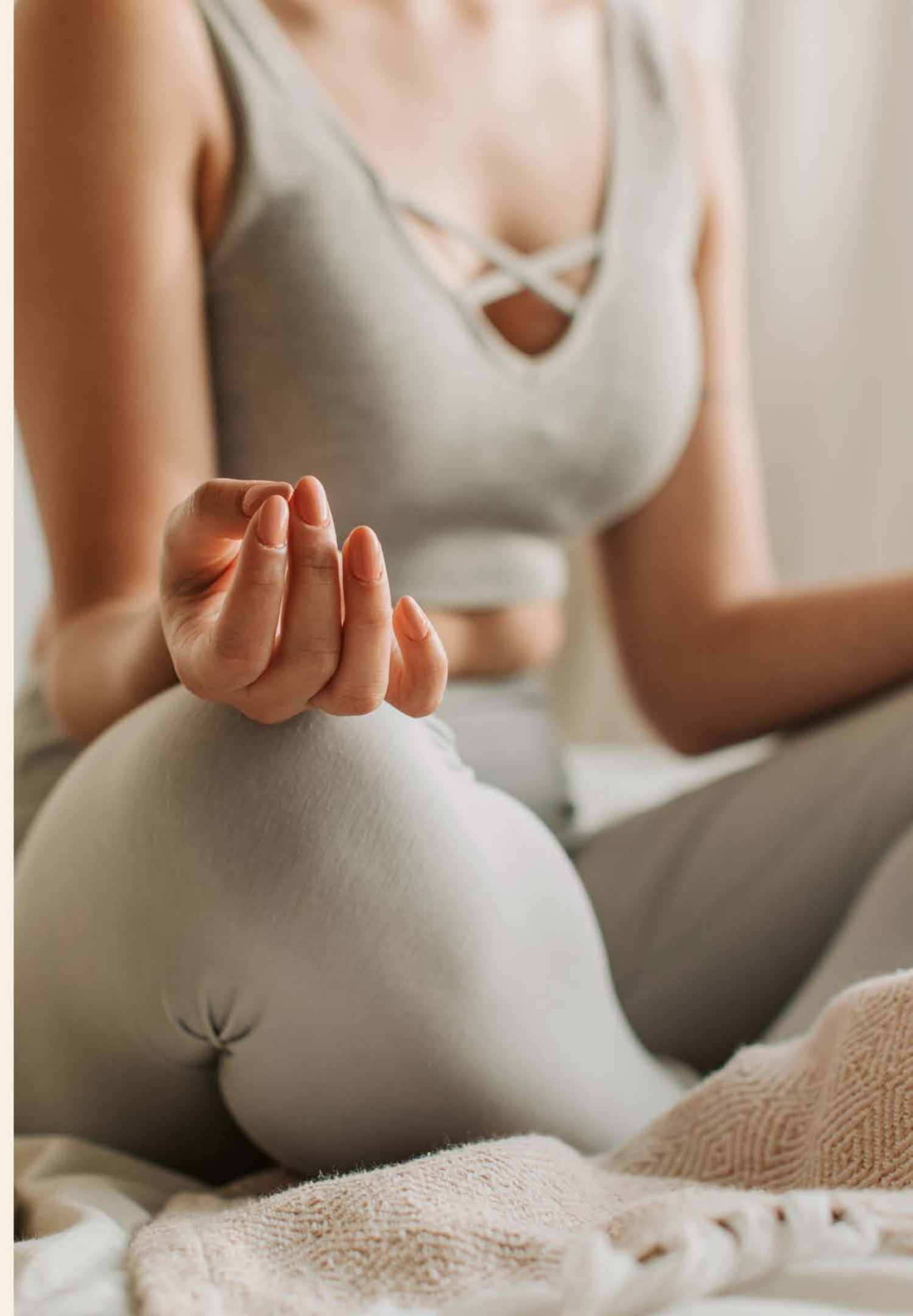
Physical
Mental
Sensory
Creative
Emotional
Social
Spiritual

Sacred Rest: Recover Your Life, Renew Your Energy, Restore
Your Sanity
by Sandra Dalton-Smith MD

Physical Rest

Passive physical rest: sleeping and napping.

Active physical rest: restorative activities, yoga, stretching and massage therapy.





Mental Rest

- Thinking breaks.
- Need breaks from work every two hours.
- Anxious thoughts need care: schedule your worry time, write worries down if they keep you awake at night.





Sensory Rest

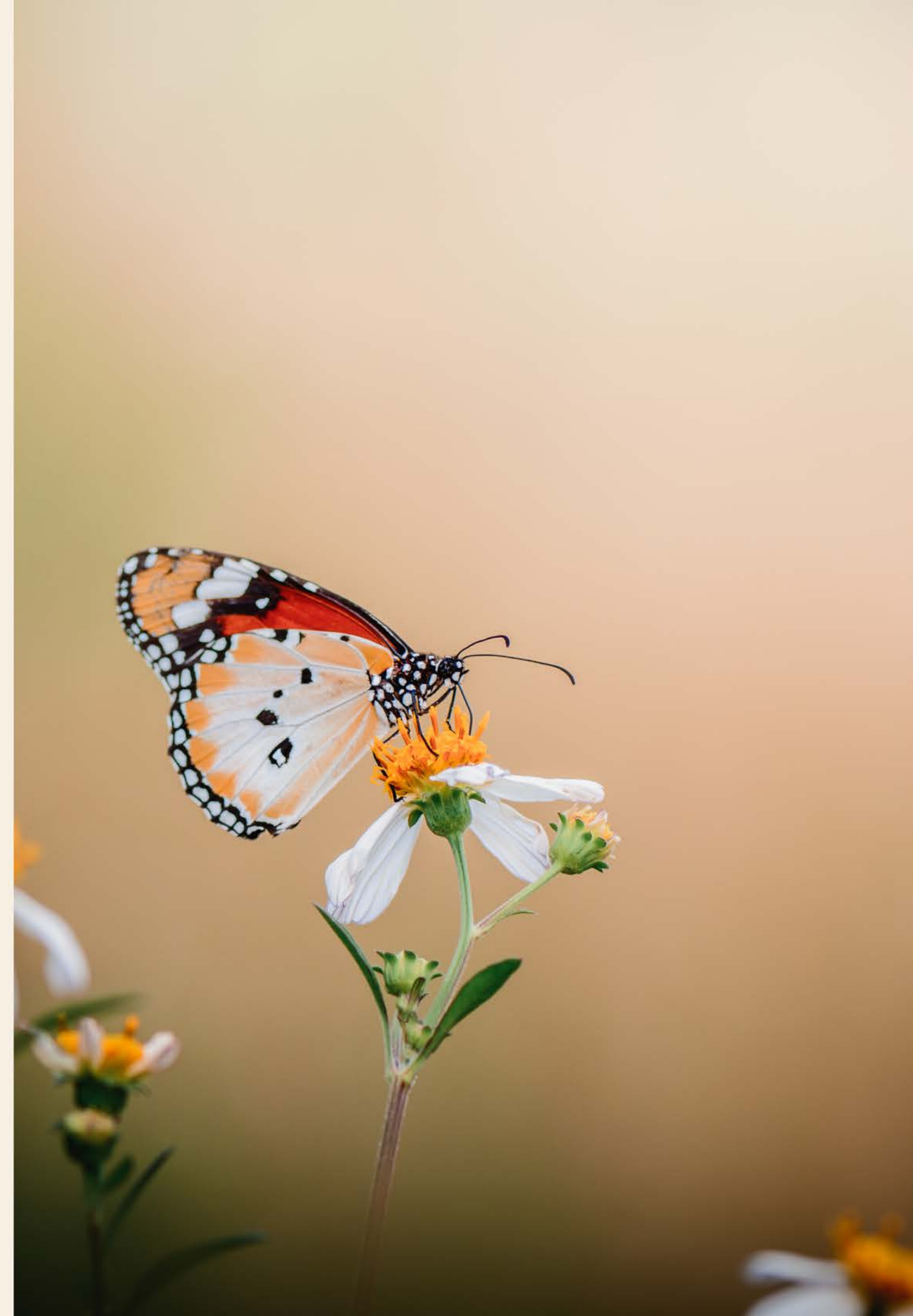
- Bright lights, computer screens, background noise, multiple conversations can cause sensory overwhelm.
- Close eyes for one minute.
- Turn off electronics.
- Sensory deprivation.





Creative Rest

- Essential when you are solving problems & brainstorming.
- Generates wonder and awe.
- Nature.
- Art.
- Surroundings.





Emotional Rest

- Time & space to freely express your feelings.
- Intention to cut back on people pleasing, care taking, extra work.
- Reflect on where you are able to take a step back.





Social Rest

- Differentiate between nourishing & depleting relationships.
- Choose supportive people.
- Decline requests, say no.
- Seek therapy.
- Ask for help & accept it.





Spiritual Rest

- Feel a deep sense of belonging, love, acceptance & purpose; connect beyond physical/mental.
- Engage in something greater than yourself.
- Prayer, meditation or community involvement







What of the seven types of rest do
you most crave?

Put your answer in the chat.



CREATE the Perfect Morning Routine

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Terrible ways to start your day

Wake up late

Rush

Look at the news/social media

Turn on TV for the background

Indulge your anxiety

Eat sugar/skip breakfast

Wake up in old clothes

Frown

Throw on clothes

Yell

Think of negative memories



Great ways to start your day

Stretch

Gratitudes

Pray/Meditate

Exercise

Nature

Read

Make art/knit/sew

Eat nourishing food

Journal

Passion project

Skin care

Make your bed

Smile

Wake up in nice pajamas



Creating the Perfect Morning Routine

20/20/20 guideline

- 20 min. education
- 20 min. meditation
- 20 min. exercise

The 5am Club by Robin Sharma



Amy's morning

- "Happiest day of my life."
- Watch the sunrise.
- Coffee.
- Journal about how I want my day to go/gratitude/doodle.
- Meditate.
- Music
- Make my bed.
- Exercise.
- Podcast/Audiobook.



What belongs in your morning?

- Type of rest you need and why.
- Time commitment.
- Identify activities.
- Create your perfect morning routine.

(Write 5 minutes)



Physical, Mental, Sensory, Creative, Emotional, Social, Spiritual

Stretch

Gratitudes

Exercise

Make art/knit/sew

Eat nourishing food

Watch inspirational video

Passion project

Skin care

Make your bed

Wake up in nice pajamas

Smile

Pray/Meditate

Nature

Read

Coffee/tea

Journal

Music

Luxuriate

Be silent

Sunrise watch



What is one thing that will definitely be
in your new morning routine?

Put your answers in the chat.



Summary

Be willing to change how you spend your time to reset and rejuvenate.

Give yourself kind & honest reflection about what you need.

Give yourself permission to take the time.



New Thoughts

- I deserve exquisite self care.
- Rest and my health are an essential part of my life.
- I give myself permission to do what I need to feel happy, energetic and rested.



Rate Yourself

- On a scale of 0-10, how present are you right now?
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- 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 before and after answers in the chat.



Making Change

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Commitment

noun: the state or quality of being dedicated to a cause or activity (your reset and rejuvenation).

verb: actions (class, writing, morning routine) which reflect your values (your self care).

Committed action

Doing what is most important.

Not doing what is not important.

Creating a morning routine and sticking with it.



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!

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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

**What
will you
change?**

2

**Create
new
thoughts.**

3

**Set
your
pace.**

4

**Creative
Expression
& Reflection.**



What will you change?

- Time to define what you are willing to let go of to give yourself a rest.
- Critical look at your behavior that depletes you.
- Honest reflection without judgement.
- "Noticing" what you do is acceptance.



Create New Thoughts

- Time to imaging the changes you will be making.
- This is a very powerful exercise!
- Answer a series of questions as if your restful changes already happened.



Set Your Pace

- Finalize your morning routine.
- Begin implementing it tomorrow!
- See how much time is required to complete your reset.
- Slowly lengthen the time you are rejuvenating yourself in the morning.
- You can shorten your time if you like after a full reset.



Art & Reflection

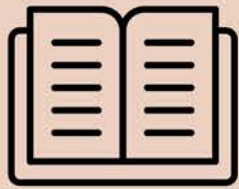
- Create a piece of art using lines, shapes and colors to reflect how your future self takes exquisite care of you.
- Reflect on what you learned.
- Appreciate your strengths and celebrate.
- Avoid judgement.



What will you remember about
today's class?

Put your answer in the chat.

What To Do Next



Review

Review what
you learned
from last week.



Make the commitment

Schedule 20 minutes a
day & write on your
planner.



Week 3

Read and
complete Week
3 exercises.



Looking for More?

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

Signature Package:
Presence, Mindset & Purpose

Starting 2023:
Monthly and yearly class packages.

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Thank you!

