

Self Care Packet

Domestic Violence and Sexual Assault Services

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Introduction

As we humans embark on the journey of everyday life it is essential to our health and well-being that we care for ourselves. Some might think that this means they are being selfish or self-centered. Quite the contrary; it is more about investing in the quality of life's experience not only for ourselves but those around us. Whether it's making time for yourself, practicing the art of gratitude, incorporating journaling into the reflections of your day, or just going for a walk, the hope is that browsing this self-care packet will be a search that will lead you to new discoveries of peace, contentment and an understanding of what happiness means to you.

-Claudia Ackerman, Group Coordinator, DVSAS

Building Self-Esteem with Positive Affirmations

The Power of Affirmations

By Remez Sasson

Affirmations are positive statements that describe a desired situation, and which are repeated many times in order to impress the subconscious mind and trigger it into positive action. In order to ensure the effectiveness of the affirmations, they have to be repeated with attention, conviction, interest and desire.

Imagine that you are swimming with your friends in a swimming pool...You start swimming and at the same time keep repeating in your mind, "I can do it, I can do it..." What are you actually doing? You are repeating positive affirmations.

More than often, people repeat in their minds negative words and statements concerning the situations and events in their lives...Words and statements work both ways, to build or destroy. It is the way we use them that determines whether they are going to bring good or harmful results.

Affirmations program the mind in the same way commands and scripts program a computer. They work in the same manner as creative visualization. The repeated words help you focus your mind on your aim, and automatically build corresponding mental images in the conscious mind, which affect the subconscious mind. The conscious mind, the mind you think with, starts this process, and then the subconscious mind takes charge. By using this process consciously and intently, you can affect your subconscious mind and thereby transform your habits, behavior, mental attitude and reactions, and even reshape your external life.

Sometimes results appear quickly, but often more time is required. Depending on your goal, sometimes you might attain immediate results, and sometimes it might take

days, weeks, months, or more. Getting results depends on several factors, such as the time, focus, faith and feelings you invest in repeating your affirmations, on the strength of your desire, and on how big or small your goal is.

How to Repeat Affirmations

It is advisable to repeat affirmations that are not too long, as they are easier to remember. Repeat them anytime your mind is not engaged in something in particular, such as while traveling on a bus or train, waiting in line, walking etc., but do not affirm while driving or crossing a street. You may also repeat them in special sessions of 5-10 minutes each, several times a day.

Relax any physical, emotional, or mental tension