

# Self care reminders



- Laughing
- Morning yoga
- Doing 15 minutes of energy healing and meditation before going to bed.
- Getting to bed as quickly as possible
- Avoid being tempted into late nights every night
- Coming to the

conference really rested, with my head screwed on right. ;-)

- Asking for support, delegating, not assuming it's all up to me.
- Find a few minutes each day to be quiet and enjoy the beach
- Ashwagandha
- Leonard Cohen
- Connecting with the Ocean of Love
- Hugging trees, pets, people
- Laughter
- Drinking my freshly pressed veggie juice every day
- Sitting with some old friends who are like family
- Remember to belly laugh and have fun.
- To sit by the ocean and remember its breath, smell and voice.
- Being open to everything with a grateful heart.
- Remembering to breathe!
- Morning and evening meditation.
- Set my intention for myself for the day.
- 15 minutes of stretching
- Drink water, lots of water, every day.
- Connect with friend on what our needs are.
- Set up pockets of time throughout the day to be in silence to recharge for 5 minutes.
- Essential oils: peppermint and orange.
- Bring nutritious snacks that fill me emotionally and nutritionally
- Tune in: How do I feel. What do I need.
- Call on the strength of my teachers and ancestors throughout the conference.
- Cuddling
- Sleeping in as late as possible
- Not drink.
- Being with nature
- Proper healthy meals with lots of vegetables and no sugar or gluten
- Music (Current fave is "Pure Ceremony")
- Unscheduled time
- Morning mini-yoga
- Breathing
- Connecting with loving, grounded people
- Don't do sugar
- 12-step meeting
- Poetry
- Grounding -- morning and evening meditation
- Writing in my journal
- "Oh, do I love to sing"
- Presence -- putting my email on "auto-responder"
- Rejoicing in the role of volunteering to support such a fabulous event
- Equilibrium -- booking off in advance a few days after the conference to recuperate from the high energy and intensity.
- Taking time for my soul to drink in the Pacific ocean.
- Take extra supplements about 10 days out, particularly B vitamins.
- Silence, stillness, gratitude
- Acknowledging the ancestors and many loving entities.
- Noticing where my triggers are and finding resources to recharge.
- Stay out of FOMO (Fear of Missing Out), stay present: with so much going on, easy to focus on "what I'm missing." Cultivate gratitude for what I have right here, right now.
- Take a nap if needed...helps the brain digest new info.
- Comfortable SHOES



## The Orders of Love (according to Bert Hellinger)

Everyone has a right  
to belong to the  
family.

Wrongs in past  
generations must be  
redressed.

People have rank  
according to who  
entered the system  
first.

### Want to learn more about Family Constellations?

Karen Carnabucci, LCSW, LISW-S, TEP, offers personal growth sessions, trainings with CE credits and Skype sessions with Family Constellations and other mind-body therapies. She is the author of "Integrating Psychodrama and Systemic Constellation Work: New Directions in Action Methods, Mind-Body Therapies and Energy Healing."

To learn more, receive a schedule or to subscribe to Karen's e-mail newsletters, call (262) 633-2645 or see [www.lakehousecenter.com](http://www.lakehousecenter.com). Karen is based at Lake House Health and Learning Center in Racine, Wis.

"A truly therapeutic procedure cannot have less an objective than the whole of mankind. But no adequate therapy can be prescribed as long as mankind is not a unity in some fashion and as long as its organization remains unknown. It helped us in the beginning to think, although we had no definite proof for it, that mankind is a social and organic unity."

— Dr. J.L. Moreno, the developer of psychodrama and the social atom of sociometry.