

Self- Care for Empath's:

Kristi Johnston Nov. 7, 2015

Be mindful of how your schedule affects your ability to cope and make any adjustments you are able to for the best possible result.

Look at your emotional response/mood critically to assess ownership. Send love to the owner if it's not you and brush/shake it off while asking the Divine to take it from you.

Take a moment before entering a known stressful situation to take a deep breath and request Spiritual support. Grounding and centering are essential.

Plan ways to re-fill the oil in your lamp! Time alone, scents, healthy food, moving your body, spending time with people who nourish your soul! Meditation!

Carry with you small energetic tokens and draw on their energy in times of crisis: essential oils, crystals, stones, anything meaningful to you.

Limit exposure to energy-draining media- including movies, books and TV that are highly emotional. Even radio news may need to be controlled depending on what else is going on in your life. Don't attach guilt to this essential form of self-care!

Come up with a phrase or 2 to use in situations where people you are with are dwelling on emotionally volatile subjects.