

Taking Care of Me - No Apology



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You Deserve A Break Today...

If you are a Gen X kid like me, you likely recall this little jingle from McDonald's commercials. I recall hearing this little ditty and telling myself that after a grueling day of classes and adolescent drama, I really earned a happy meal AND a fried apple pie - please and thank you. Instead of giving myself fast food as a reward, I now find other ways to give myself a break consistent with my goals and values.

But I am going to be honest: developing these strategies did not come naturally to me - or easily. In my household, food was a natural way of expressing love to each other. As the product of divorced parents, they made sure to shower me with ample amounts of love. However, as I grew older, I realized that eating these foods and the like were not really satisfying my need to rest and care for myself. In fact, in some ways they were counter to what I said valued most to me.

In my practice, I help clients identify how to give themselves breaks in ways that are supportive to their goals. For some people, they want to create more space for silence. Others may want to work towards establishing a consistent meditation and spiritual practice. A common concern I hear, especially from women, is they feel guilt when they set aside time to care for themselves. Sometimes the guilt is coming from inside, other times it is either directly communicated from loved ones, friends, community, and cultural norms.

I offer this free, quick guide to get you thinking about how you can take care of yourself so that you show up as your best self, without apology.

- Be Well and Stay Unapologetic,
Dr. Tonya

Getting Clear

What are your goals in the following areas:

Mental/Emotional:

Physical/Health:

Spiritual:

Financial:

Relational:

Occupational:

Fun/Recreational:



Movement Towards Action

How do you believe you would **feel** to reach your ideal in each of these areas:

Mental/Emotional:

Physical/Health:

Spiritual:

Financial:

Relational:

Occupational:

Fun/Recreational:



Let's Do This!

Picking one of the areas of focus from earlier, what is one small step you could take to get closer to reaching your ideal?

What are the resources you believe you need to take this step?

What support do you believe you need to move on this step?

How can you set about to get the tools identified above to take this step?

To learn more about crafting the ideal self-care plan for yourself, email (Dr.Tonya@JohnHenrysSisters.com) or call (571-428-3010) Dr.

Tonya today to schedule an appointment!