



SELF CARE

Greenville UU Fellowship Greenville, South Carolina

Covenant Group Session Plan

Revised by Denise Frick and Betsy Beach, December 2022

Welcome, Chalice Lighting: Here we are, together in this space. By our love and by our covenant, we make this a sacred space. We light the chalice to honor the light that lives in each of us, the light that shines among us, and the light we bring into the world.

Personal Check In: Share something from your life since we last met and how you are feeling now.

Opening reading: "In the event of an emergency, an oxygen mask will drop from the compartment above your seat. Please put on your own oxygen mask and make sure it is adjusted properly before assisting others." ~Cockpit Voice

Questions to prompt and guide discussion:

1. What is self-care? How is it different from selfishness?
2. Why is self-care important?, When do you need it most?
3. What do you notice when you don't take care of yourself?
4. Share one of your favorite self-care practices.
5. How can we create healthy boundaries with those who depend on us?

Readings -see below

Sharing - This is a time to speak without interruption and for deep listening. Deep listening means no interrupting, no fixing, no saving, no advising, and no setting each other straight. Please share responses to one or more of the session questions.

(This is usually a good time to take a brief break)

Open Discussion -This is a time to respond to something another person said about the topic or to relate additional thoughts that may have occurred as others shared their thoughts on this topic. Continue to practice deep listening.

Closing reading:

"The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself." ~Anna Quindlen

Announcements/Plans

Check out: As we close today, how are you feeling now?

Extinguish the Chalice

We extinguish this flame but not the light of truth, the warmth of community, or the fire of commitment. These we carry in our hearts until we are together again.

READINGS

“Socrates reminded men that they need to concern themselves not with their riches, not with their honor, but with themselves and with their souls. Self-care is integral to fixing a broken system.”

~Michele Foucault, French Political Activist and Author of *The History of Sexuality*, 1976

“Self care means engaging in behaviors that serve our emotional and physical health over the short-term and the long-term. It also means reckoning honestly with yourself.” ~Hannah Braime, *How to Turn Coping into Thriving*

“The challenge is not to be perfect – it is to be whole.” ~Jane Fonda

“If you feel ‘burnout’ setting in, if you feel demoralized and exhausted, it is best, for the sake of everyone, to withdraw and restore yourself.” ~Dalai Lama

“Love yourself first and everything else falls in line. You really have to love yourself to get anything done in this world.” ~Lucille Ball

“Don’t just do something, sit there!” ~Dwight D. Eisenhower or Clint Eastwood or the White Rabbit

“A dishonest ‘YES’ is a ‘NO’ to yourself” ~Byron Katie

“If you want to live an authentic, meaningful life, you must master the art of disappointing and upsetting others, hurting people’s feelings, and living with the reality that some people just won’t like you. That isn’t easy, but if you want your life to reflect your deepest self, you must give up caring what other people think of you.” ~Cheryl Richardson, *The Art of Extreme Self-Care: Transform Your Life One Month at a Time*

“Be who you are and say how you feel, because those who mind don’t matter, and those who matter don’t mind.” ~Dr. Seuss

“Self-care is not selfish. Nothing can be poured from an empty vessel.” ~Eleanor Brown

“As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.” ~Maya Angelou

“To love oneself is the beginning of a lifelong romance.” ~Oscar Wilde

“Take care of yourself. You have this life. It is sacred.” ~Lailah Gifty Akita

“Your sacredness does not rely on your doing. Your holiness comes from your being. You have been holy for your whole life, from when you were a helpless infant, and you will still be holy when you are elderly and infirm. Your being, not your doing, is sacred.”

~Sarah C Stewart, UU Minister