

Nurturing Nibbles from Lighter & Free

Lovely Mini-Posters by Bob Wilson BS, DTR

Practice a Diet of Self-love

A Diet of Self-Love

I Love You

Be Hungry

Get Up & Savor Nurturing Thoughts & Actions

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When a Baby Cries, You Pay Attention

Be Hungry

Embrace Your Pain & Confusion as a Loving Mother Would Toward Her Child

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How to Develop Your Own Inner Nurturing Voice

When no one is around and I NEED a HUG—I wrap my arms around ME and give myself a HUG! I tell myself, “I love you, Bobby sweetheart. You are wonderful!” This felt very odd and unnatural at first. But I thought that if I could hit me over the head and speak meanly to me—as I had done on many times before, then I could certainly give myself a hug and a kiss; just as I would to a loving friend.

Oh Bobby, I love you...

as you are and as you are NOT.

Part of the root of my low self-esteem came from having delight deficiency syndrome. I didn't take enough time to care for my soul, spirit, and body in nurturing ways. I found that deep down I didn't feel worthwhile. For me, applied self-esteem was learning how to take time for activities that fill up my well of reserve; so, from that well, I then take time to help others.

For me the daily practice of:

- Preparing yummy meals and snacks
- Of bringing a food bag with me so I could eat whenever I'm hungry
- Taking time for loving social connections
- Finding fun ways to be active on a regular basis
- Taking time to provide a rich treasure chest of nurturing activities for me
- Making time for daily prayer and meditation and retreats on a regular basis
- Keeping my life in enough balance so that I can regularly apply all of these ideas

Just like a baby or child crying, you pay attention.

Embrace your pain and confusion as a loving mother would toward her child.

Talk with yourself:

Oh, sweetheart, what is the matter? What do you need? I am here for you. I will not abandon you and I love you. I hear that you are in pain. Can you tell me about it? Take your time. Let me know when you are ready. I don't want to rush you or invalidate your feelings. I will always be here for you. So, let me know what hurts. Is there anything I can do to help?

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Sprinkle Dollops of Delight and Self-Nurturing On Yourself

Essential Self-Care Nutrients

Make An Investment In YOU!

<p>Physical Self-Care</p> <ul style="list-style-type: none"> Delicious Healthy Foods Regular Activity Slow Down. Relax Drink Enough Water Prioritize Wellness As Needed Take Meds Take Vitamins/Minerals Get Adequate Sleep Meaningful Sex & Hugs 	<p>Lifestyle Self-Care</p> <ul style="list-style-type: none"> Dynamic Life Balance Regular Routines & Structure Self-management Setting Goals Seek Out Fulfilling Work Take Time In Nature Have Fun & Pleasure 	<p>Spiritual Self-Care</p> <ul style="list-style-type: none"> Mindfulness Spiritual Community Daily Meditation & Prayer Forgiveness of Self & Others Finding Your Life's Purpose Helping Others Giving Back to the World
<p>Mental/Emotional Self-Care</p> <ul style="list-style-type: none"> Practice Gratitude Keep a Feelings & Mood Journal Practice Positive Self-talk Cultivate Positive Beliefs & View Use Counseling as Needed Feel Your Feelings Family of Origin Healing Work through Grief 	<p>People Support</p> <ul style="list-style-type: none"> Friendship with Yourself Connection with Family Members Spend Time with Loving Friends Have a Therapist/Ally/Coach Explore a Support Group Frisk Around Enjoyable Hobbies Use Chat Room, Blogs, Email, UTube Community Service Work 	

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Adapted from Brain Maintenance Program by Douglas Bloch - www.healingfromdepression.com

Invest In Yourself: Invest A New Life!

Celebrate stretching yourself towards new dimensions of wellness:

I stretch myself to the highest levels of health and well being.
I stretch myself to my greatest possibilities.

I open myself up to infinite blessings, goodness and harmony!
This very day I open up my innermost heart to start LOVE NOWING.

I SAY YES TO LIFE TODAY!
GOSH, I'M GOOD!

What would you like to invest in your life?
Go ahead...let your dreams go wild!
Consider that you are inspired by life and guided into all good!

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Say YES to Your Wild and Precious Life!

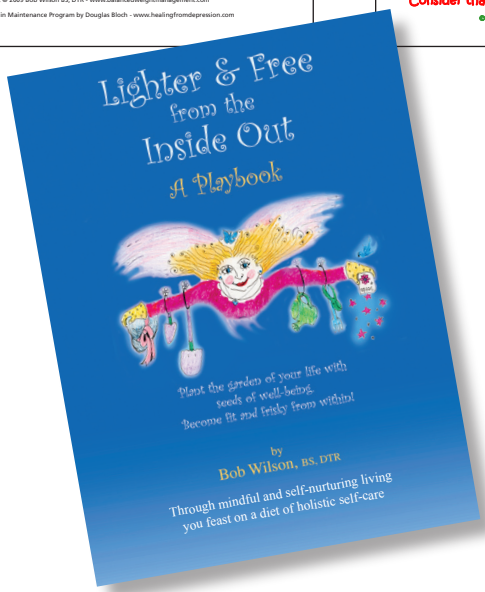
You have within you

All the answers to the challenges you face.
Become your own personal lifestyle trainer.
Or in effect, be a gardener to your own mind and life.
Have a deep confidence in your ability to heal suffering and a deep belief in your magnificent potential.

Tune within for your answers.
As you practice this skill, over time,
You discover your profound wisdom.

Step by step
You become healthier from the inside out

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