Call2Parent Workshop Self-Care Invitations

1) Set up and create your physical home environment beforehand in a way that will be supportive of your personally inspired workshop experience.

2) Prepare food, snacks, drinks, notebook, pen, things of comfort (blanket, stuffed animals) and other special things for supporting your best workshop experience.

3) Mindfully nourish your body beforehand and after with a good, healthy meal.

4) Mindfully hydrate beforehand, during and after the workshop event.

5) Mindfully attend to regulating a comfortable temperature with proper warmth or coolness.

6) Give yourself permission to move around or lay down if your body and/or attention feel fatigued.

7) Invite yourself to remain aware of and in honor of your unique personal needs as they arise; and invite yourself to gently implement personal self-care from a kind, non-shaming, non-judgmental, sweetly discerning place.

8) If difficult emotions come up during the workshop, offer yourself a gesture of loving-kindness by placing your hand upon your heart; invite yourself to breath deeply; and always know you have the option to leave the room, take a walk, implement personal self-care.

9) Please invite yourself to bring your own personal self-care toolbox to the workshop for supporting yourself in the ways that you already know are supportive of your personal experience.

10) Prepare your support systems ahead of time by letting them know you will be participating in this special healing event; and if anything that comes up for you becomes unmanageable, please reach out to these personal support systems (sponsors, fellow travelers, close friends, therapeutic support systems). Seek support as needed, when needed. Take good, kind, loving care of yourself.

We are so grateful for your courage and commitment to be here with us for this nourishing, healing event. And, however we can be of help and support to you please let our team know either by sending an email to acac2p@gmail.com or post a message on Call2Parent Website Central.

~The Call2Parent Workshop Team