



50  **WAYS TO**
SELF-CARE AS A
CREATIVE
EMPATH NOW!

50 WAYS TO SELF-CARE AS A CREATIVE EMPATH NOW!



Here are some strategies and techniques you can instantly add to your self-care toolkit as a creative! These five categories of self-care will help you to nurture your creativity, process your thoughts and emotions, improve your relationships and business, and provide you with available options for relaxation and restoration!

SUMMARY

STRATEGIES FOR YOUR CREATIVITY & CREATIVE PROCESS	3
STRATEGIES FOR YOUR WORK & BUSINESS	4
METHODS FOR REST, RECOVERY & RESTORATION	5
TECHNIQUES FOR PROCESSING YOUR THOUGHTS & EMOTIONS	6
STRATEGIES FOR RELATIONSHIPS, SOCIALIZING & HIGH ABSORBING EVENTS	8

STRATEGIES FOR THE CREATIVE PROCESS

ARTIST DATES

An artist date is a once-a-week, solo adventure that nurtures your creativity. Take yourself on a date that sparks your interest, curiosity or sense of play.

MORNING PAGES

Write for 30 minutes (about three pages of stream-of-consciousness writing) as soon as you wake in the morning.

TAKE A WORKATION

Go on a mini vacation for your work. Put yourself in a new, inspiring environment while working on a project.

IDENTIFY YOUR CREATIVE PROCESS

Journal about your creativity process. Write down what works for you, what doesn't, and some ways you can switch it up!

MAKE A PRE-CREATIVITY RITUAL

Make a routine of your choice that puts you into creative mode before you start getting into your creative flow.

TRY A DIFFERENT CREATIVE PROCESS

If you normally do things one way, try switching up your creative approach and see how the process or outcome changes.

TRY A DIFFERENT CREATIVE OUTLET

If you're feeling a little burnt out, try adding another creative outlet to your repertoire just to spice things up or use it as another way to have fun or express your emotions.

CONSUME INSPIRING CONTENT

Read books, listen to podcasts, watch documentaries, or visit an art gallery.

FIND COLLABORATORS

Reach out to new collaborators to add an element of variety to your creative process. Keep learning from other creatives and take note of what styles or techniques they use that may resonate with you. Try utilizing them in your own process!

TAKE A BREAK

Add breaks throughout your work day like taking a walk or doing some stretches.





STRATEGIES FOR WORK & BUSINESS

VISION BOARDING Create a vision board by collecting images that reflect your goals, desired lifestyle and things that you would like to manifest. Keep it somewhere visible.

MOOD BOARD Create a mood board for a creative project by pulling any visual inspiration that may inspire you or captures the mood or aesthetic you are hoping to achieve for a particular project.

MIND MAPPING Using a poster board or paper and pen, draw a circle in the middle of the board to brainstorm a particular idea. Using a line to branch out to new ideas, draw additional circles or “bubbles” to represent categories surrounding the main theme. Allow your thoughts to flow and write down/draw out anything that comes to mind.

THE SUCCESS MAP Take a big goal of yours and write down everything that it will take to see that goal through. If you are unsure of which actions to take, find three people who have already achieved that goal and write down everything they did to achieve it. Use this list as your roadmap to success.

DITCH OR DELEGATE Prioritize what’s most important by relieving some tasks on your plate by either delegating them to someone who’s qualified to do them faster than you or ditch some tasks entirely.

HIRE NEW TEAM Consider hiring a new team member to help you with a particular project short term. Or consider hiring a new team member on a more full-time basis to help support your goals/visions.

TIME TRACKING Using a calendar of your choice, track the time spent on all the activities of your day to see how you are spending your time. Use time tracking to plan your week, day, or month ahead of time.

WRITE A MISSION STATEMENT Write a short 2 to 3 sentence mission statement for your business to keep you on track with your values.

SOCIAL MEDIA CODE OF CONDUCT Write a short list of personal rules for yourself when engaging and utilizing social media. Use this list to set your own boundaries around social media.

ABUNDANCE TRACKING Track any and all financial abundance that comes your way using a spreadsheet or journal. Use abundance tracking to celebrate your financial wins and attract more abundance.





METHODS FOR REST & RECOVERY

GROUNDING

Try grounding by either closing your eyes and taking a few deep breaths just to center yourself in the present moment. Or trying laying on the ground for a few minutes, feeling the sensation of support of the floor or earth beneath you.

COCOONING

Use a weighted blanket, blanket or comfy hoodie to wrap yourself in and create a physical barrier between your body and the outside world. Use this protective layer as a place to feel safe, recharged and shielded from the outside world

CONNECTING WITH NATURE

Spend time nurturing your spirit in nature. Walk in or near forests, parks, lakes, rivers, oceans, mountains, or any nature that is available to you.

HAVENING

Try the havening technique, a method of self-soothing touch to relieve pain, stress and anxiety. This calms the nervous system and provides a feeling of safety.

UNSCHEDULED TIME

Schedule in “unstructured time” into your calendar so that you can use this free time to either rest, recharge or catch up on things to do.

PLEASURE BUNDLING

Create a list of activities that you enjoy doing. Reward yourself with these activities once you've completed the day's work, or finished a large project.

REST

Get some sleep, (seriously) take a nap! (Guilt free)

ALONE TIME

Schedule plenty of alone time throughout your day, week, month so that you have time to energetically reset and recenter.

BATH TIME

Use bath time as a time to relax, unwind, and physically and energetically cleanse the mind, body and spirit of all that's happened in the day.

TAKE A VACAY (OR A STAYCAY)

Reward yourself with a vacation! OR plan a mini staycation if that's easier or more available to you.



TECHNIQUES FOR PROCESSING THOUGHTS & EMOTIONS

EMOTION SEPARATION

When you're having trouble processing your emotions or noticing what emotions are yours vs. emotions you may have picked up from others, try the Emotion Separation technique.

STEP 1: Write a list of your feelings

STEP 2: Label the feeling as "Mine" or "Not Mine"

STEP 3: Claim the emotions that are yours, and lovingly send away the ones that are not yours.

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REWRITE THE BELIEF TECHNIQUE

Use this technique to ditch any self-limiting beliefs you may be experiencing and re-write it so that you can adopt a mindset or belief that better serves you.

STEP 1: Write the belief

STEP 2: Locate where that belief is coming from (for example, is it coming from your mom, dad, friends, society?)

STEP 3: Rate the belief from 0-10 on how much you actually believe it.

STEP 4: Rewrite the belief into a more positive one.

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MIND BODY SOUL TECHNIQUE

Use this 5-minute technique just to check-in with yourself and see how your mind, body and soul are feeling at any given moment.

Close your eyes and ask yourself what you are feeling/experiencing in your mind, body and soul.

(For example: Feeling scatterbrained? Tension in your neck or shoulders? Longing for friend time?)

Then just **take a moment** to bear witness and acknowledge those sensations within your body.





JOURNALING

Try journaling out your thoughts and emotions. The act of writing them down and seeing them on paper will help you to better understand them.

MEDITATION

Use meditation as a way to take a mental shower from your day! Allow thoughts to come and go and connect with your breath. You can even benefit from as little as 5 minutes of meditation!

BURNING RITUALS

Try a burning ritual whenever you feel like you want to release some negative thoughts or emotions. Any self-limiting beliefs that might be holding you back. Try writing it all down on a piece of paper. Then burn it in a fire safe container.

GET CREATIVE

Use art in any way, shape or form to process and express all of your thoughts and emotions. Explore a different creative outlet by stepping out of your comfort zone and engaging in activities or hobbies you've never tried before.

TALK WITH A THERAPIST

If you feel like you're struggling, get in touch with a therapist! See Stefani Fryzel's Favorite Resources for more links and information.

MAKE TIME TO SOCIALIZE

Connect with friends, family, co-workers or peers regularly.

PULL ORACLE OR TAROT

Pull oracle or tarot cards to get in touch with your intuition, your guides, or to receive signs from the universe!



STRATEGIES FOR EMPATHS & HIGHLY SENSITIVE PEOPLE

SET A TIME LIMIT AT EVENTS If you're someone that gets easily overwhelmed in a social setting, set a time limit in that environment and plan to leave at that time.

HAVE AN EXIT STRATEGY If you're participating in a big event, make sure you have your own means of leaving that event (for example, drive your own car so you can leave when you want).

NETWORK WITH COMPLIMENTS Strike up a conversation with someone new by starting with a compliment. Follow it up with a low stakes question like, "Where are you from?", to keep the conversation rolling.

SHIELDING While in a busy or overwhelming setting, try imagining a protective layer or shield around you so that you create an energetic boundary between you and the chaos happening around you. Almost like you're in your own protective bubble!

LIMIT CONTACT WITH ENERGY DRAINERS OR ENERGY VAMPIRES Make a note of anyone you generally feel drained after spending time with. This may be someone you want to avoid contact with entirely, or if you can't avoid them, try to limit the amount of time you spend around them.

DO A PROTECTION SPELL Use herbs, crystals, oils, potions or spell jars to set an intention for protection. Using protection sprays is a quick, efficient way to add a level of shielding whenever you feel you might need it.

WEAR A GROUNDING OR PROTECTING CRYSTAL Black crystals such as black obsidian or black tourmaline are great for protection. You can wear them in a necklace or simply carry them with you in a purse or pocket.

MEDITATE OR COCOON AFTER SOCIALIZING Empaths and highly sensitive people need more time after socializing to decompress and unwind. Try meditating or cocooning after a night out.

JOURNAL AFTER MAJOR EVENTS Journaling can be an effective way for you to process your thoughts surrounding a major event. Give yourself time to process your emotions by writing about them.

BOUNDARY SETTING Set boundaries with people, places, and chaotic environments so that you don't get drained or overwhelmed.

