

Calm in The Face of the Storm: A Dialogue on Self-Care and Spiritual Well Being

“It took me a long time to learn that doing what nourished my spirit was not selfish, but essential.”
-Kaylan Pickford, Always a Woman

Modeling, Living, Being Peace

<p>In what ways have you been able to create and maintain a sense of balance in your life? (from great to small name all the ways that you take care of yourself):</p> <ol style="list-style-type: none">1.2.3.4.5.6.7.8.9.10.	<p>In what ways have you struggled in maintaining this delicate balance (be explicit on how this has manifested itself – anger, burn out, sleep deprivation, etc. and what event or series of events triggered this melt down?):</p> <ol style="list-style-type: none">1.2.3.4.5.6.7.8.9.10.
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When do you feel the most creative...the most centered? (List times, spaces and experiences)

<ol style="list-style-type: none">1.2.3.
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.....Be Still.....

The Art of Calm: Relaxation Through The Five Senses

Please list 10 ideas for relaxation for each of the five senses. Describe each in a few words. Be Creative!

<p>The Sense of Sight</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 	<p>The Sense of Taste</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 6. 7. 8. 9. 10.
<p>The Sense of Sound</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 	<p>The Sense of Touch</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 6. 7. 8. 9. 10.
<p>The Sense of Smell</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 	<p>Divine Sense</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 6. 7. 8. 9. 10.

“You see positive things do not come by nature. For Positive things we have to make an effort...for a happier future, if that is our wish. It is our responsibility.”

-His Holiness the Dalai Lama