

## November 21-January 22 Series

Nov 5 – Selena (SHARE Introduction)

Nov 12 – Chris (Biofeedback)

**Nov 19 – Selena (Expression & Reflection)**

Nov 26 – *Holiday off*

Dec 3 – Tammy (Movement or Puppets)

Dec 10 – Selena (Expression & Reflection)


Dec 17 – Chris (Expressive Writing)

Dec 24 – *Holiday off*

Dec 31 – *Holiday off*


Jan 7 – Selena (Expression & Reflection)


Jan 14 – Celebration for all!



**Build human connections to reduce isolation and improve quality of life:**

- Championing Differences
- Cultivating Compassion
- Honoring Human Dignity
- Supporting Unconditionally
- Taking Care of Each Other






Osher Center for Integrative Medicine

**Nurture health and inspire well-being in all people:**

- Collaboration
- Compassion
- Empowerment
- Equity
- Focus on wellness
- Whole-person care



Connection	Movement	Immersion	Awareness	Expression
• Good company	• Walks	• Listening	• Breathing	• Drawing
• Quality time	• Dancing	• Cooking	• Reflecting	• Poetry
• Laughter	• Hiking	• Savoring	• Psychotherapy	• Making playlists
• Animals	• Bicycling	• Baths	• Meditating	• Record digging
• Nature	• Skating	• Reading	• Yoga	• Films & TV series



# SHARE-ing Perspectives

- Worms – not a pleasant thing to look at.
- Admire the flower. Violates the background by being a diff color. Sunny center. Inspired to blossom and shine in spite of the background. Contrast. Mats of ice plants - Freeway. Don't snap, just give way.
- Sun in two ways. Directional. Look at each other's sunshine.
- Pollution-resistant. Like the lotus. Western version. Will grow anywhere. Reminders of loved ones who cared for them
- Resiliency. Desert flower.
- Valiance - Attracting insect.
- Open and close. Boundaries and choice.





## SHARE Reflection: Love languages

Rank in order of priority:

- Giving care?
  - E.g., Acts of Service: daughter helps with laundry
  - Words of affirmation: Writing
  - Giving gifts
  - Quality time/Acts of Service: listening and processing with someone to feel connected.
- Being cared for?
  - E.g., Words of affirmation "Cheering section" and quality time
  - Physical touch is low: Don't hug me.
  - Words of affirmation + quality time: showing they are paying attention to me
  - Words of affirmation
  - "Actions speak louder than words."

WHICH LOVE LANGUAGE?	HOW TO COMMUNICATE	ACTIONS TO TAKE	THINGS TO AVOID
 <b>WORDS OF AFFIRMATION</b>	Encourage, affirm, appreciate, empathize. Listen actively.	Send an unexpected note, text, or card. Encourage genuinely and often.	Non-constructive criticism, not recognizing or appreciating effort.
 <b>PHYSICAL TOUCH</b>	Non-verbal - use body language and touch to emphasize love.	Hug, kiss, hold hands, show physical affection regularly. Make intimacy a thoughtful priority.	Physical neglect, long stints without intimacy, receiving affection coldly.
 <b>RECEIVING GIFTS</b>	Thoughtfulness, make your spouse a priority, speak purposefully.	Give thoughtful gifts and gestures. Small things matter in a big way. Express gratitude when receiving a gift.	Forgetting special occasions, unenthusiastic gift receiving.
 <b>QUALITY TIME</b>	Uninterrupted and focused conversations. One-on-one time is critical.	Create special moments together, take walks and do small things with your spouse. Weekend getaways are huge.	Distractions when spending time together. Long stints without one-on-one time.
 <b>ACTS OF SERVICE</b>	Use action phrases like "I'll help...". They want to know you're with them, partnered with them.	Do chores together or make them breakfast in bed. Go out of your way to help alleviate their daily workload.	Making the requests of others a higher priority, lacking follow-through on tasks big and small.

Chapman, G. D. (2004). *The five love languages: How to express heartfelt commitment to your mate*. Chicago: Northfield Pub.





## SHARE Reflection: Self-Care languages

Thought-provoking, Humbling

What is most important in your self-care?

- Words of affirmation (e.g. Post-It notes – you are valuable. Activities can be inspirational)
- Quality time with myself
- Doing all to get well. Gift to self = apple game. Cancer makes you pay attention to yourself. It's working!
- Movement: Walking, hiking, exercise
- Quality time with mountains in Tucson, see high vantage points.
- Feeding part of self literally, and figuratively. Exploring, developing interests. Music, food, books
- Self-care matches how I give to others – sense of agency. Natural way to show love.
- Conflict: Should I adapt based on another person? What if the act is opposite from my self-care?

### Quality Time

Scheduling some uninterrupted alone time to nurture your being.

- Meditation or introspection
- Transformational breathing
- Engaging in a creative passion
- Taking yourself on a date
- Reading a book or watching something
- Enjoying a warm beverage and blanket
- Spending time in nature
- Rest, recovery and sleep

### Physical Touch

Honouring your body by doing things that make it feel good.

- Yoga, exercise, dancing, Qigong, etc
- Massage or spa day
- Epsom salt bath or warm shower
- Skin care and grooming
- Pampering sessions

### Words of Affirmation

Positive self-talk, gratitude towards yourself and empowering affirmations.

- Making a list of your strengths and successes
- Speaking kindly to yourself
- Journalling and mantras
- Speaking your ideal future into existence
- Little pep talks

### Acts of Service

Doing tasks that need to be completed or things that have been neglected, which serve your wellbeing.

- Cleaning your home
- Making your bed
- Taking the trash out
- Preparing healthy meals
- Scheduling, planning, organizing and delegating
- Attending therapy or coaching
- Living more purposely

### Receiving Gifts

Treating yourself or creating gifts for yourself that spark joy.

- Spending money on your hobbies
- Shopping for things you love (within your means)
- Going on a trip or holiday
- Eating healthy food out
- Buying a nourishing smoothie
- Investing in knowledge and education
- Using arts and crafts to make yourself something

Inspired by Gary Chapman's  
'The 5 Love Languages.'  
For more information on  
self-love, please read  
'Good Vibes, Good Life.'

*Vex King*