

(RE)PARENTING EMPOWERMENT

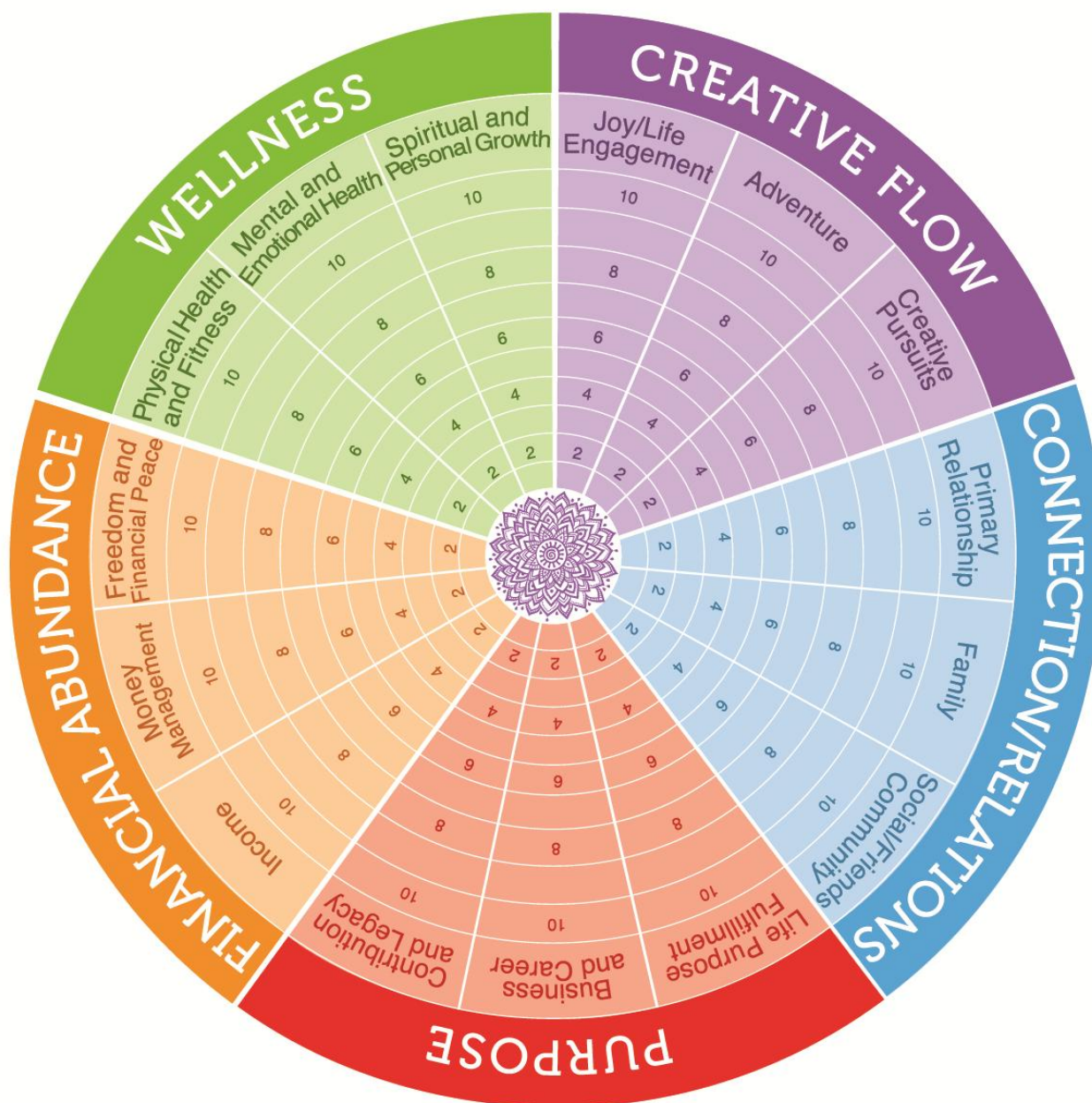
“Balance From the Inside Out”

Created and facilitated by:
Kim Holman and Meg Judge

Welcome

Intention setting Click or tap here to enter text.

Tool – Tonglen “When Things Fall Apart” Breathe in suffering or whatever you would like to transform into the crucible of the heart and lungs, allowing your heart to transform this energy and then breathe out joy, connection, contentment anything awe inspired.



Support Network exercise - Part 1- List 3-5 categories of the balance wheel you would like to explore

1. Category Click or tap here to enter text.

Persons or practice where I receive support:

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2. Category Click or tap here to enter text.

Persons or practice where I receive support:

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3. Category Click or tap here to enter text.

Persons or practice where I receive support:

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4. Category Click or tap here to enter text.

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Time Management

- Time blocking - blocking out the amount of time on your calendar to dedicate to a particular task or intention.
- Build in time - plan more time than you need.
- Lean into strengths/interests - lean into people's strengths and interests. A way of delegating.
- Physical space - Our physical space has a profound impact on our time and our mental health. If we don't have places for things and are always looking for the things we need, we can eat up a lot of time. If our spaces are all cluttered it can contribute to depression and anxiety. There are a few simple clutter busters that are easy to implement.
 - Pick one area: If you are feeling overwhelmed by your spaces, just pick one area. It doesn't even have to be big. A desk or a counter. Clean it off and it will help you feel accomplished and give you energy for clearing other spaces. Start with what is manageable. You may notice other family members suddenly having excess energy as it can freely flow in the home.
 - Put things away as you go. If you are in the living room and going to the kitchen, look for one item that doesn't belong in the living room but belongs either in the kitchen or somewhere on the way to the kitchen and put it away on your way.
 - Make it a habit - you can also incorporate the kids in a certain time of cleaning up each day or each week.

There is enough time.
There is enough space.
There is enough energy.
There is enough love.
There are enough resources.

Reflection: Choose one time management tool that you are most likely to use this week.

Click or tap here to enter text.

Review Intention

Practices for the week:

Notice

- Beliefs, judgments and triggers around cleaning this week.
- Utilize the time management technique that you chose during the workshop
- Notice when you feel overwhelmed, what area of the balance wheel it falls into

Evaluation / Q & A

Week 2

Week review discussion - How did things go for you this week? Were there any moments where you found yourself using one of the practices from last time—or even just thinking about them differently?

Intention setting Click or tap here to enter text.

Exhale breath practice

Regulation - Offloading / Grounding
Activity Examples:

Music

Breathing

Exercise

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Physical Health - Barriers to physical health:

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Resting vs. doing

Exercise: Take 4 minutes and write down things that are restful for you and what is rejuvenating.

Restful activities

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Click or tap here to enter text.

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Rejuvenating activities

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Click or tap here to enter text.

Click or tap here to enter text.

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Click or tap here to enter text.

Support Network Reflection – Part 2

List 3-5 categories of the balance wheel you would like to explore.

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Asking for Help: Reflection Questions

What comes up for you around your belief systems about asking for help?

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What comes up for you around listening to yourself in relation to asking for help?

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What comes up for you around setting a boundary or requesting help from someone?

Click or tap here to enter text.

How would you feel if someone asked you for help?

Click or tap here to enter text.

Connections/Relations – Noticing how our beliefs, conditioning, and expectations inform our relationships.

- Reflection - make space to listen to yourself, to look at what has happened. We provide specific ways to do this in some of our other offerings.
- Get comfortable with discomfort - If we can get to a place where we know we can keep ourselves safe and that difficult emotions such as anger, guilt, etc. will move through and out, we can tolerate discomfort in a relationship more easily. When we cannot tolerate something within us, we cannot tolerate it in others.
 - Feel your bubble
 - Set energetic boundaries (and actual boundaries too)
 - Sit with your own difficult emotions so you can learn to process them and be present with difficult emotions within a relationship too.
- Slow down communication - When we're rapid firing in the middle of a conflict, we're more likely to speak and operate out of conditioning and programming. When we slow down, we can examine the patterns, be intentional about communication and make room for curiosity.

Phrases that can help are:

 - Begin to speak more slowly - this slows down the communication
 - If needed, follow up with "I'm going to slow down this communication so I can think about what I'm saying."
 - "I'm feeling emotionally flooded. Let's come back to this in 10 min"
 - "I'm noticing _____ is going on for me. What is going on for you?"
 - "Can we have a do-over?"
 - "What I heard you say is.....Is that accurate?"
 - "I'm happy to listen to you when I'm finished speaking"
 - Remember to Breathe! We can slow down others breathing just by regulating our own
 - Use a talking stick

"When we cannot tolerate something within us, we cannot tolerate it in others."
Meg Judge

Review Intention

Practices:

- Exhale Practice
- When you feel tired this week, check in to see if you need a rest activity or a rejuvenating activity
- When you feel overwhelmed this week, identify if there's someone you can ask for help

Book: *Celebrating You*, M.H. Clark

Evaluation / Q & A

Next Steps: More details available at www.KimHolman.com

- Nov 1 – Held: A Day Retreat for Therapists and Care Professionals
- 1st Wednesday each month – Intentional (Re)Parenting Collaborative
- Nov 17th – The Importance of (Re)Parenting – Our intro class – FREE
- Dec 1 & 8 – Balance from the Inside Out – In-person – Salem, OR
- Jan 14th – Understanding Your Upbringing
- March 10-12 - 3 day retreat at Breitenbush Hotsprings

References:

“When things fall apart: heart advice for difficult times” by Pema Chodron

“Women Who Run With The Wolves” by Clarissa Pinkola Estes, Ph.D

Kim Holman, LMT, IMT.C. & Inner Work Coach
503-409-2772 · 8handshealing@gmail.com
www.KimHolman.com massage Lic.# 4760

Meg Judge – (Re)Parenting/Life Coach
goodnessgraciouscoaching@gmail.com
IG: @goodnessgraciouscoaching

Appendix A

Support Network Reflection – Part 1

Date Click or tap here to enter text.

List 3-5 categories of the balance wheel you would like to explore

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Appendix B

Support Network Reflection – Part 2

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