

# Self-Care Question & Answer Journal

VOLUME ONE



Beth Lord



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Write Heart Memories® makes the heart of you, your stories, songs, poems, journals, family legacy, heirlooms, business, and other noteworthy remembrances into thin books that move, nourish, motivate and inspire.



Beth is a licensed Occupational Therapist, Guild Certified Feldenkrais, Reiki and BodyTalk Practitioner. She's owned a therapeutic toy catalog company and worked in Corporate America in pharmaceutical sales.

She is the founder and owner of this company.

Beth Lord

## DEDICATION

*To my sister, Linda Dove, who passed away January 31, 2016.  
To my mom, Joyce Moore Bruckner who passed away on February 16, 2008.*

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**These Chapters Can Be Read In Any Order**

Beth Lord



## Forward To Mom, Linda & Anyone Who Needs A Bit of Self-Care

Your sexual abuse is my sexual abuse. Your insecurity and self-hatred became mine and was the undercurrent of fears, fights and flights within myself. My ego developed and competed with the world around me. I got a professional education, certificates, and licenses letting people know I was the best of the best and they could have confidence in my training, but I never sat long enough to take my advice.

My compulsions, addictions and, “my never enough attitude” were my best friends, and this is how I coped with my vulnerability and uncertainties. I never communicated these irrational feelings to anyone because I was, “*SuperWoman*” and didn't stop long enough to feel I was, “me.” There was no time for self-care because I didn't want self-care.

Unbelievable stressors and chaos in my daily life because my plate was full. I kept going back to life's buffet for more delectable plates of distractions to eat. I kept those plates spinning because I was good in management. It took me a long time to realize I didn't have to have all those plates spinning; this had been my choice. My family and community thought I was amazing so my ego was happily fed and my people pleasing aspects of how altruistic I was. But I couldn't give to the individual who needed it the most - me. I didn't know my boundaries and when to say “no” and when to say “yes” to self-care.

Someday, I knew I would rest, be calm and let go of my hyper, vigilant behavior. But my yardstick of worthiness grew like Pinocchio's nose because I was telling myself non-stop lies. As long as I kept my plates spinning, I was okay. The therapeutic and healing techniques learned were for my clients; even though subconsciously they were for me. I could not admit I needed these healing techniques because I wasn't taking care of myself. I could not say, “I need to move in a different way,” and become a Feldenkrais Practitioner. Clients, sent me learning all sorts of things like Upledger's Cranial-Sacral Therapy, John Barne's Myofascial Releasing, Homeopathic Medicine, Quantum Wave Laser

and Star Essences. Siberian Shaman Drumming pleased my spirit guides but my ego was running the show and it was hard for them to get through to me. Boy, I was stubborn.

As long as my family needed me, I could do anything and kept my plates spinning. But life eventually wore the mechanical, perfunctory, controlled and super human endeavors down in me. I ran on empty until life changed the course I was on in a humiliating experience which ultimately led me on my journey in self-care. I spent time and energy getting professional support to get me on this road of worthiness, letting go of illusions and fears; actively changing my ego so I can say, *"I am enough."*

Self-care is a journey worth taking for all stages and phases of life. It's about noticing and learning who we are. Letting go of the parts that no longer suit us - transforming, rebirthing and changing our storylines. You see, self-care happens in moments and I say, "not on a 'to do' list that might take you further away from yourself." You have to make self-care your own and see what resonates within you. Take little steps into self-care. Sheer exhaustion told my heart, "I had to change." It would be a battle worth fighting and winning the small choices made every day. Have I had enough water? Am I breathing deeply? Do I need to move around and get 'unstuck' from my position?"

I am worth fighting for and killing illusion after illusion, fear after fear, anxiety after anxiety to find the real me. Surprise - she is gentle, kind, fun and firm with boundaries about herself. Her voice isn't so tight with competition either. I accept myself so I accept others more readily because there is space for everyone to be themselves. I helped my children, spouses, clients, friends and family with concepts of self-care but it was difficult for me and my life. Getting fired from Corporate America started my self-revelation because my fears were exposed with this life-altering event. My behavior had been impeccable. I was a top rep. The only thing was a new company had bought us, a new area business manager wanting to make a splash for himself and me being on the top rung. So, I was fired in a not-so-kind way because they couldn't be honest and say, *"I was too expensive and someone else could do the job for less."* Never mind it took years to build trust in those client relationships; the bottom line for the company: I was too expensive and easily replaced. I had no control over these

decisions, but it shocked me. I worked as a consultant or an independent therapist for most of my life because I liked the control of being an entrepreneur. I took the corporate opportunity because it was steady income and had great benefits. I was divorced with young children and I wanted the security. It took over 105 interviews with different companies to convince them I could be a better influencer than the eye-candy typically hired out of college.

I look back at my notes from this time, and my narrative from the past tells me I could do this for ten years. Strangely enough, it was ten years and six months when my boss, area business manager and the head of human resource fired me for made-up reasons. I didn't fight back because I was in shock. The rest of my team mates were as shocked as me. Getting fired happens to many people, and I was no different. I was on the scale of expenditures corporate looked at and simply decided I could go. Someone with fewer skill sets and lower financial expectations could easily take my place. This trauma in my life story became the surprising guide in recreating my life so my life is healthy, fun, invigorating and nourishes me because I am doing what I love.

I am grateful for the exploration that took place within me during these six years to help me embrace the journey of self-care.

I let go of fears that were not healthy to have. I gave me quiet time. I decluttered myself, my home and reinvented this company at least ten times over because I wasn't satisfied with it. I didn't want to create "fluff" but concrete, easy and affordable ways for people to listen to their stories. I also needed flexibility and not the 9:00 to 5:00 schedule. Writing peoples' stories became the best medicine for me to stay away from self-abusive and self-sabotaging behaviors.

Self-care didn't happen overnight, but here I am in a simpler, healthier way of life. I had the freedom to go to Ohio to be with my sister for her life-threatening surgery. I went because she needed me. I spent treasured time with her and the past hurts, bitterness and burdens of competing against each other dissolved.

I am a diabetic, but I am not a victim of my glucose readings. I dig to find me. I rest and then I dig some more. I am more than my labels. Yes, the labels are part of my road map for self care but I also know I'm willing to peel my layers so I continue to care for myself. I peel and accept, peel and accept and will continue to do this so I can write.

Writing requires nakedness within my awareness so my words have meaning. I am able to write stories that move and connect us to each other.

Self-care is a dynamic process requiring this peeling of layers and a floating within so we know we are part of the bigger picture and can trust life. I don't mind getting older being the mother of three grown women; one grandson by my daughter and three other grandchildren by my husband's daughter because I also know who I am without them.

I walked The Camino de Santiago from France to Spain (a 490-mile pilgrimage) in 2013, '14 and '15. In 2016, I was a Hospitalera (volunteer) for two weeks at an Albergue (places where pilgrims can sleep) for pilgrims walking The Camino. The Albergue was in the middle part of the walk on the Meseta. Being a Hospitalera was different from being a pilgrim. The work was intense and satisfying - welcoming the pilgrims in after a long day of walking, getting up and seeing them out the next morning and cleaning the Albergue before the next set of pilgrims came. After two weeks, Tom (the other Hospitalero) and I took buses and trains to San Sebastian to meet a friend and embark on walking, "*The Camino del Norte*", which I hadn't walked.

The first day on this route was straight up mountain inclines and down mountains until we reached sea level and a little quiet fishing town for the night. I had not prepared myself mentally, physically or emotionally for the walk and was overwhelmed. It didn't feel like the pilgrimage I had walked for three years. Besides, Linda wasn't "vibering" me every hour asking for updates and photos because she had died in January.

On the second day, Anne and Tom walked ahead of me, and I sat on a rock facing The Atlantic and cried. I breathed in the sea air and felt the confusion and contradictions between my mind, ego, body and heart. I cried until I became quiet and open, then listened to something much larger than myself, let's call it, "*The Camino Spirit*". She knows me well. And what she told me was this, "Go home, make your life simpler. Laugh and write stories for people. Your Camino this time was being a Hospitalera. You don't need to walk anymore this time round." That was last May, and much has changed around and within me.

My life continues to simplify because I am writing and taking care of myself. I know self-sabotage and self-abuse walk beside me, but I am not intricately linked hand in hand with them. They miss their control and are ready to take over if I stumble or fall. I won't let this happen because I'm on the journey of self-care.

I take one step at a time, focus and breathe. I am neither perfect nor unworthy; I am myself, so I breathe. I take sips of water (and yes, sometimes a glass of wine, coffee, and diet soda). I forgive me that I am not a perfect specimen. I am me, and much lighter than I have ever been. My process of self-care may look different from your self-care, but that is because we are individuals and need similar but different ways of self-care.

This question and answer journal is to help you care for self. I know I laugh a lot more and accept what I can't control. I am not as weighted down as I once was and this is a good thing because I float. I float because I breathe more deeply and fully and I am happy being me. I love listening to your stories and turning them into books for you. This nourishes me too. I wish you the same happiness on your path in self-care because self-care is self discovery, self-acceptance and love.

**What Do You Need For Your Self-Care?**

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Beth Lord

## Chapter One

### There Is Grace In Taking Care of Yourself

We need to take care of ourselves in order to go above & beyond.  
We are caring and creating community, love & grace in a positive  
and thoughtful way.

This is the Spiritual Practice of The Hospitalero or Hospitalera

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#### **Hospitalero Training thru The American Pilgrims On The Camino.**

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1. Are you taking care of yourself?  
Yes or No
2. If yes, write down how.

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3. If no, write down your roadblocks

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4. Name three things you could do for self-care that would give you grace.

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## Chapter Two Spinning Plates



Stress is the common denominator of all adaptive reactions in the body. But depending upon the amount of stress taken in, no one can survive a constant barrage of stress because it's not productive. The three stages of overstressed include:

1. The alarm reaction- affecting the body as a whole and possible inflammation of the adrenal cortex, atrophy of lymphatic structures and digestion issues.
2. Resistance or pretending that you're okay. The alarm reaction reverses in an attempt to adapt to the situation and increases the resistance.
3. Exhaustion. The adaptive energy of stress is used up and the individual dies.

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Protection and modulation of stress is a must

**Hans Selye, The Stress of Life (1976)**

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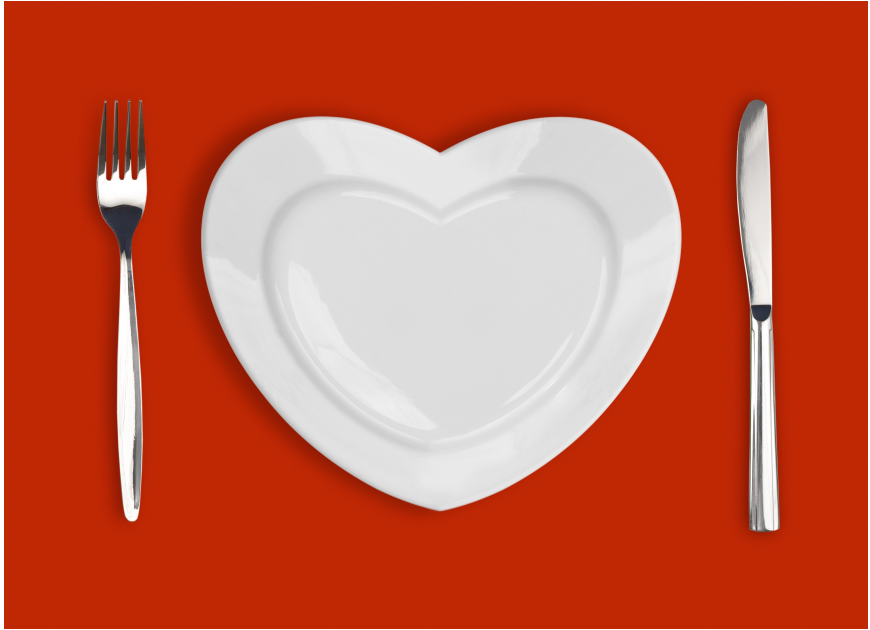
1. How many plates do you have spinning?

1-3      3-5      7-10      More than 10

2. Can you decrease the spinning plates?

3. Keep decreasing the plates till you have one plate left.

4. What's on your plate?



Congratulations on stopping spinning of plates.







6. It takes 66 days to form new habits.  
Let's start with your three primary "new" goals.

Give Yourself: +, =, -, \* for what you are noticing in yourself.

Days	Goal 1	Goal 2	Goal 3
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			
Day 14			
Day 15			
Day 16			
Day 17			
Day 18			
Day 19			
Day 20			



Self-Care Question & Answer Journal

Day 21			
Day 22			
Day 23			
Day 24			
Day 25			
Day 26			
Day 27			
Day 28			
Day 29			
Day 30			
Day 31			
Day 32			
Day 33			
Day 34			
Day 35			
Day 36			
Day 37			
Day 38			
Day 39			
Day 40			
Day 41			
Day 42			
Day 43			
Day 44			

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Day 45			
Day 46			
Day 47			
Day 48			
Day 49			
Day 50			
Day 51			
Day 52			
Day 53			
Day 54			
Day 55			
Day 56			
Day 57			
Day 58			
Day 59			
Day 60			
Day 61			
Day 62			
Day 63			
Day 64			
Day 65			
Day 66			





8. So let's try another 66 days. If you haven't changed your three goals. Keep them. If you accomplished one then replace it with another goal. If you've accomplished them all then give yourself 3 new goals.

Give Yourself: +, =, -, \* for what you are noticing in yourself.

Days	Goal 1	Goal 2	Goal 3
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			
Day 14			
Day 15			
Day 16			
Day 17			
Day 18			

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Day 19			
Day 20			
Day 21			
Day 22			
Day 23			
Day 24			
Day 25			
Day 26			
Day 27			
Day 28			
Day 29			
Day 30			
Day 31			
Day 32			
Day 33			
Day 34			
Day 35			
Day 36			
Day 37			
Day 38			
Day 39			
Day 40			
Day 41			
Day 42			

Self-Care Question & Answer Journal

Day 43			
Day 44			
Day 45			
Day 46			
Day 47			
Day 48			
Day 49			
Day 50			
Day 51			
Day 52			
Day 53			
Day 54			
Day 55			
Day 56			
Day 57			
Day 58			
Day 59			
Day 60			
Day 61			
Day 62			
Day 63			
Day 64			
Day 65			
Day 66			





## **Chapter Three**

### **What Mode Are You In?**

The nervous system has two parts - sympathetic and parasympathetic. The parasympathetic n.s. is primarily concerned with the vegetative functions of our body. The sympathetic mostly acts as a total unit, exciting neural and glandular activity. This part of the nervous system helps us survive. It is known as the “fight or flight” system. But then more research was done and we found 5 primary “F” reflexes to deal with. They include fight, flight, freeze, fool around (fidget) and faint.

This system, although instinctive, can be changed with biofeedback and awareness. If we are fearful and anxious most of the time, these five reflexes are activated and wreck havoc with our system. Biofeedback comes in many forms of support that you can do on your own like taking classes, asking friends and family their opinions and reading about your story and other peoples’ stories too or with a physician, counselor, massage therapist and other types of professionals who help our self-care.

Do you operate out of fear or trust?

Do you operate out of comfort or dis-ease?

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**Heiniger & Randolph, Neurophysiological Concepts In Human  
Behavior - The Tree Of Learning (1981)**

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Consider what happens if we pause before we act out of fear. What if we use some form of biofeedback like meditation, prayer, naturopathy, chiropractic, essential oils, organization, or focusing techniques to help our mind chatter less and calm our fear responses? Let's take a week to see what mode we typically operate in. Record morning, afternoon and evening thoughts on whether you operated out of fear or trust. If it's fear, try and pinpoint the type of reflexive response you are utilizing.

### **#1 Fight**

Argumentative and nasty. This can be physically or emotionally utilizing body or words. You have a short fuse

### **#2 Flight**

Physically leaving or emotionally leaving the situation. Your mind is on other things. You are thinking what to say next and aren't listening to the other person. You are not present.

### **#3 Freeze**

Unwillingness to change. Stubborn.

### **#4 Fool Around or Fidget**

Clowning around, nervous laughter, twitching and not doing the work.

### **#5 Faint**

Not learning because the stress levels are way too high and the discomfort is too much. Think "auto-pilot" mechanical or robotic.

**Day One:**

<b>FEAR BASED</b>	<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>
Fight			
Flight			
Freeze			
Fool Around or Fidget			
Faint			
<b>TRUST BASED</b>			
Comfortable w transitions & changes.			
Go with the flow.			
Curious and okay with challenges			
Feel okay about yourself if you make mistakes.			
Focused and can concentrate			
People like you.			
Happy			
You can handle constructive criticism.			
You aren't easily "set-off". You have a long fuse.			



**Day Two:**

<b>FEAR BASED</b>	<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>
Fight			
Flight			
Freeze			
Fool Around or Fidget			
Faint			
<b>TRUST BASED</b>			
Comfortable w transitions & changes.			
Go with the flow.			
Curious and okay with challenges			
Feel okay about yourself if you make mistakes.			
Focused and can concentrate			
People like you.			
Happy			
You can handle constructive criticism.			
You aren't easily "set-off". You have a long fuse.			



**Day Three:**

<b>FEAR BASED</b>	<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>
Fight			
Flight			
Freeze			
Fool Around or Fidget			
Faint			
<b>TRUST BASED</b>			
Comfortable w transitions & changes.			
Go with the flow.			
Curious and okay with challenges			
Feel okay about yourself if you make mistakes.			
Focused and can concentrate			
People like you.			
Happy			
You can handle constructive criticism.			
You aren't easily "set-off". You have a long fuse.			





**Day Four:**

<b>FEAR BASED</b>	<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>
Fight			
Flight			
Freeze			
Fool Around or Fidget			
Faint			
<b>TRUST BASED</b>			
Comfortable w transitions & changes.			
Go with the flow.			
Curious and okay with challenges			
Feel okay about yourself if you make mistakes.			
Focused and can concentrate			
People like you.			
Happy			
You can handle constructive criticism.			
You aren't easily "set-off". You have a long fuse.			



**Day Five:**

<b>FEAR BASED</b>	<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>
Fight			
Flight			
Freeze			
Fool Around or Fidget			
Faint			
<b>TRUST BASED</b>			
Comfortable w transitions & changes.			
Go with the flow.			
Curious and okay with challenges			
Feel okay about yourself if you make mistakes.			
Focused and can concentrate			
People like you.			
Happy			
You can handle constructive criticism.			
You aren't easily "set-off". You have a long fuse.			



**Day Six:**

<b>FEAR BASED</b>	<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>
Fight			
Flight			
Freeze			
Fool Around or Fidget			
Faint			
<b>TRUST BASED</b>			
Comfortable w transitions & changes.			
Go with the flow.			
Curious and okay with challenges			
Feel okay about yourself if you make mistakes.			
Focused and can concentrate			
People like you.			
Happy			
You can handle constructive criticism.			
You aren't easily "set-off". You have a long fuse.			



**Day Seven:**

<b>FEAR BASED</b>	<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>
Fight			
Flight			
Freeze			
Fool Around or Fidget			
Faint			
<b>TRUST BASED</b>			
Comfortable w transitions & changes.			
Go with the flow.			
Curious and okay with challenges			
Feel okay about yourself if you make mistakes.			
Focused and can concentrate			
People like you.			
Happy			
You can handle constructive criticism.			
You aren't easily "set-off". You have a long fuse.			





*Are you fear based or trust based?*

Beth Lord

What are your thoughts and feelings around this?

## Chapter Four

### What story are you telling today?

“Storytelling is the essential human activity.  
The harder the situation, the more essential it is.”  
– Tim O’Brien

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#### The Seven Basic Plots: Why We Tell Stories: Christopher Booker (2004)

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Christopher Booker is a Jungian therapist who studied plots for thirty-four years with clients and came up with seven main plots we love to live and tell. Assume you are the main character - the hero and heroine of your stories.

1. **Overcoming the Monster**

Overcoming evil or some antagonistic force.

2. **Rags to Riches**

Acquiring power, wealth, love. Losing it all but gaining it back after growing as a person.

3. **The Quest**

Setting out with a group of people to go on a mission, bringing something back or finding something or someone that wasn't known. There are many adventures, hurdles, distractions and addictions along the way.

4. **Voyage and Return**

Going to a strange land or having an unusual experience. The character survives and learns something new.

5. Comedy

It's light, fun and energizing with a happy ending. Love stories are found in this plot. There are many twists, turns and confusing moments before our hero/heroine see clarity which leads them to a happy ending.

6. Tragedy

You have a character flaw or make a great mistake and it makes a mess of your life. It's sad and you can have people feel sorry for you because we know you're basically a good person.

7. Rebirth

An important event forces you to change your ways, often making you a better person.

You can change your story if you know your story. I'd like you to notice your story for 30 days. This means at the end of the day you write down the main plot you have been living for the day in these next few pages. There is no competition here. This is a learning lesson about you and your stories which helps you better understand your self-care. Allow yourself to be shocked and amazed. Go ahead and laugh too. I believe if we pay attention to ourselves, we soon realize we are our own best sellers.

I'm also asking you for a one sentence "pitch" of this sentence if you were going to sell it to an agent.

## Thirty Days Of Noticing Our Plots and Storylines

Overcoming the monster.

Rags to riches.

The Quest.

Voyage and return.

Comedy.

Tragedy.

Rebirth.

Day	Storyline
Pitch	
Day 1	Storyline
Pitch	
Day 2	Storyline
Pitch	
Day 3	Storyline
Pitch	
Day 4	Storyline
Pitch	
Day 5	Storyline
Pitch	
Day 6	Storyline
Pitch	
Day 7	Storyline
Pitch	

Day 8                      Storyline

Pitch

Day 9                      Storyline

Pitch

Day 10                     Storyline

Pitch

Day 11                     Storyline

Pitch

Day 12                     Storyline

Pitch

Day 13                     Storyline

Pitch

Day 14                     Storyline

Pitch

Day 15                     Storyline

Pitch

Day 16                     Storyline

Pitch

Day 17                     Storyline

Pitch

Day 18                     Storyline

Pitch

Day 19                     Storyline

Pitch

Day 20                     Storyline

Pitch

Self-Care Question & Answer Journal

Day 21                      Storyline

Pitch

Day 22                      Storyline

Pitch

Day 23                      Storyline

Pitch

Day 24                      Storyline

Pitch

Day 25                      Storyline

Pitch

Day 26                      Storyline

Pitch

Day 27                      Storyline

Pitch

Day 28                      Storyline

Pitch

Day 29                      Storyline

Pitch

Day 30                      Storyline

Pitch

## What's Your Top Three Storylines?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Do you love these plots?

Do you want to change them?

How can you change them?



**Chapter Five**  
**Your Can't Outrun Time**  
**You Are Enough**

---

If we take care of the moments,  
the years will take care of themselves.

**Maria Edgeworth**

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1. Spend a few minutes looking in the mirror.

What do you see? \_\_\_\_\_

Are you happy with what you see? \_\_\_\_\_

2. Ask your spouse, kids, close family or friend to tell you 3 things they like about you. 3 things they don't like about you or worry over for you.

Like

Don't Like or Worry Over

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. Ask a co-worker or boss the same questions.

Like

Don't Like or Worry Over

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4. You have your self-reflection and 2 other reflections from your life. What are you gathering up about yourself?

5. Anything you want to strengthen, transform, get rid of?

6. Can you accept that you are: “Beautiful, as you are?”  
(Carole King). Because, you ARE beautiful as you are  
and you are enough as you are. Go ahead and look  
in the mirror and say this or record this mantra so  
you can play it over and over and over and over.

Whatever your situation, wherever you are.....

**YOU ARE BEAUTIFUL AS YOU ARE**

**YOU ARE ENOUGH**

Beth Lord

**YOU ARE BEAUTIFUL AS YOU ARE**

**YOU ARE ENOUGH**

**YOU ARE BEAUTIFUL AS YOU ARE**

**YOU ARE ENOUGH**

**YOU ARE BEAUTIFUL AS YOU ARE**

**YOU ARE ENOUGH**

**YOU ARE BEAUTIFUL AS YOU ARE**

**YOU ARE ENOUGH**

**YOU ARE BEAUTIFUL AS YOU ARE**

**YOU ARE ENOUGH**

**YOU ARE BEAUTIFUL AS YOU ARE**

**YOU ARE ENOUGH**

## **Chapter Six**

### **Your Can't Float If You Don't Breathe Deeply**

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The following is an excerpt from a book I'm writing for Yancy Wright who is the founder of Alternavida in Puerto Rico. He used to live in Seattle working at a corporate, prestigious high-paying job. He almost died from it. When he did some alternative healing with BodyTalk he had a vision of this healing retreat center. He changed his life by literally having his heart reset, challenging his fears of water (because he almost drowned when he was two) and creating this amazing space and place to help people be healthy, happy and make healthy choices.

**Yancy Wright**

**<http://www.alternavida.com/>**

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This is what Yancy says,

“ I use the wind and the waves. I use these elements in nature as metaphors for how we can operate with each other in all situations, especially in business. And the easiest things happen in life when you're in the flow.

We're here for the school called life. I think that's part of why I'm so attracted to taking people into nature for these retreats because of the adventure you find in you when you remove yourself from the game, and you push the envelope of what's comfortable, so people connect to their essence.

When we work with people, we focus on the breath. I find that the simplest way to test whether someone's breathing effectively and seeing how they float. If they're not breathing, they're not floating because they aren't filling their belly, and their chest full of air. If we have a tight stomach and a tight chest; we're breathing shallow, and it's harder for our body to float naturally.

*How often is it during the day that we're stressed, constricted and not breathing deeply and full?*

I love working with people and holding them in the water, helping them understand the mechanics of the body and how their breath is impacting their body, heart, and soul. We stretch fear at Alternavida. Total and full breathing is a simple concept but difficult to use in our daily world. If we breathe, deeper and fuller, we help ourselves with self-care. And we get closer to the truth of who we are.”



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## Self-Care Question & Answer Journal





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Beth is a licensed Occupational Therapist, Guild Certified Feldenkrais, Reiki and BodyTalk Practitioner. She's owned a therapeutic toy catalog company and worked in Corporate America in pharmaceutical sales.

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