

Fill The Well

**Are you suffering from compassion fatigue?
Have you taken care of everyone around you to the
point that your well has run dry?**

You are not the only one.

It's incredibly easy to slip into patterns of serving others when our lives get busy. Before we have time to catch our breath, someone else has a legitimate need that our deeply caring hearts just can't say no to.

**How many times have women told me ...
through gulps of tears ...
that they *are simply worn out*?**

**When you get very clear on the consequences of giving away more
than you take in, you will start taking care of yourself.**

**Don't wait for a crisis to put the brakes on overdoing and
overhelping before you take care of yourself.**

There are so many ways to refill your well:

- a short walk in nature
- two minutes of deep breathing
 - yoga or light stretching
 - a call to a thoughtful friend
 - uplifting music
 - a brief nap
 - a healthy snack
- a moment of self-acceptance
 - and more!

We all know exactly what it takes to reground ourselves. Use the handy **Fill The Well Self-Care List** below to bring you back to your wise, conscious self and keep yourself on track.

And remember - none of us is perfect at this.

Do what you know will work for you.

Fill The Well Self-Care List

Your breathing is your greatest friend.
Return to it in all your troubles and you will find comfort and guidance.
The Teaching of Buddhist Master

The ultimate lesson all of us have to learn is unconditional love,
which includes not only others but ourselves as well.
Elisabeth Kubler-Ross

**In those moments when I suddenly realize I am in need of self-care I can choose to:
(Fill in each line with what you know works for you!)**

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