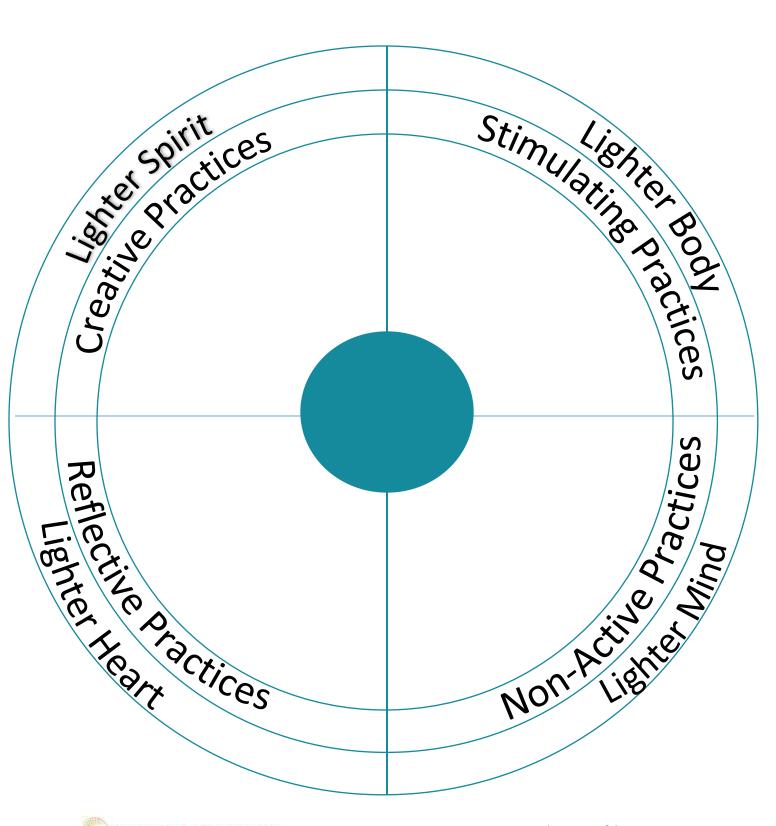
#### The Radical Self Care Model





# The Radical Self-Care Model

# The 444: 4 Phases of Exhaustion, 4 Essential Self-Care Lighters, 4 Categories of Self-Care Activities

#### **THE 4 PHASES OF EXHAUSTION**

<ul> <li>Getting too little sleep</li> <li>Not feeling fully rested</li> <li>Feeling drained and physically tired</li> <li>Having a hard time maintaining healthy habits</li> </ul>	Physical Exhaustion
<ul> <li>Having an overactive monkey mind</li> <li>Staying in your head</li> <li>Making up stories</li> <li>Being controlled by past beliefs</li> </ul>	Mental Exhaustion
<ul> <li>Holding on to feelings</li> <li>Numbing, distracting yourself from, and avoiding feelings</li> <li>Judging, criticizing, and blaming yourself</li> </ul>	Emotional Exhaustion
<ul> <li>Feeling unfulfilled</li> <li>Feeling disconnected from purpose</li> <li>Lacking spirituality</li> </ul>	Spiritual Exhaustion



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#### THE 4 ESSENTIAL SELF-CARE LIGHTERS

You want to feel lighter in your body, to enjoy healthy cooking and eating, to maintain movement and exercise, to balance your Chakras (energy and power centers), and to create a supportive environment for yourself.	Lighter Body
You want to slow down, to become present in the moment, to create space and time for yourself rather than live constantly in high-alert mode, and to maintain a self-care practice that calms your nervous system rather than stimulates it.	Lighter Mind
You want to honor your feelings and not numb them, to stop judging them, to own them, and to recognize when it is time to release the heaviness and allow yourself to relax. You want to bring purpose to your pain rather than run away from it.	Lighter Heart
You want to connect with your spiritual self through feeling not thinking, to unleash your inner goddess from her house of power inside your soul, and to give her the love she needs to shine brightly.	Lighter Soul



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### **4 CATEGORIES OF SELF-CARE ACTIVITIES**

Stimulating Practices
Nonactive Practices
Reflective Practices
Creative Practices

