



# IN HONOR OF WOMEN

A 4 WEEK  
FOCUS ON  
EMPOWERMENT  
WITH EPL

LEARN, REFLECT, SHARE, AND GROW

## MAY

S	M	T	W	T	F	S
26	27	28	29	30	01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

### How This Will Work

**Learn:** Over 4 weeks we will engage with empowering resources as we work to better care for ourselves and others who identify as girls and women.

**Reflect:** After engaging with each week's resources, journal about anything that resonated with you or challenged you.

**Share:** Find another participant to partner with and share ideas- ideally, a woman and one or two girls should work together. You can also form a small group to talk over the information and process with. (Participants will be invited to a larger guided virtual chat led by two EPL children's staff who previously led Girls Be Heard workshops at the end of week 4).

**Grow:** Be open to the experience, to one another, and to growing your ability to nurture and support yourself.

### Week 4: Cultivating Self-Care

Self-Care is much more than retail therapy or getting a fresh mani-pedi. Self-Care is really about taking care of your entire self - your mind, body and spirit. And you don't need to spend money to do that.

Check out these self-care and relaxation practices Dr. Vivienne Lewis offers in chapter 10 of "No Body's Perfect":

**Mindfulness-** focusing on the present moment can help you become more calm and relaxed. Try to focus on one thing around you, like the sounds in the room you're in or one thing your body is feeling. (p69-70)

**Visualization-** "Concentrate on something or somewhere that makes [you] feel relaxed." Is it standing at the lakefront? Try to remember what your senses experience at the lake and imagine yourself there. (p70)

**Progressive Muscle Relaxation-** This method helps you "learn the difference between tension and relaxation in your body." (p71-73)

Check out [No Body's Perfect](#) for guides to these practices

Look again at p.16-17 for self-care tips from [Love Your Body](#)

Try these relaxation practices and self-care activities from the two books over the next week. Then consider which ones you liked best and want to continue.

