

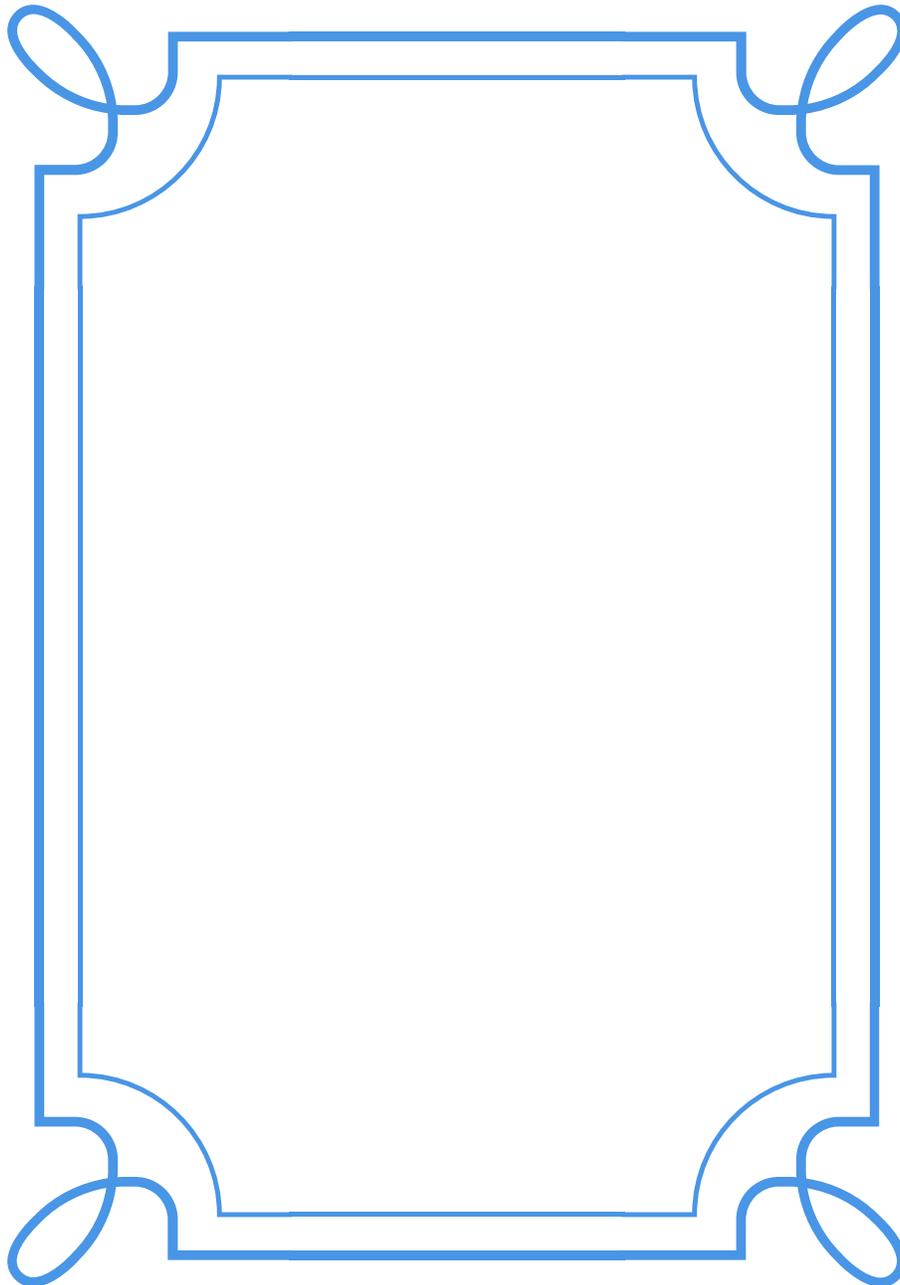
The Self-Care Expert is YOU!

We believe that YOU are the expert of your life and only YOU get to determine what upgrading your self-care looks like. The Pause Button 2.0 strives to create space for you to continue practicing the art of trusting yourself, believing in yourself and being supported by others who are on a similar journey.

Think of a time or situation when you stepped up to be your own expert.

Use the space in the mirror below to write about your experience.

What was the situation? What did you do as your own expert? What did it feel like to be the expert?



Share your experience with The Pause Button 2.0 community.
Visit fb.me/ThePauseButton2.0

Copyright © 2018 The Pause Button 2.0. All rights reserved.



THE PAUSE BUTTON 2.0

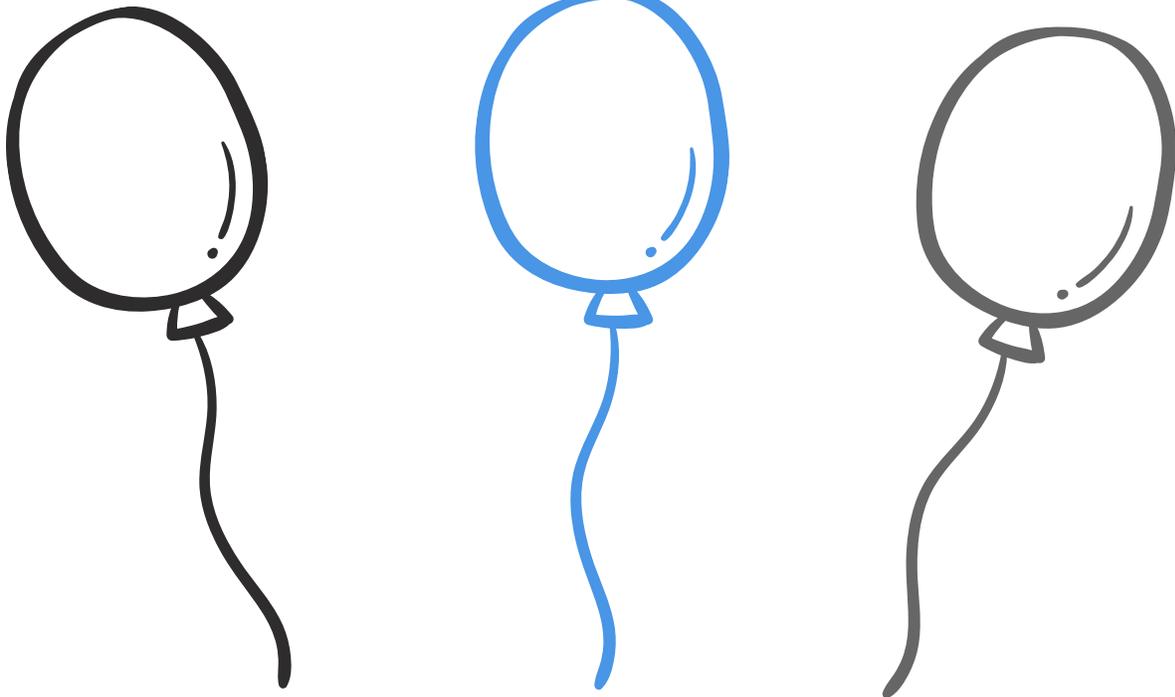
Self-Care Wins

What self-care practices are working for you? Write your answers in the stars. What do you enjoy? What energizes you when you need a lift? What settles you when you need to feel grounded?



Let It Go

We all have thoughts, beliefs, experiences and people that we need to release. What do you need to let go of? Fill in the balloons with anything you already let go or need to let go this week, this month or this year.



Connect with us at www.ThePauseButtonPodcast.com

Email us at ThePauseButton2.0@gmail.com

Like us at [Fb.me/ThePauseButton2.0](https://fb.me/ThePauseButton2.0)

Listen to The Pause Button 2.0 on iTunes, SoundCloud & Stitcher

Copyright © 2018 The Pause Button 2.0. All rights reserved.



THE PAUSE BUTTON 2.0

Socially Acceptable Self-Care

Congratulations on your interest in upgrading your self-care!

We, Anita Brown and Jill Johns, had different yet seemingly robust and “socially acceptable” self-care practices. We ate kale chips and took yoga classes. We meditated, read books and kept journals. We posted photos of our candlelit bubble baths and empty wine glasses on social media sites and although we got lots of likes and comments, we both still felt incomplete and unhealthy. We realized that our self-care practices were exhausting and overwhelming us instead of replenishing us.

Thanks to therapy and life coaching, we realized that our socially-acceptable self-care practices were falling short of nourishing us physically, emotionally and spiritually mainly because we were focusing on the self-care activities themselves, not the thoughts and feelings behind the activities. We were also focusing our energy and attention on pleasing other people (our significant other, parents, kids, friends and even strangers) while ignoring many of our own needs. Slowly, day-by-day, we began to make tweaks, changes and adjustments to our self-care practice. We began celebrating our wins, no matter how small, and letting go of thoughts, people and activities that were no longer serving us. We learned to say “no” more often and we practiced letting our emotions be our guide. Once we began incorporating these new principles into our lives, we noticed an immediate upgrade in our self-care. We still eat kale and practice yoga. We meditate, read and write in our journals. But now we do these things and many new, different activities with much more intentionality, meaning and purpose. We strive to live every day by the guiding principles of our manifesto.

Our Manifesto

We believe:

Feelings and emotions are real and deserve to be acknowledged.

Everyone else is allowed to have and express his/her own feelings and emotions.

Establishing boundaries is an essential part of self-care.

The word “no” is a complete sentence.

Others may have an emotional response to your boundaries and that’s none of your business.

Only you know what you need for self-care.

The ultimate goal is relief, not happiness.

The Pause Button 2.0
www.ThePauseButtonPodcast.com



We love to talk. We share our journey and our experiences with others through our podcast, The Pause Button 2.0. Visit our website at www.ThePauseButtonPodcast.com

We also write self-care articles and blogs.

Find out about our individual projects at: www.anitakbrown.com and www.jill-johns.com