



Personal Wellbeing and Self-Care VMware - Summer 2021

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Support Tools Personal Wellbeing & Self Care

We've created a short guide to support you and help you to get the most out of this program experience. We hope this helps you take good care of yourself before, during and after the program.

In an effort for you to get the most out of this program and to feel supported, here are some suggestions for self-care during and after this experience.

Supporting the mind - Meditations

At the start of each session, we will start with a short settling in exercise to prime the mind and get ready.

What could support you is to take five minutes before and after the weekly program sessions to focus on this course and your intentions as you go through the program. This might mean meditating for 5 minutes, or listening to music, or anything that helps you feel focused and present.

Supporting the body

Drink lots of water, it is a great way to help the body focus better.

Also, stretch at least 5 times a day or go out for a walk between meetings. And see if you can switch your 1-on-1 meetings to audio (versus video) with a colleague and go for a walk “together”. this can support you as you make self-care a priority without losing time and focus.



Stay connected with other participants in the program by actively connecting with them. I am not going to facilitate a buddy program but highly recommend you actively seek out each other. You might change want to speak to more colleagues during the program to get different perspectives. Being open to each other's process and progress creates strong bonds during and after the course. Participants often continue with meetings after the program.

Journaling

It really helps to journal about the course on a weekly basis. You will find that each week you might start changing the way you look at things. Keeping track of this by writing things down is a good way to process and remember. Also, returning to the pages can often support reflecting and internalising what is being practiced.

Reach 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.

Be patient and gentle with *your* process.

It's important to remember the effects of meditating and becoming better in touch with yourself.

It requires a willingness to be open and it's important to ground the experience in our day-to-day life by actively being kind to ourselves.

Good luck and have fun!

~ Barbara