

EXPAND YOUR SUPPORT
TOOL KIT WITH:

TIME

FOR

CARE

SARAHASHER.COM

HELLO & WELCOME

It is my absolute pleasure to introduce you to your copy of 'Time For Care'.

I created this mini-guide as a gentle reminder of the incredible value of caring.

A few years ago, I spent my time people-pleasing my way through life, I sacrificed any remnants of personal care for vodka-benders on the weekend, 40-hour work weeks, full time study, late night meetings or appointments and a jam-packed social calendar. On the outside it looked like I was living and loving life, a perfect fit with the philosophy of 'work hard, play hard'. But time soon caught up with me and I found myself on a downward spiral with anxiety, depression and chronic fatigue.

On reflection I realised my life was full but I was running on empty. I wasn't taking any time to recharge my batteries. I wasn't taking the time to care for myself. I have always worked in the helping profession and once I became aware that I was struggling on the inside, I realised how critical it was for me to prioritise self care.

It is very very true, only when we care for ourselves can we really care for others.

I knew that if I wanted my health to improve, if I wanted a shot at having a positive relationship with myself and if I wanted to create deep connections with others, I had to make a few choices. Firstly, I had to learn how to believe that I was worthy of these things. Secondly, I had to choose to make a commitment to care for myself every day.

Life brought challenges and I found myself doing 1 thing one week, 1 thing the next month and then I would go a couple more weeks without self care even crossing my mind. But I kept getting little nudges or messages (a cold one week, last minute cancellations from clients, cystic acne, a disagreement with a loved one). I got to a point where I knew something had to change. I was sick and tired of being sick and tired. I had tried the 'fix it' options, I had spent thousands of dollars on searching for the 'solution'. If you have too, you will understand when I say, there is no one solution. We each have the knowledge and the tools to support ourselves. Sometimes we need some guidance and some gentle courage to discover these things.

This is why I created TIME FOR CARE.

When we choose to invest our time in the things that expand our happiness, love and joy, we are opening ourselves up to a whole new world of possibilities. When I shifted my thought process from 'taking time for yourself is selfish' to 'taking time for yourself is a gift for you and for others', everything flowed a little bit easier. There of course, are still challenges. So how do I stay dedicated to self care? I follow a care map, filled with all of all the things that support me.

Every day I choose at least 1 thing listed on my map and take the time to care for myself.

I have more confidence, more self-belief and more self-worth than I ever thought possible. The impact has been huge.

YOU WITH ME? LET'S BEGIN...

HOW TO USE THIS GUIDE:

01

C R E A T E A S P A C E

*Create a space where you feel comfortable, safe and supported.
Light a candle, sit in the garden, go to the beach or the park,
press play on your favourite playlist.*

02

B R A I N S T O R M I D E A S

*Grab your pencil and jot down 10 things that make you feel good (refer to page 4). There is no limitation on what makes YOU feel good.
Maybe it's running, having a bath, walking the dog,
watching the sunset, boxing, cooking, watching a movie, dancing,
painting, doing a jigsaw puzzle...*

03

S C H E D U L E Y O U R C A R E T I M E

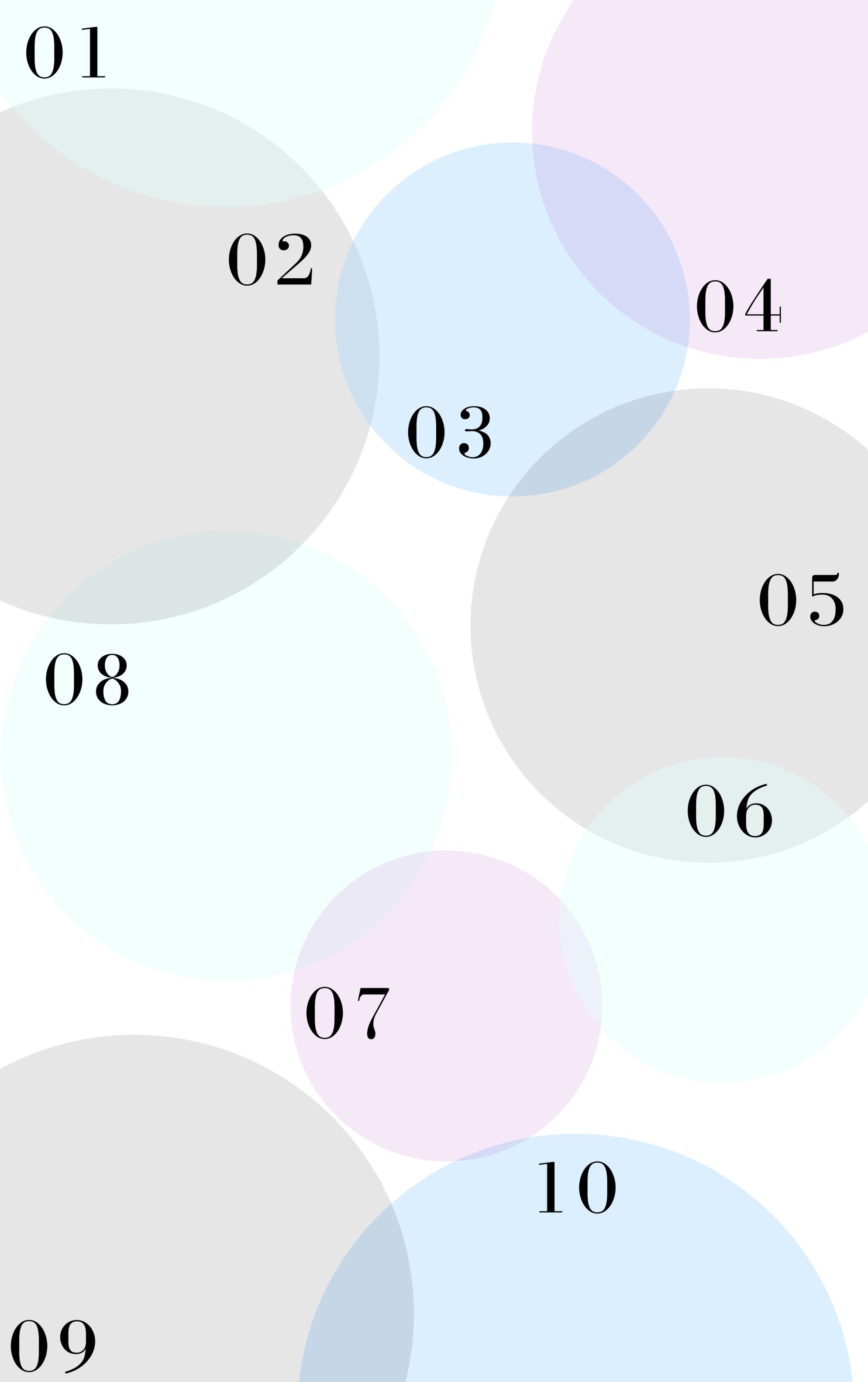
Accountability is vital. Take a photo and share your care map with a friend or tag me @sarah_asher_ so I can follow your growth. Make time in your calendar. Schedule 'TIME FOR CARE' each day. Then set a reminder in your phone to check in with yourself to see how you went.

04

C E L E B R A T E

Celebrate everything!

*The aim is to raise your awareness of how you feel when you take care of yourself. After each activity, practice saying
'I am so grateful for the opportunity to care of myself,
I feel (happy/energised/relaxed/peaceful), I am worthy of this'.*



01

02

03

04

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08

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09

WHERE TO NEXT?

Print your care map, save it to your favourites or email it to yourself so you can access it all times. I like to take a photo of my care map and save it as my wallpaper so I am always reminded of the things that leave me feeling great.

Continue to add to or switch activities on your map and explore different varieties and combinations to ensure you get the most out of your care time. For some, running first thing in the morning might invite energy and productivity into their day, for others it might be yoga and meditation to calm and restore the soul.

Remember to reflect. Connect with yourself each day and start a conversation with yourself to see how you feel.

Each time you feel like you don't need any care time, stop and reflect. Ask yourself 'why am I am restricting/avoiding/sabotaging?'

Whatever comes up for you, find comfort in knowing that support is available. Reach out and request it if you need to.

Practice bringing your awareness to the present moment. Observe your connection to your world; your interactions with others; and your internal communication with yourself. Notice any shifts that take place after the first week of practicing regular self care, then the second week and so on.

Your patience, understanding, openness, integrity and even your ability to give and accept love can transform, if you allow it.

Give yourself this gift.

And most of all, HAVE FUN exploring and discovering who you are and what makes you feel great!

FROM MY HEART TO YOURS,
PLEASE REMEMBER TO

ALWAYS

TAKE CARE OF

YOU

SARAH X

MEET SARAH

Sarah Asher is a qualified Counsellor specialising in Mental Health and Emotional Wellbeing. With a mission to inspire connection within the community, Sarah encourages authentic sharing, one conversation at a time.

Sarah helps individuals create a kinder, gentler and more supportive relationship with themselves. Working 1:1 with individuals or running group counselling sessions, Sarah shapes opportunities for people to live well, bravely and consciously.

Sarah continues to build her community presence by delivering interactive workshops to various organisations and community groups including schools, families and local businesses.

Sarah is also an active Speaker in the community, talking recently at the Hillary's Health and Wellness Expo, Up-The-Ante Launch and The Kindness Trail.

Sarah is based in Perth WA, but her online presence and flexible counselling programs offer a sanctuary of support for people all over the world.

Connect on social media with Sarah: Facebook and Instagram.

Get to know Sarah more here

---> www.sarahasher.com/meet-sarah/

CONNECT WITH SARAH

WEBSITE ---> www.sarahasher.com

FACEBOOK ---> <https://www.facebook.com/sarahashercounsellor/>

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