



## Personal Wellbeing and Self-Care VMware - Summer 2021

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### Class Review & Homework session 1

#### Part 1 of the 12-week course:

*Learning to become present with yourself and in your own body.*

Week 1 and 2: moving inward and understanding your mind and emotion. Becoming present and learning to find ground in yourself to deal with stress and overwhelm.

When we join a course like this it's important to set our intentions and anchor the reasons for taking the course, to connect to our 'why'.

In this first session, we discussed the course of the program and all program details. We also discussed our intentions for the course and for our own personal wellbeing.

We focused on what was important to us in our personal wellbeing and on a scale from 1-10, where we felt we presently find ourselves in those dimensions.

#### Reaching out

When we start on a personal journey like this, especially if it's about finding harmony between the different parts of our lives and in relation to work, sometimes, emotions might come up for you. If this happens, please reach out. This is not a therapy course, but I am here to answer questions and to support in any way.



## **Materials**

All materials can be found on the web-area on the Be Rooted website VMware page and I will update each week.

## **ZOOM Etiquette & Classroom PROTOCOL:**

We discussed confidentiality, practicing at home and actively bringing personal wellbeing to the forefront of your life during this process.

## **Meditation & Log**

As you practice at home, please find an app that works best for you. Calm and Headspace are two great resources to use. Audio files of my meditations will be shared in the VMware environment of my website also.

You can use the habit tracker (meditation log) to work with yourself and track how you are doing. Remember: there is no good or bad. We will discuss your experiences and progress in class

## **Homework and Daily practices**

**Meditation:** Try to do a daily practice (box) breathing exercise every day. 15 minutes would be wonderful but you can start with 5 minutes and build it up from there.

**2 Minute stillness:** Throughout the day you can practice the 2-minute exercise where we track what is going on for us in any given moment. We breathe and relax our muscles and continue the day.



## Session 2

Next week we will continue our focus on somatic work.