

GOTTA GET THE MASK ON FIRST

“I don’t want to inconvenience anyone”

“I don’t want to be a buzzkill”

“I need to put on a brave face for my family”

“I know people are tired of hearing me talk about my cancer, so I just don’t talk about it”

Do you resonate with any of these statements?

If so, you may be putting others before yourself.

And no shame!

It’s more common than you may think. I know I’ve been there!

But here’s the thing; the saying “you have to put your mask on first” is a real saying for a reason.

Because it’s true.

I know you know it’s true.

So, how can we learn to put ourselves first?

During treatment as well as after treatment?

The good news is that there are many ways to do this, and everyone is different!

So there is no one answer here - you get to create what works best for you as an individual.

To help get you started on your self-care journey, go ahead and get cracking on this little worksheet.

While it may not solve all of your put-everyone-other-than-yourself-first problems, it should at least get you started with some new ideas, revelations, and results.

Please use it at your own pace, and remember that there are no right or wrong answers.

Just what works best for you.

And as always, please free to reach out with any questions you may have.

I am here for you and you are definitely not alone.

Lots of love and light,

-Adriana

Unlearn & Debunk

- We have been told by our upbringing and by society that we need to be selfless and constantly giving to find “real purpose”.
- So many of these concepts are absorbed by our minds and bodies, which can be harmful.

Write down all of the societal standards that you feel impacted by.
Example: “Altruism is the greatest form of personal fulfillment”.

From your upbringing?
Example: “A good mom makes sure that everyone is taken care of before she takes care of herself”.

Unlearn & Debunk

- We have been told by our upbringing and by society that we need to be selfless and constantly giving to find “real purpose”.
- So many of these concepts are absorbed by our minds and bodies, which can be harmful.

Debunked!: “There may be times when others need to come first, but there are also times that I need to make sure I’m taken care of before I can properly help others. It’s not selfish, it’s self-care and self-love.”

What action steps can you take to begin to believe and live your debunked concepts?

Example: “Every time I return to thinking that it’s ok for me to be put last, I silently ask myself if I am ok before I start in on other people’s needs”.

Clarity

- Before we can really take care of ourselves we need to know exactly what it is that we need. Exactly.
- While it may sound simple or obvious, it is often not. Our self-awareness can easily become clouded or ignored all together.

Write down the things you feel you are needing or missing, physically as well as mentally.

Continue to think about each need and see how you get even more specific. What does that look or feel like, exactly? Example: "Sometimes I need to talk about my cancer diagnosis, even if it feels like a heavy subject. While I do not need to stay in "pitty party" mode, I do need my friends to hear me and all the things I am going through".

Action Steps

- Now that you know what you need, how are you able to actually get those things? What action steps do you need to take in order to get each one?
- Remember, action steps can be physical as well as mental.

Write down an action step for each desire or need.

Example: "When I am overstimulated, I can put on bright red headphones to let my family know that I need a break. When the headphones come off...the questions can resume."

Communicate

- In order to understand what we need on a regular basis, we need to communicate with ourselves as well as with others.

How can you best communicate with yourself?

Example: "I journal weekly to better understand what I am needing".

How can you best communicate with others?

Example: I find that when I communicate my needs clearly and in a neutral way (using I statements) others respond to my needs much better."

Maintain

- Maintenance is key to long-term happy mental health.
- Checking in with yourself often makes it much easier to understand what you need, and helps you stay on top of your self-awareness and self-work.
- When we maintain, rather than wait until things are overly complicated, there will be fewer obstacles in the way of what we want.
- It doesn't have to be huge, you can take a few small actions on a regular basis.

How can you implement maintaining your needs on a regular basis?

Mentally...

Example: "I regularly talk to a trusted someone about where I am at and use it as accountability in maintaining my personal needs".

Physically....

Example: "I schedule self-reflection time for five minutes each week to really understand what I'm needing".

See?? It can be done!

Still, feeling like you need to put others first? Or maybe still feeling a little guilty about taking care of yourself?

No sweat love!

Set up a free consultation with me and we can chat. Cause you deserve to show yourself all the love.

And you're not alone.

Ever.

**XOXX
-Adriana**