



Reset
&
Rejuvenate
week 4



Rate Yourself

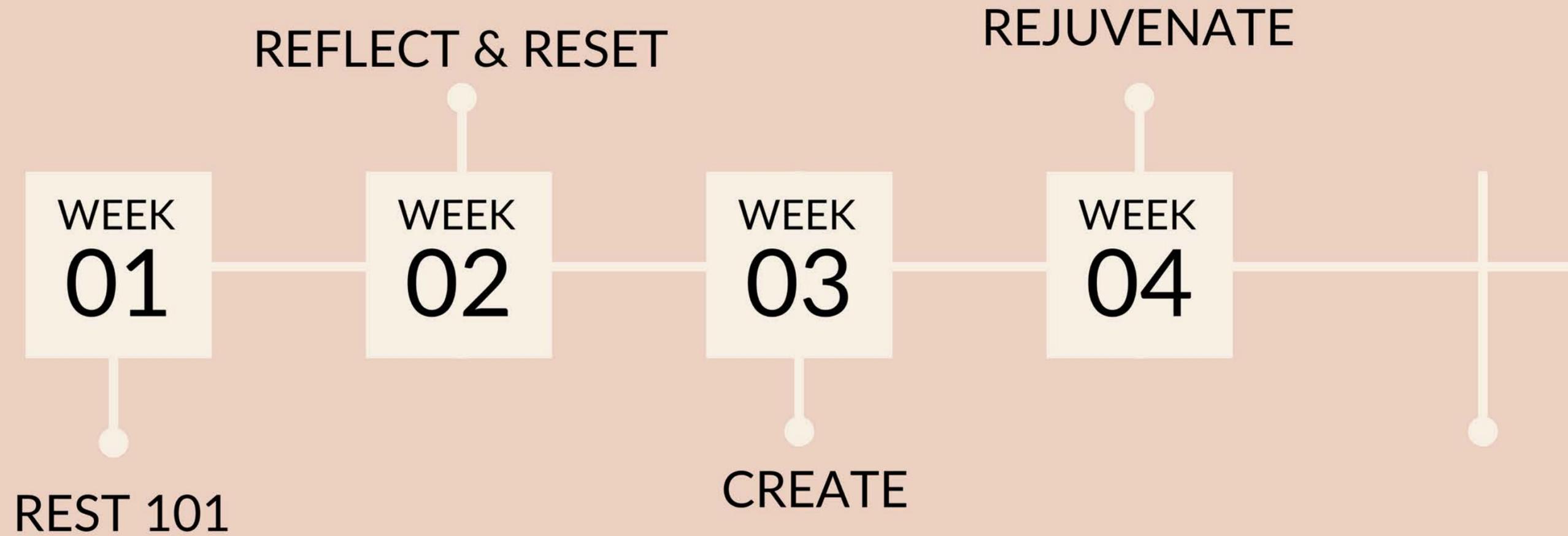
- On a scale of 0-10, how present are you right now?

0 = checked out

10 = completely present

- Name one feeling you are aware of right now.

Timeline





Rest in Review

Physical
Mental
Sensory
Creative
Emotional
Social
Spiritual

People, even more than
things, have to be
restored, renewed,
revived, reclaimed, and
redeemed.

Audrey Hepburn



The Nature
of Renewal
&
Change

www.Arttherapycentersf.com

We must always change,
renew, rejuvenate
ourselves; otherwise, we
harden.

Johann Wolfgang von Goethe

www.Arttherapycentersf.com

Will you Rejuvenate Yourself or Harden Yourself?

You can choose to try and stay the same.

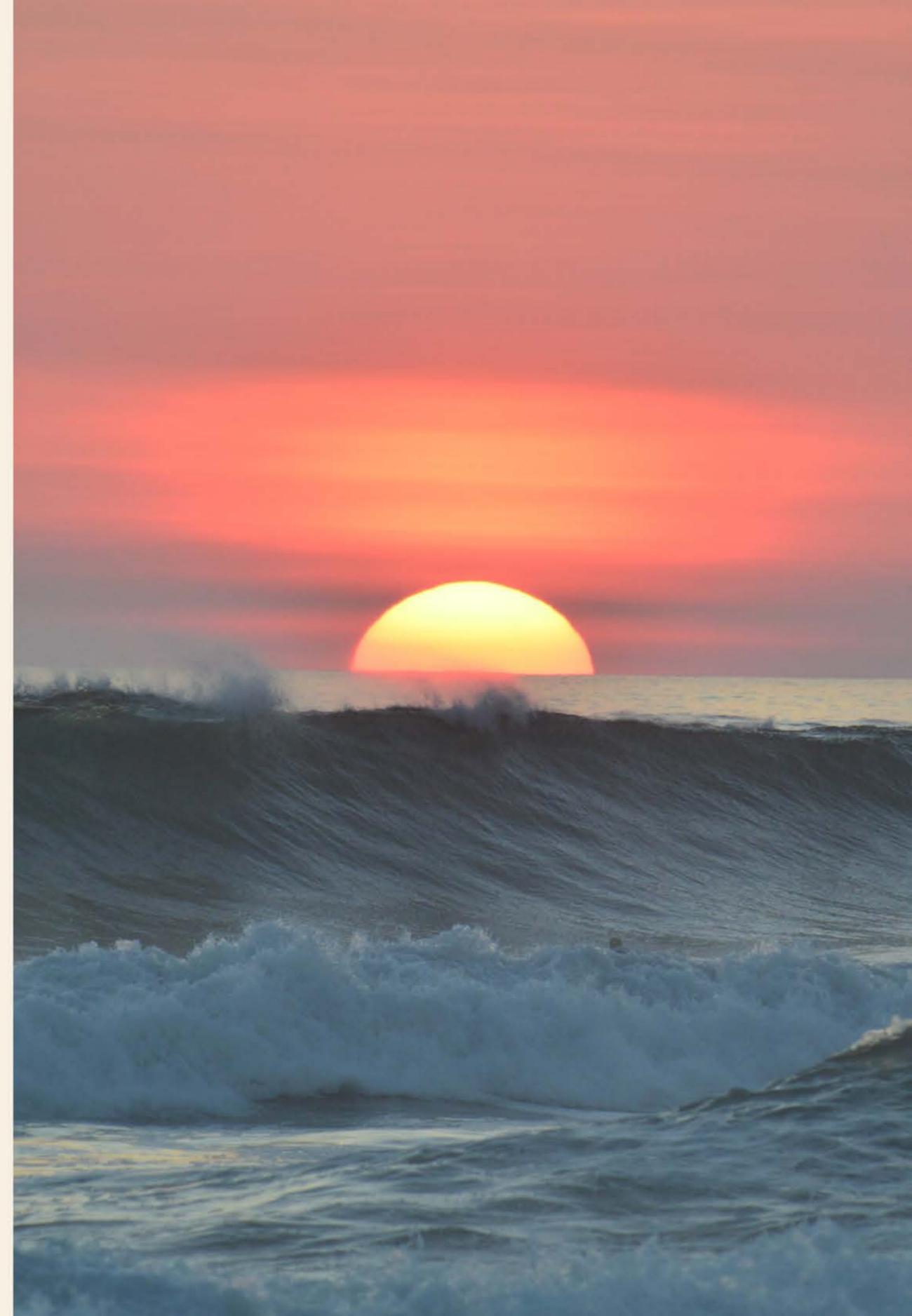
Staying the same is a choice with significant consequences: hardening yourself and losing your openness and curiosity.





The rise and fall

- All things change.
- All things move through cycles.
- All things have a season.
- Adults have developmental tasks and stages, just like children.
(meaning, purpose, generation, productivity, authenticity, self actualization)







The Fight

www.Arttherapycentersf.com

Why We Try to Fight Nature & Control Change

- Lack of knowing there are others ways to "be".
- Fear of change - it's uncomfortable!
- Fear of upsetting/disrespecting others.
- Fear of what lies on the other side of change.
- Dishonest self reflection. Believing your thoughts.



Thoughts to Fight the Nature of Change

Who do you think you are?
You are being disrespectful.
Don't avoid your responsibility.
A lady is a lady is a lady.
Don't make them feel uncomfortable.
You can't handle this.
This is too difficult.
This was a terrible idea.
You don't deserve better.
Do it tomorrow.



Fighting the Nature of Change

- **Feelings:** Uncomfortable vibrations in the body. Desire for short term relief from discomfort.
- **Confusion:** "Forget" values & "why." Get too busy. Distraction.
- **Lack of imagination:** Keep trying the same approach again & again.





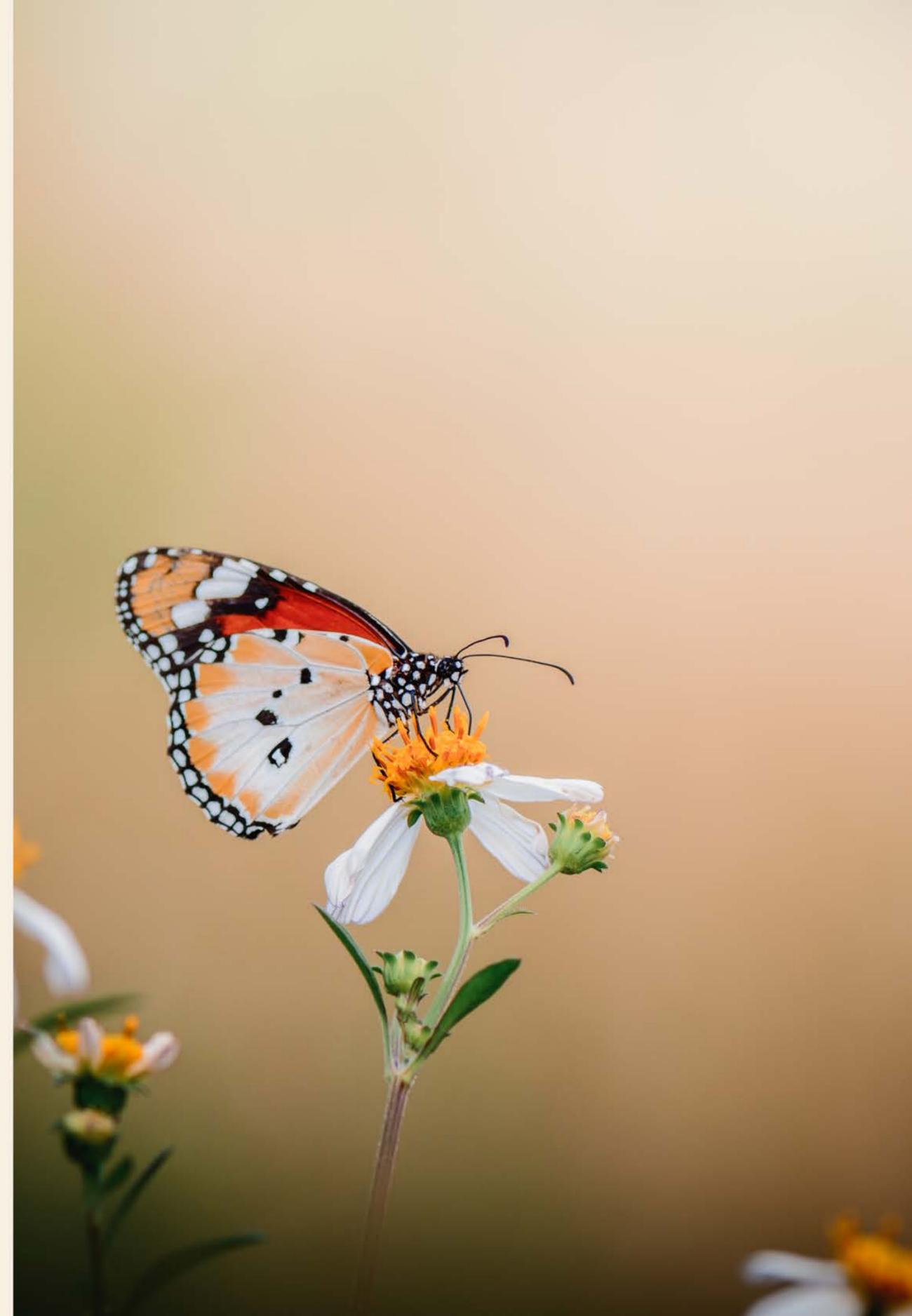
Lies I have told myself

"That" is not for you.

- You don't need/deserve an art studio. It's too "much."
- You don't have time to write.
- You don't need to see the Mona Lisa.
- It's not big deal if you skip today's routine.

Transtheoretical Model of Change

- Pre Contemplation
- Contemplation
- Preparation
- Action
- Relapse
- Maintenance





Tips from a Psychologist

- Expect your mind to fight you until you make peace with it.
- It does not matter what you change - only that you learn how YOU change.
- Commitment matters (eg. make bed).
- Look for honest reflection.
- Expect to fail/relapse/revert.
- Never use self punishment.
- Talk to yourself like a friend.
- Use support.

A close-up photograph of a hand holding a white puzzle piece. The puzzle piece is shaped like a cross with rounded corners and has a hole in the center. The word "change" is written in a bold, dark blue, serif font across the middle of the puzzle piece. The background is a soft, out-of-focus blue-grey color.

change

**How does your
mind engage in
dishonest
reflection? What
lies does it tell
about your rest,
boundaries,
rejuvenation?
(write 3 minutes)**





What is one of the lies your brain
tells you about yourself?

Put your answer in the chat.

**What is the
truth?
(write 3 minutes)**



**Draw/doodle your
brain engaged in
dishonest reflection.**



**Draw/doodle your
brain engaged in
honest reflection.**





What is one of your truths?

Put your answer 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 take exquisite self care.
- My health is my greatest strength.
- I have permission to set limits, feel happy, and be rested.



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 before and after answers in the chat.



Making Change

www.Arttherapycentersf.com

Commitment

Doing more of what is most important to you.

Doing less/none of what is not important to you.



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!

www.arttherapycenter.com

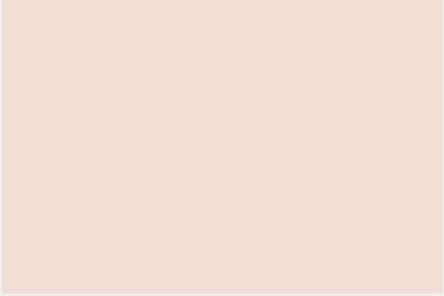


Committed Action



Homework Example

www.Arttherapycentersf.com



Your Inspired Action

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

1

**It's up
to You**

2

**Time to
Plan**

3

Rejuvenation

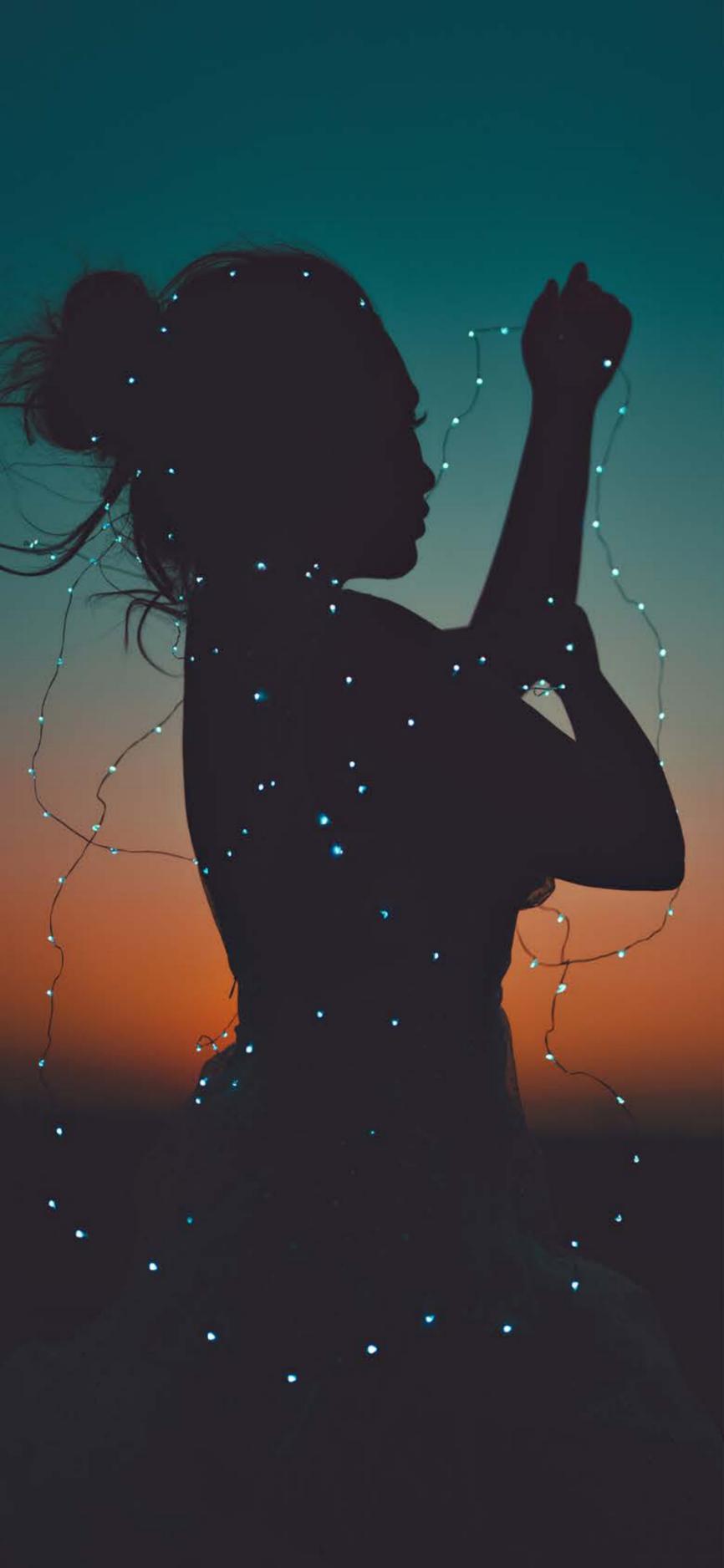
4

**Creative
Expression
& Reflection**



It is up to you!

- Saying yes is up to you.
- Saying no is up to you.
- It all depends on your values and what is most important to you.
- Where do you need to set boundaries to prioritize your values?



Time to Plan

- Time to get specific on the boundaries you want to set.
- This is a very powerful exercise!
- Make a plan for your boundaries.
- It's ok if you don't yet know how.
- It's ok to feel uncomfortable while doing this exercise.



Rejuvenation Day

- Time to plan your rejuvenation day!
- Can you set aside one day a month for yourself? YES!
- Why? This is your rejuvenation! You need at least one day a month to call your own.
- If you want a true reset, you must prevent future burnout or exhaustion by setting aside this time.



Art & Reflection

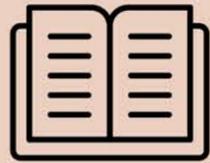
- Create a piece of art using lines, shapes and colors to reflect how you feel about taking this time and one day a month to rejuvenate yourself.
- Reflect on what you learned.
- Appreciate your strengths and celebrate.
- Avoid judgement.



What will you remember about
today's class?

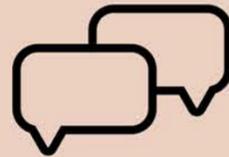
Put your answer in the chat.

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 4

Read and complete Week 4 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

November class:
Thriving Without Holiday Stress.

Starting 2023:
Monthly and yearly class packages.

www.arttherapycentersf.com

Thank you!

