Claire TAIT

Living with Ease

Self Care 101's

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Who I am

- Infinite spiritual being having a temporary human experience (Wayne Dyer)
- Kinesiologist, yoga teacher, Reiki master, Retreat facilitator, EFT practitioner...
- Try to live in Gratitude each day

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- True ease doesn’t come from a stress-free life, but from having a strong foundation of self-care that allows us to meet life’s ups and downs with grace.
- Self-care is the quiet backbone of a life lived with ease. When we tend to our own needs, everything else flows more smoothly.

Therapist: What do you do for self-care?
Me: Click 'Add to Cart' and hope for inner peace.
@shoot_thismoment

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Self-Care:
The Relationship of a Lifetime

"You yourself, as much as
anybody in the entire universe,
deserve your love and affection."
– Buddha

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Arrival & Intention

"Almost everything will work again if you unplug it for a few minutes, including you."

Anne Lamott

Let's unplug for a moment...

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What is Self Care

- Purposeful acts to maintain physical, emotional and mental well-being.
- Not a luxury. Not indulgence. Not emergency care.
- Think of it as necessary maintenance.

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“People who wonder if the glass is half empty or full miss the point. The glass is refillable.”

“You can’t pour from an empty cup, but you also can’t keep the cup full if you never drink from it yourself."

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Quick Share

- Turn to the person next to you.
- “What comes to mind when you hear the words ‘self-care’?”
- Be honest. No right or wrong.

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Self-Check-In Journaling

1. On a scale of 1–10, how's your self-care?

2. What gets in the way?

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Self-Check-In Journaling

3. How do you feel when you neglect it? What's the cost?

4. How do you feel when you honour it? What's the benefit?

Quick Share

"Rest is not idle. It is the fertile soil for growth." Sylvia Boorstein

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The Fundamentals

- Rest / Sleep
- Movement
- Nutrition
- Water
- These are the obvious pillars and you'll experience them this weekend

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Beyond the Basics

- Self-compassion
- Releasing perfectionism
- Asking for help / outsourcing
- Boundaries
- Joy, fun, pleasure, play

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~ Kate and her Perfectionism ~

When Kate first came to see me, she described her life as “a never-ending to-do list that I can never get right.”

She was exhausted from holding herself to impossible standards, yet terrified of letting anything slip.

In our first session, we uncovered that her perfectionism wasn’t about the tasks themselves but an old belief that mistakes meant she wasn’t enough.

Before
After

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~ Andrew ~

Andrew grew to understand what self-compassion was after years of people-pleasing. He'd spent decades tending to everyone else's needs - family, colleagues, even friends who subtly drained him.

He thought kindness meant self-abandonment.

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~ Marisa and her People-pleasing ~

Marisa reclaimed personal power after years of people-pleasing.

She had spent most of her life scanning the room - emotionally - to figure out who she needed to be in order to stay safe, liked or useful. Chameleon. She'd learned to be everything for everyone... except herself.

Real Talk..

In groups of 3–4, share:

- Which area of self-care most needs your attention?
- What usually sabotages it?

Listen. Share from the heart.

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Choose your Focus

- Pick ONE area calling for your attention.
- Write 1 - 2 realistic action steps you can take this week.
- Be specific. Be kind.

"Self-compassion is simply giving the same kindness to ourselves that we would give to others."

Christopher Germer

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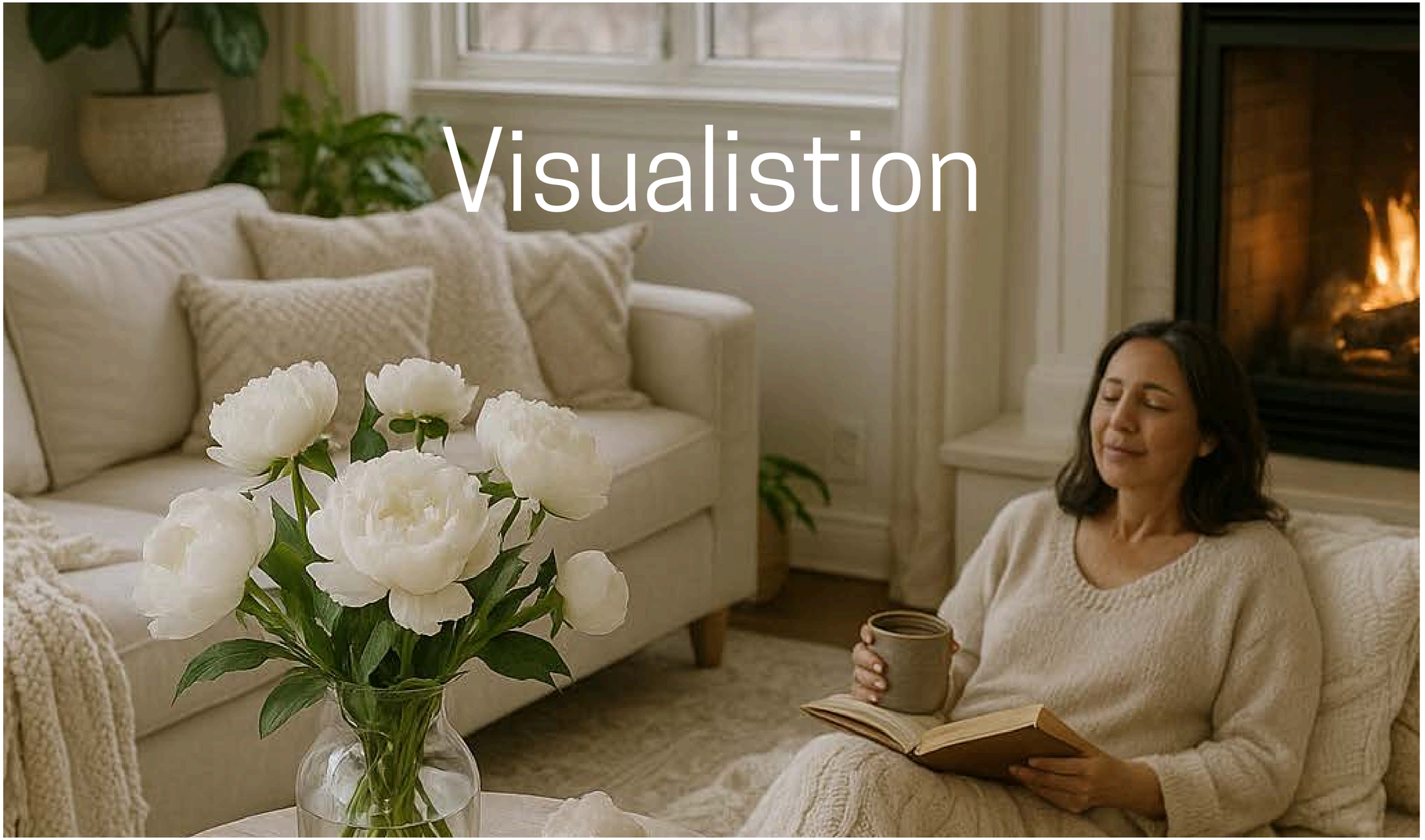
Visualistion



the portal to every next
level is through parts of
yourself that you avoid
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kinesiologist

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Design your self care Menu

1. Micro (2 - 5 mins)

2. Medium (30 - 60 mins)

3. Macro (half day +)

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Micro

- 3 deep breaths with eyes closed
- Step outside and feel the sun on your face
- Hand on heart, saying “I’m here for you”
- Make a cup of tea and drink it without multitasking
- 1-minute stretch (neck rolls, shoulder shrugs)
- Listen to one favourite song
- Text a friend something kind
- Spritz a favourite scent
- Write down 3 things you’re grateful for
- Drink a full glass of water, mindfully

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Medium

- Go for a nature walk or beach stroll
- Take a yoga or Pilates class
- Cook a nourishing meal just for yourself
- Journal about what's on your mind
- Declutter one small area of your home
- Meet a friend for a catch-up
- Take a midday nap or power nap
- Read a chapter of a book purely for fun
- Listen to an inspiring podcast while doing nothing else
- Practice a hobby you've neglected

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Macro

- Book a massage or your fav nurturing treatment
- Spend a tech-free afternoon outdoors
- Have a slow morning – no alarms, no rush
- Go to a creative workshop or retreat
- Plan a mini solo adventure or day trip
- Schedule a mental health or wellness check-in
- Do a deep reset of your living space (rearrange, freshen)
- Block out a full day for rest and saying “no” to obligations
- Take yourself on a “date” – a movie or favourite market
- Spend quality, undistracted time with loved ones

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Integration

Final Journalling:

~ Any insights or aha moments?

~ How do you feel now compared to when when we started?

"When you recover or discover something that nourishes your soul and brings joy, care enough to make room for it in your life."

Jean Shinoda Bolen

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Closing and Commitment

- Self-care isn’t selfish - it’s self-respect.
- “Dear Me, I promise to….”

"Your relationship with yourself sets the tone for every other relationship you have." Robert Holden

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Self-care
is how you take
your power back
Lalah Delia
www.colorful.zone

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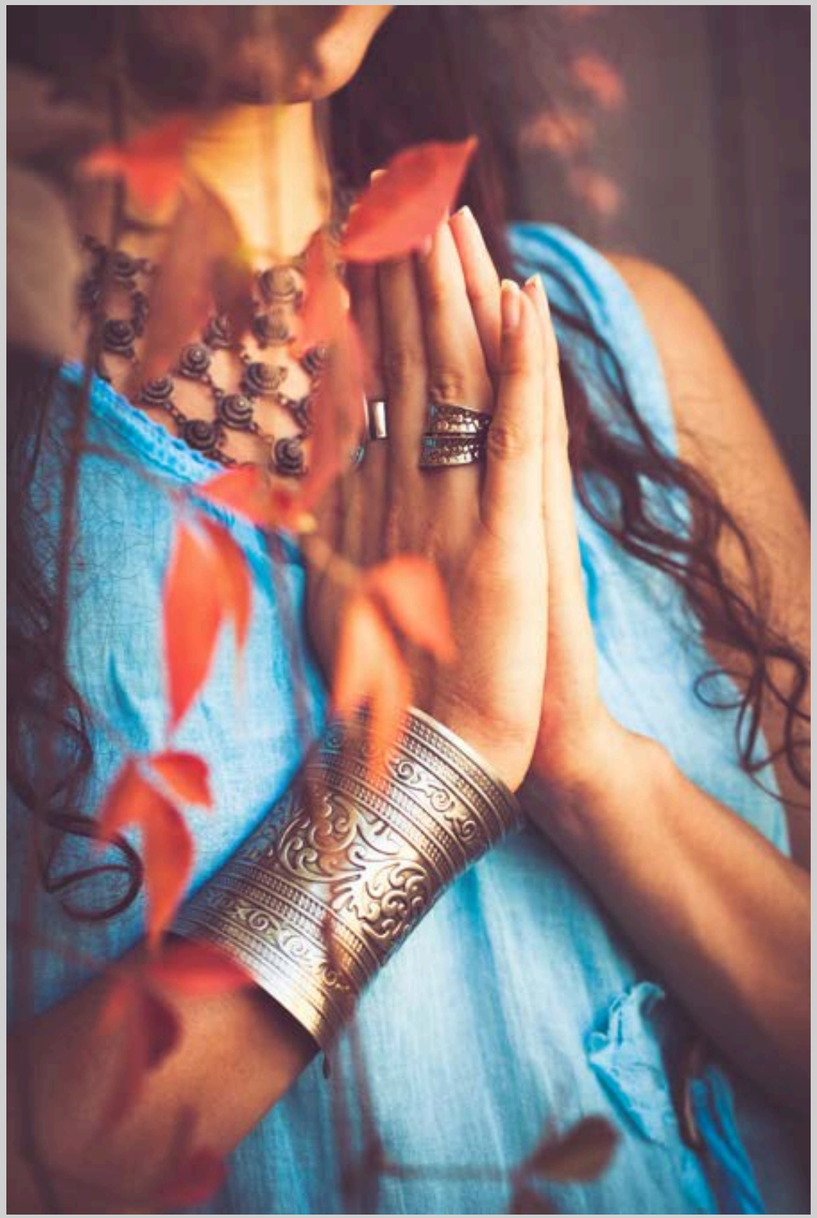

Thank You

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Stay in Touch

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