



Mind • Body • Spirit
5 Daily Self-Care Exercises

For entrepreneurs & helping professionals

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HI THERE!

Jaja here, therapist/social worker/entrepreneur who supports other entrepreneurs & helping professionals through self-care resources. I'm so glad you're here!

Since my years in graduate school, I have been on a journey of discovering self-care strategies that not only nourish my body, but also my mind and spirit.

Self-care is so much more than taking time-off, exercising regularly, or eating healthy. While these practices are important aspects of self-care, I have discovered that daily self-care practices throughout one's workday helps prevent the accumulation of chronic stress in your nervous system.

I created this guide to assist entrepreneurs & helping professionals in viewing self-care in a holistic manner. And to recognize the need for both personal AND professional self-care practices in their lives.

Creating a culture of self-care requires us to examine our lives and to recognize that we, as leaders, are the beginning to creating the change we want to see in our organizations, businesses, and communities.

Exercise 1: Mind

Begin each day with an intention or truth to carry.

What do you need to let go of from yesterday's workday to enter fully into today with peace & rejuvenation?

What do you want to hold onto for today so that you can move forward with strength?

Today, I let go of fear and comparison and hold onto creativity from within.

I cling onto the truth that "I am Enough."



Exercise 2: Body

A mindful breathing and self-massage practice

Begin with focusing on your breathe.

Breath deeply in through your nose for a count of 4 and then out from your mouth for 1-2-3-4. Notice your breathe as it fills your lungs and as it gently rushes out of your mouth.

Now scan through your body from the top of your head to the tips of your toes.

Notice if there is any tension or tightness in any part of your body. If possible, give those places in your body a self-massage to close off this exercise.

Exercise 3: Spirit

Thanksgiving Mindfulness Exercise

Begin with deep breathing. Breathe in through your nose for five seconds and then out of your mouth for five.

As you inhale and exhale, notice your breath. With each new breath reflect on who (or what) you are grateful for today.

Repeat for a minimum of five gratitudes.

The Simple Things

Today

I am grateful for the breathe of life that sustains
my friends who cherish me
sweet puppy kisses
trickling streams & waterfalls
and the laughter of children on a playground.

Exercise 4: Professional



Take a minimum 30-minute lunch break

It's so easy to work over lunch, particularly when you have a never-ending to-do list like myself.

I've worked through lunch before - haven't we all?

Lunch breaks not only nourish our physical bodies, they also help us mentally recharge for the afternoon.

Do whatever you love during that break - eat, meditate, pray, read, practice some of the other listed self-care exercises, draw, chat with friends, or even take a power nap.

Whatever refuels your tanks!

Exercise 5: Personal

Connect with a loved one about **non-work** related topics. Once again - I repeat: **no** business or work-related talk!

All too often friends and family may become our only outlet in dealing with difficult business or work challenges.

Supervision, consultation, mentorship, collaboration, and debriefing with colleagues or like-minded leaders can help reduce this.

Working with a licensed therapist can also greatly reduce the use of personal loved ones as our only sounding boards, particularly on those days or weeks when we can't stop thinking about our work. This is often an early indicator of burnout or secondary trauma and I've been there before.

Let's prevent the continued ripple effect of chronic stress by protecting our loved ones from hearing about difficult situations in our workplace that may not nourish their minds, bodies, or spirits.



About Jaja



As a social worker & therapist who has lived as a third-culture kid (TCK) overseas, I have witnessed and experienced the impact that trauma and transitions have on individuals, couples, families, business leaders and helping professionals. My passion is to see entrepreneurs & helping professionals thrive in the work we provide to our communities.

I utilize a mind-body/gut-brain mindset and practice from a holistic perspective, noting that the body, mind, soul and spirit are interconnected. Areas of specialization include: EMDR, The Daring Way™, secondary trauma and burnout, trauma, and maternal mental health.

I have the joy of practicing therapy in Waco, Texas and online for any individual residing in the state of Texas.

You can connect with me via e-mail at info@jajachen.com or through the links below.

