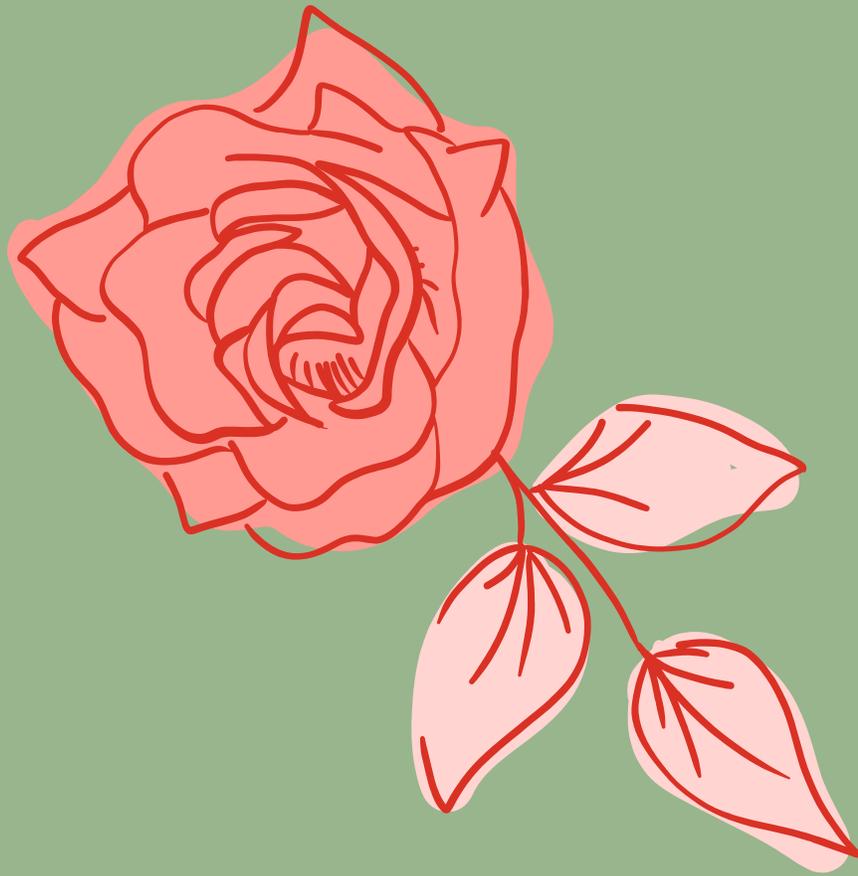
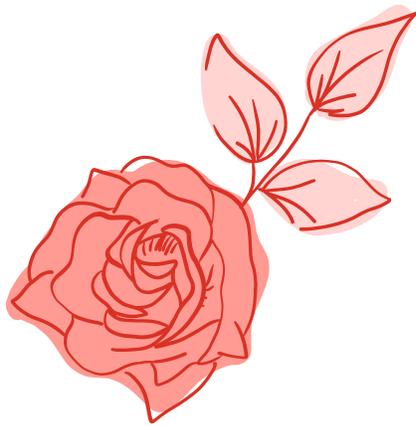


Self-Care Workshop



THE ULTIMATE SELF CARE WORKBOOK

BY Amy Zellmer



A NOTE FROM THE AUTHOR

WELCOME, MY BEAUTIFUL FRIEND.

Welcome to my Self-Care Workshop ...

Self-care is often thought of as "selfish" or "spoiled" and we must learn to change those beliefs ... because self-care is critical to our physical and mental health.

It's important that we take a few minutes each day to sit in mindful meditation, and move our bodies with our breath -- whether that is yoga, a walk in nature, cardio exercise, etc. Personally, I have found yoga to be the most healing modality of exercise ... with the added bonus of bringing my awareness within.

I have been an avid yoga since college when I first fell in love with it's gentle flow. But it wasn't until after my traumatic brain injury (complete with torn muscles and a dislocated sternum) that I truly understood it's healing properties and how it can help us dig within and examine what we really want out of life.

I could have chosen to be a 'victim' of what happened to me, but instead I pushed forward to become a survivor ... a warrior ... a beacon of light for others going through a similar journey.

No matter what your background is, maybe you're a survivor, or a caregiver, or just someone who needs to slow down and take care of themselves first, I hope you find this class helpful and enjoyable!

Amy Zellmer

Namaste,
Amy Zellmer

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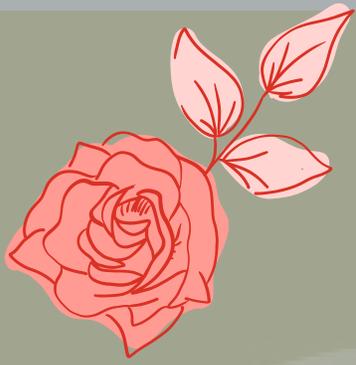
- Welcome
- "Brain Yoga"
- Warm-up
- Setting Intentions
- Mantras
- Power of Gratitude
- Acceptance
- Mindfulness
- Meditation
- Resources

WARM
Brain Yoga
UP

PEPPERMINT

Peppermint essential oil provides a familiar, recognizable scent, but Peppermint is so much more than simply a nostalgic, fresh aroma. This oil can be diffused to create a stimulating, focused atmosphere for daily tasks. You can also apply it topically to create a cool, tingling sensation on the skin, which can be very soothing after hard physical activity. We recommend using Peppermint aromatically or topically any time you want to add a pleasant variety to your routine.





"BRAIN YOGA"

Contralateral Movement

A contralateral movement is the opposing movement of the hips and shoulders on both sides of the body. When the right hip moves forward, the opposite arm follows and vice versa. Coordinating these opposite sides of the body requires us to pass information between the two hemispheres of our brains.

Bilateral Movement

A bilateral exercise movement is when both limbs are used in unison to contract the muscles, which creates force, and subsequently moves a given load

Midline Movement

Crossing the midline is when we move our arm or leg across the middle of our body to perform a task. Crossing the midline is vital to the development of using both sides of the body together, such as putting on shoes and socks, writing and cutting. It promotes the coordination and communication of the left and right hemispheres of the brain.

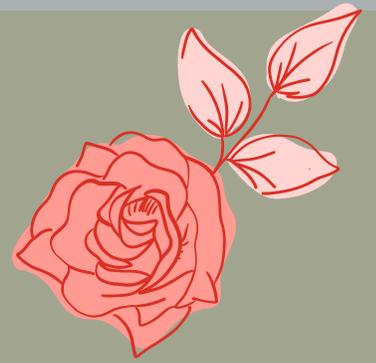
SECTION *Intentions* ONE

STRESS AWAY

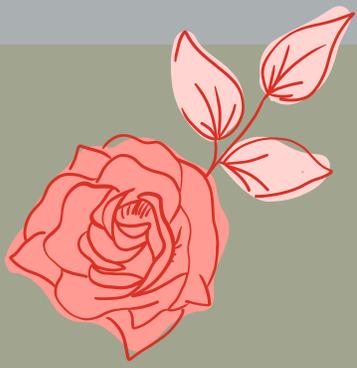
Stress Away™ essential oil blend contains a unique combination of Lime essential oil and vanilla extract. It's this distinct mix that gives Stress Away its unique and pleasant aroma, among other benefits. Stress Away also includes Copaiba, which has a history of beneficial properties in topical application; Lavender, with its refreshing and calming scent; and Cedarwood, which features the powerful plant constituent cedrol. These ingredients are expertly blended with exotic Ocotea, a unique Ecuador-sourced essential oil.



INTENTIONS



Intentions vs. Goals



INTENTIONS

Creating Empowered Intentions

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

SECTION *Mantras* TWO

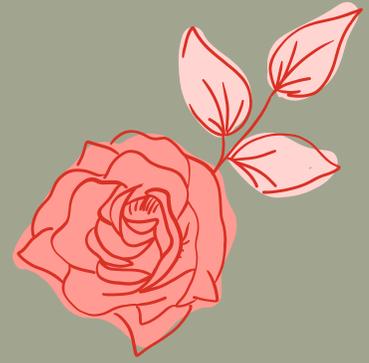
VALOR

Valor® essential oil blend is one of our most popular products and was a favorite of Young Living Founder D. Gary Young. A truly unique blend of Black Spruce, Blue Tansy, Camphor Wood, Geranium, and Frankincense, Valor has a woody, grounding aroma that is great for massages and other topical and aromatic uses. Use it to greet each morning with a positive attitude or to refocus at the end of a challenging day.



MANTRAS

I AM STATEMENTS



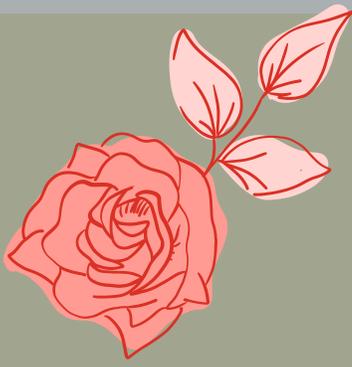
I AM
two of the most
powerful words.
For what you put
after them
shapes your reality.

SECTION
Gratitude
THREE

GRATITUDE

Gratitude™ essential oil blend helps foster a grateful attitude and helps you embrace the blessings in your life. The uplifting aroma invites a feeling of emotional and spiritual progress. Ingredients include: Balsam Canada, Frankincense, Coriander, Myrrh, Ylang ylang, bergamot, Northern Lights Black spruce, Vetiver, and Geranium





GRATITUDE

noun:



GRATITUDE WORKSHEET

3 things I am most grateful for this past year:

3 things I am most hopeful for in the next year:

3 people/places/things that I am most inspired by, and why:

Questions for a New Year ...



QUESTION #1: I ACHIEVED THE FOLLOWING THIS YEAR ...

QUESTION #2: CHALLENGES I FACED THIS YEAR ...

QUESTION #3: WHAT DID I WANT TO DO THIS YEAR AND DIDN'T FINISH?

QUESTION #4: WHAT DO I WANT FOR MYSELF IN THE NEXT 5 YEARS?

QUESTION #5: WHAT CAN I DO NEXT YEAR TO HELP ME BE THERE IN 5 YEARS?

QUESTION #6: WHO CAN I TURN TO FOR SUPPORT OR HELP IN ACCOMPLISHING THESE INTENTIONS?

QUESTION #7: WHERE DO I START?

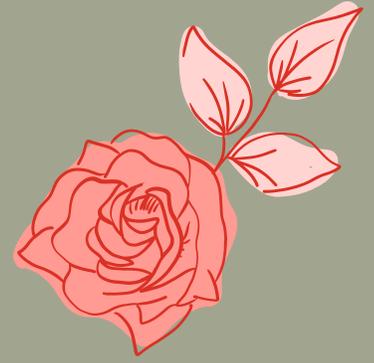
SECTION *Acceptance* FOUR

ABUNDANCE

Abundance™ essential oil blend helps open you to a wealth of possibilities to give you the extra push to make things happen. This unique blend combines oils such as Orange and Ginger, which were used by ancient cultures to attract success and magnify joy and peace. Put a few drops on your resume or your wallet or diffuse it during work to create the energy of prosperity and plentitude. Ingredients include: Orange, Frankincense, Patchouli, Clove, Ginger, Myrrh, Spruce, and Cinnamon.



ACCEPTANCE



noun:

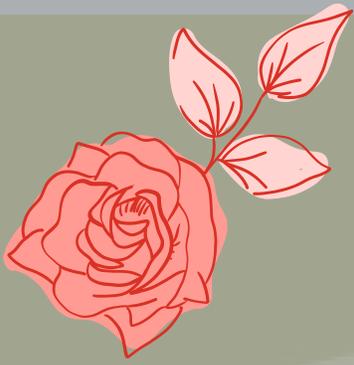
- 1.
- 2.
- 3.
- 4.

SECTION *Mindfulness* FIVE

FRANKINCENSE

Frankincense essential oil has a broad range of uses, from enhancing spiritual and meditative practice to use in beauty routines. Frankincense has an earthy, uplifting aroma that's perfect for grounding and spiritual connectedness. Create a safe and comforting environment by diffusing this oil's empowering aroma, particularly when you are seeking purpose or engaged in prayer or meditation. In addition to elevated spiritual experiences,





MINDFULNESS

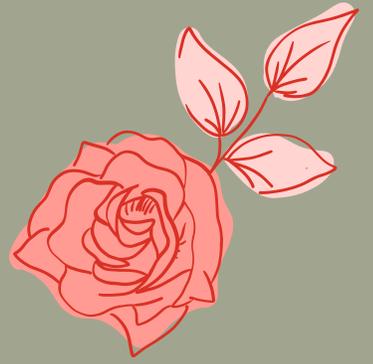
Mindfulness Benefits:

- 1.
- 2.
- 3.
- 4.
- 5.

Mindfulness Tools:

- 1.
- 2.
- 3.
- 4.

MINDFULNESS



7 Foundations of Mindfulness:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

SECTION *Meditation* SIX

TRANSFORMATION

Transformation™ essential oil blend includes Idaho Blue Spruce, Palo Santo, and Ocotea. These powerful essential oils empower you to replace negative beliefs with uplifting thoughts when diffused. Creating positive, uplifting thoughts is important when making changes in your life.





MEDITATION TRACKER

 EXERCISE #1: MINDFUL YOGA WITH MANTRAS

BEFORE I FELT...

AFTER I FELT...



 EXERCISE #2: MINDFULNESS MEDITATION

BEFORE I FELT...

AFTER I FELT...



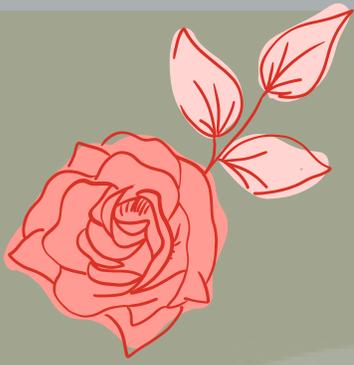
 EXERCISE #3: MINDFUL BREATHWORK

BEFORE I FELT...

AFTER I FELT...



SECTION *Resources* SEVEN



RESOURCES

The Secret
by Rhonda Byrne

The Alchemist
by Paulo Coelho

You Can Heal Your Life
by Louise Hay

Change Your Thoughts, Change Your Life
by Wayne Dyer

Myths of the Asanas: The Ancient Origins of Yoga
by Alanna Kaivalya



MEET YOUR INSTRUCTOR

AMY ZELLMER

Amy is an award-winning author, keynote speaker, and Editor-in-chief of *The Brain Health Magazine*. Additionally, she is a Reiki practitioner worker towards her Reiki Master. In 2014 she suffered a TBI from a fall on the ice which began her journey into advocacy and extreme self-care. She produces a podcast series — Faces of TBI, and hosts TBI TV on YouTube. She is addicted to Starbucks coffee and loves all things glittery and pink!

*Just for today ...
do not worry
do not anger*

HAVE QUESTIONS?

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@AMYZELLMER



FACESOFTBI.COM

"YOU ARE
WHAT YOU
CHOOSE TO BE
TODAY
NOT WHAT
YOU'VE CHOSEN
TO BE BEFORE."

DR. WAYNE DYER