

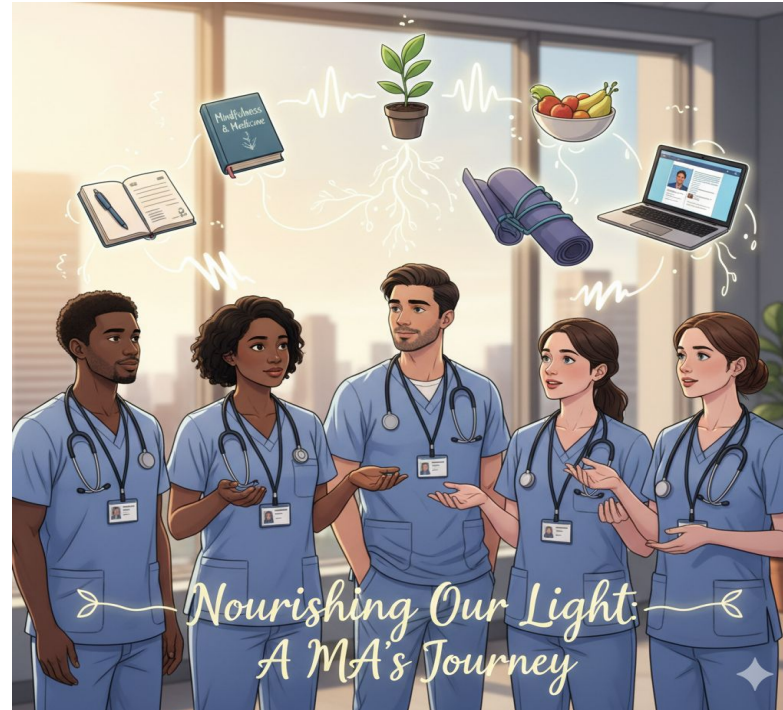
Nourishing Our Light

So we can shine bright



Presented by
Toussaint Stewart

How do we Nourish Our Light?



What role does self-care play in your life?

Reactionary (Survival)

(How you respond after a stressful event.)

Passive (Distraction)

(Relief-Self-Medicating-Treating yourself-Temporary
Escape)

Proactionary (Preventative)

(Intentional, Specific, scheduled)



Or All of the Above

Let's look at our Depletive Practices



**List some depletive practices
look like?**

Let's look at our Restorative Practices



List some Restorative Practices.

Somatic Intelligence

Recognizes that the mind and body are not separate and that the body holds a vast amount of information and "knowing".



“Our body is a source of truth.”

-Albert Pessso

**“You need to listen to your body
because your body is listening to you.”**

Phil McGraw

“The body is your nearest environment”

-Jean Klien

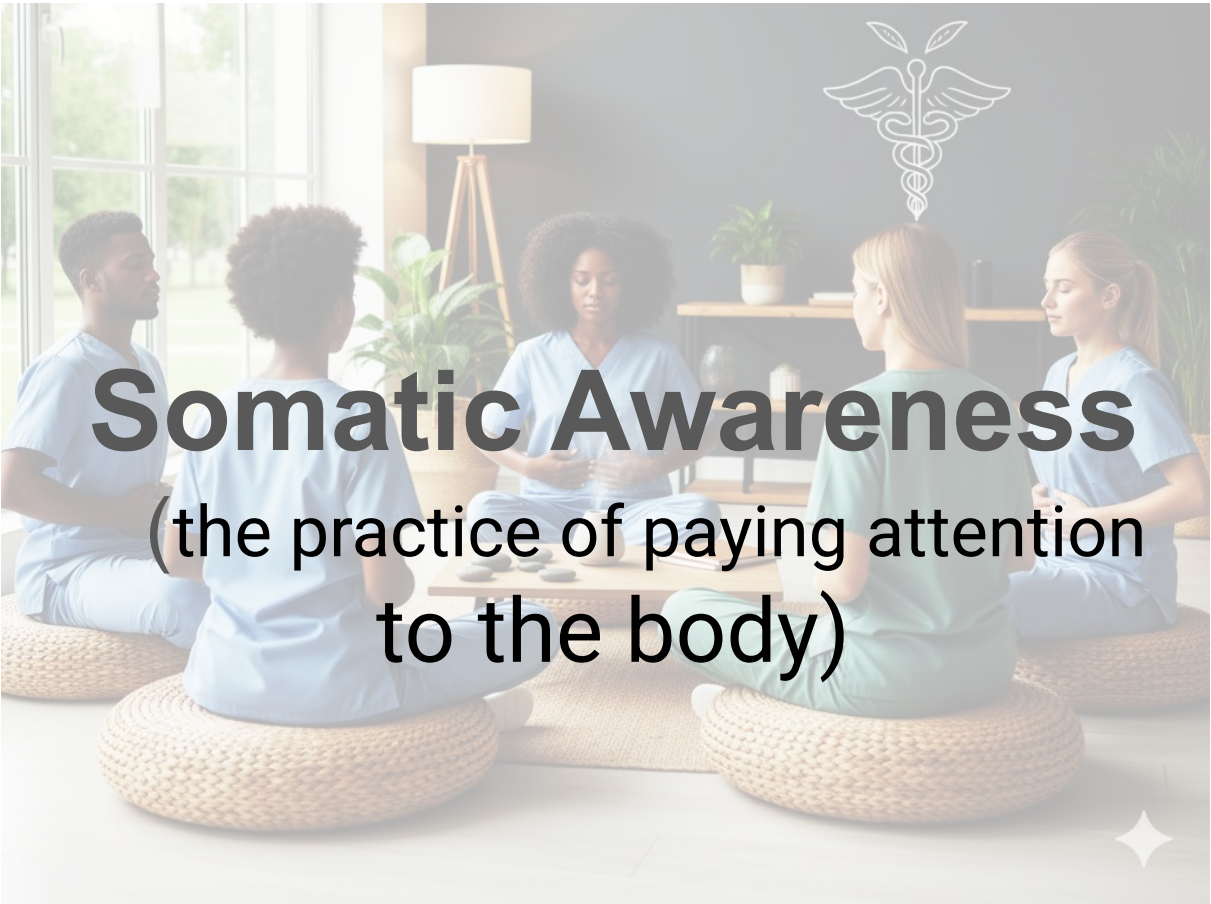
**Physical self-awareness is the first step
in releasing the tyranny of the past.**

**Once you start approaching your
body with curiosity rather than with fear, everything shifts.”**

Bissett Der Van Essel, *The Body Keeps the Score*.

You can't enjoy life if you are not nourishing your body.

Tracey Gold



Somatic Awareness

(the practice of paying attention to the body)



How can we use our somatic awareness to cultivate somatic intelligence? To prevent burn-out and increase our capacity in and outside of work?

Intention

An intention is idea that you plan (or intend) to carry out. If you mean something, it's an intention. Your goal, purpose, or aim is your intention. It's something you mean to do, whether you pull it off or not.



Eating , Moving, and Breathing With
Intention

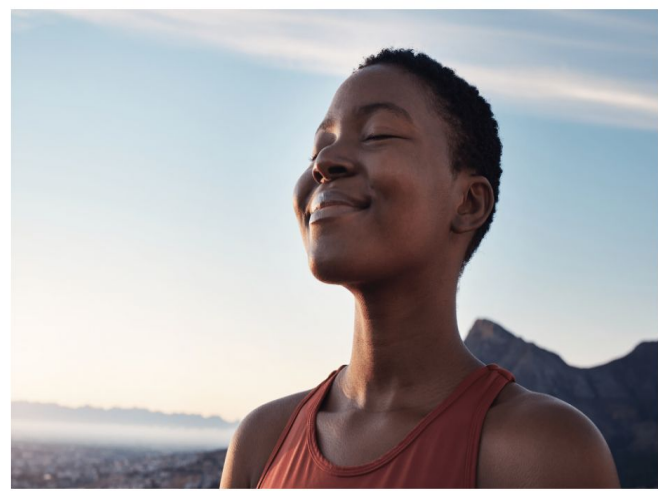


Embodiment

Getting to Embodiment

em·bod·i·ment

a **tangible** or visible form of an idea, quality, or feeling
"she seemed to be a living embodiment of vitality"



From Acting to Being

From doing self-care to *being* someone who actively cares for themselves.



Eating with intention

"To eat is a necessity, but to eat intelligently is an art" - Francois de la Rochefoucauld.

"The food you eat can be either the safest and most powerful form of medicine, or the slowest form of poison." **Ann Wigmore**



What is the nutritional frequency of your food and drink?

What kind of conversations are you having with your body (temple) through your nutrition?

Are we honoring our body temple with our daily consumption of food and drink or not?



High Frequency Nutrition Options

Intermittent fasting,
Preparing a Weekly colorful stew/soup,
Meaning a Morning smoothie
Weekly salad,
Hydrating through fruits and veggies,
30 minute weekly salad prep,
Solar snacking,
Drinking warm lemon water daily,
Replacing buns with lettuce wraps,
Daily herbal tea,
Mindful eating,
Eating at least 4 to 5 colors per meal

I love and respect my body temple with high frequency nutrition by practicing ____.

Moving with Intention

"Exercise not only changes your body, it changes your mind, your attitude and your mood."

stretching is like giving your body a hug, loosening up tension and allowing it to move freely."



Am I intentionally moving on a daily basis to holistically serve my body temple in my work environment and outside?

What does a daily movement regimen look like for me?



Movement Options

Yogic flexibility

Dynamic or static stretches,

HIIT Training,

Dancing,

Jogging,

Power walking,

Hiking,

Rebounding,

Boxing,

Core training,

Static stretching,

Pole dancing,



I love and respect my body through _____ on a daily basis.



Breathing with Intention

When you own your Breath Nobody Can Steal Your Peace
-unknown



How am I breathing throughout the day?
(Breath Awareness)

How and when can I intentionally use my breath as a natural
resource to support my nervous system regulation and
manage my stress and anxiety?



Breath Work Options

**Box breathing,
pranayama breathwork
physiological sigh
coherent breathing,
nasal breathing,
diaphragmic breathing
vagal humming,
singing,**

I use my breath as a natural resource by practicing _____ on a daily basis.



Building Our Practice (See Self-Care Menu Worksheet)

Wrap UP

Life Happens Inside and Outside of Work

Develop a Daily Self-Care Practice Based off your Somatic Awareness and be proactive.

Prioritize your self-care and establishing healthy boundaries to sustain it

Nourish your light so you can shine bright. -You Deserve It.



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You can also pick up my book

Plant Based 101:Whole

Food Whole You

at Amazon.com

