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TALK THERAPY WITH VERA | FEB 2023 NEWSLETTER



Hi Vera,
have you eaten yet? Did you drink water? How are you taking care of yourself today? Are you warm enough?

By now, some of us may have tried on new routines and realized what is sticking and what isn't. For example, I've been learning to take more walks and wake up each day with a healthy breakfast.

Some days it's easy, and some days hard, making it feel like I will forever be stuck in my old habits.

Have you felt this before?

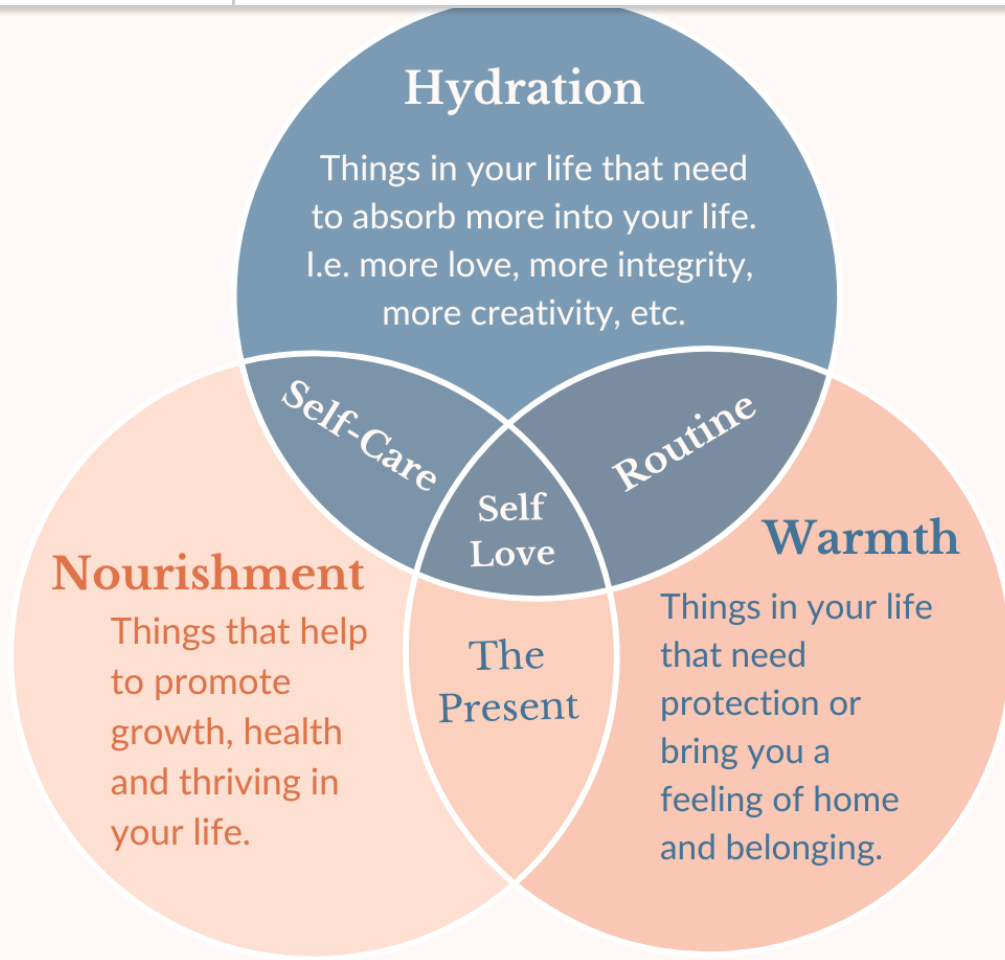
Growing up in an Asian Immigrant household often meant that “self-care” meant eating, drinking and staying warm. It seemed like it was the only way that my parents showed love.



As I grew older, I realized there was so much more to taking care of myself than material nourishment. I even had to unlearn some habits that came from my upbringing (see my post on [“How you know a highly critical parent raised you.”](#)).

Try this exercise out when evaluating what you need in your self-care routine right now (and yes, permit yourself to shift it through the seasons; letting certain things go and bringing other things back or trying new ideas out):

Taking the framework of our Asian parents’ caring questions, **we need hydration, nourishment and warmth in more than just our external worlds.**



You can do this reflection exercise by reflecting and writing based on the prompts in the graphic above or put on a lens or facet of your life that you want to focus on yourself.

For example:

Consider your **emotional self** and what they may need right now:

Ask yourself:

Hydration:

Where do I need to release and let go (wash away) in my life?

Acknowledge and reflect on what needs more steadiness in your life.

Right down the first step in making that a reality.

Nourishment:

Where in my emotional life do I need more grace and forgiveness?

Warmth:

What do I need to nurture in myself (identity, sense of self, self-worth, inner child) right now?

Where and when do I feel like I am home?

Where and when do I feel like I belong, and how can I allow more of that in my life?

You can do this for your: spiritual self, creative self, younger self, relational self, work/career self, etc.

We are multi-faceted beings and taking the time to be intentional about your self-care and figure out what works for you and what doesn't takes time.

It is normal for some things to work, and some things not to; you are not alone in feeling like it can be messy.

So, have you eaten yet? Did you drink water? How are you taking care of yourself today? Are you warm enough?



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Take personal responsibility for what you want in your life and if you want something different, what steps can you take to help go in that direction?

You also don't need to do this alone, a therapist can be a wonderful addition to your growth, thriving and continued evolution.

Even doing the exercise above is self-care!

I'm here to support you whenever you are ready. So, book a free consultation [here](#), and let's talk!

With care,



Talk Therapy with Vera

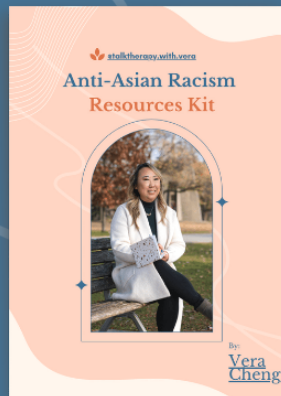
Your Toronto Asian Mental Health Advocate

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P.S. I am going LIVE on Instagram this month with Gabrielle Iwaskow on February 23 at 1pm. Follow along [@talktherapy.with.vera](https://www.instagram.com/talktherapy.with.vera) to catch the live chat or replay about how to build healthy habits.

[click here](#)
[to get the](#)
[kit!](#)



My Mission:

“End anti-Asian racism and reduce mental health stigma by supporting my clients to process their trauma and helping them to build confidence.”



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