

-- Speaker 0 00:00:00 Hi friends. I wanted to share an exciting update. The Self-Care Cabaret has a new offering. We're calling it talkback. If you're familiar with the theater space, you might have participated in a talkback before. After a performance, the cast and crew will come back on stage to chat with the audience and answer questions. Think of it as a casual guided discussion. Inspired by this and by popular interest, we've come up with a talk back for the Self-care cabaret podcast. Groups can listen to a podcast episode or two of their choosing. Then I'll come and lead your discussion either in person or virtually of those episodes, expanding on the big ideas. It's a great option for groups looking for short, impactful professional development or smaller teams looking to get an introduction to self-care and well-being. I just had a talkback with a team of high school support staff and let me say it was so much fun. So if you're interested in bringing a talk back to your group or organization, please email podcast dr mc self-care dot com. Thanks. And now, on with the show.

Speaker 0 00:01:34 Welcome to the last episode in 2022 of the Dr. MC Self-Care Cabaret podcast. I'm Theresa Melito-Conners, a PhD level self-care expert in the greater Boston area, with a passion for helping others recognize the importance of caring for themselves. I cannot believe another year is coming to a close. Wow. Time certainly does fly. Today's episode is just me reflecting on 2022 and setting myself up for success in 2023 and showing you how to do the same. Wanna get those wheels turning? I'll give you the inside scoop on how I set my goals, intentions, and plan to crush 2023. When I think back about 2022, the word rest comes to mind, an honoring my rest. This is a skill I have been cultivating for many years. I did not always do this. Instead, I wore my busy as a badge of honor. I burned the candle at both ends.

Speaker 0 00:02:34 I said yes to everything. I had sloppy boundaries and I was not present in my relationships. Sound familiar? So as the world rushed back to normal, I felt myself this year in no hurry. Let's be honest. The normal people are yearning for is not all that special. And quite frankly, I'm all set with a return to whatever this normal is. Instead, this year I honored my body and my needs and allowed myself to rest. This still feels different as I'm usually all go, go, go, go, go. But not this year. And guess what happened? I was still able to accomplish a ton, but I was also able to be more present in my relationships and more grounded in my body. And I feel better. My vision is clearer, my boundaries are stronger, and I'm more grateful. How you spend your time is a choice. Self-care is a choice.

Speaker 0 00:03:35 Recently, a member of the leadership team in my district was telling me about a story and a conversation she had with another fellow administrator. And that person said something to her like, oh, just tell Theresa to call me on Sunday. And the administrator telling me the story kinda laughed and said, no, I won't do that. Cuz she's worked really hard to set her boundaries and I'm not going to even tease her with the idea of responding to something work related on the weekend. I loved that so much being told that story. I like being known for having strong boundaries. Boundaries can and will be respected if you set them and you're strong about them. As I look toward 2023, it already feels like a special year full of abundance, health and well-being. Also, notably, this is our 40th episode. Wow. And I turned 40 in the new year in March, a milestone.

Speaker 0 00:04:33 I am looking forward to embracing my thirties. Were pretty epic, so this next decade will be even more exciting. But as we approach 2023, I'm particularly looking forward to creating my vision board and leveling up my vision board. You may ask yourself, what is a vision board? Because this may be a new concept for you, but a vision board is a visual representation of what your goals and intentions are. It can focus on one goal or kind of domain area. What I like to do is set intentions for different domains of my life, such as relationships, lifestyle, travel, career health, and more. Think of it as a life collage. You can be as plain or ornate as you wish with your design, and if arts and crafts really aren't for you, there are apps you can download to create a digital one. So don't worry, the key --

-- is that you place it somewhere where you can view it daily.

Speaker 0 00:05:29 Mine has always hung in my bedroom where I can see it every morning and every night because visualization is an important tool when achieving your goals. The constant visual reminder is a great motivator and reminder just to take action. This year I'm taking it one step further and plan to put my vision board as a background on my phone, wallpaper on my computer. I'm gonna have this thing everywhere. I also plan to write about my intentions in a Google Doc Journal when I have a couple of minutes sitting there scrolling on my phone, I can just write my in journal and really set my intentions and really visualize and see myself achieving all these amazing things that I'm putting on the 2023 Vision Board. But vision boards only work if you act. You must really see yourself daily achieving your vision, visualize it in your mind, meditate on your vision, whatever it is that you need to do so you really see it happening.

Speaker 0 00:06:28 And you must believe that you can have what you truly desire with unwavering commitment. You may even wanna pretend like you already have it. That's what I like to do when I write about my vision board and think about how you want to feel. For example, let's say you put something on your vision board to attract a million dollars. What is really the feeling that you want there? Do you want to feel abundant, free from financial burden? Identify what the feeling is that you truly want and believe that it will happen. So for this example, when you look at your vision board, try saying, money comes to me effortlessly, easily, and in abundance. When you pay bills, do not get upset or stressed out as that does not capture feelings of abundance. Instead, thank the universe for the bills and your ability to pay them.

Speaker 0 00:07:26 Feel gratitude even when paying bills or better yet, set up autopay and don't even worry about it. <laugh> that comes from Cheryl Richardson talks about that energy flows where attention grows. So in other words, if you are always focusing on the negative, you're gonna continue attracting negative. One of my overall core desired feelings is abundance. And I do many of these tactics. I even have a dollar bill on my vision board with the words written on it. Money comes to me easily and effortlessly. It's a great reminder. It's worked pretty well so far. As I mentioned, I like to think of different areas of my life when creating my vision board, such as personal health, relationships, career, as well as places I wanna travel to people I hope to meet. Yes, Lin Manuel Miranda is on there just saying among others. In looking at my current vision board, I was struck by the fact that it needed a major overhaul.

Speaker 0 00:08:20 So many things that were once a goal or a dream have now been achieved. And it's so cool to see your goals and accomplishments this way. Manifesting is real. And while I do update it a little bit every year, now is the time for complete redo. The last major overhaul was 2017 with a little mini one in 2020. But in 2020 the cabaret was not much more than an idea and a dream. There was no podcast and I was even not as far along in my eating disorder healing journey yet. So, so much has really changed. So it's striking to take a step back and think about the things that you really wanted that you have now that used to just be dreams. Isn't there a quote about that? Remember when you wish for what you have now. I think it's something like that. And I'm filled with so much gratitude as I dream about the future and create my next vision board.

Speaker 0 00:09:14 In the past, I've chosen to leave things on there that I've accomplished. So you may be wondering, what if you achieve something? Do you leave it on the vision board? This is really personal preference, but this time around I'm really feeling like removing the things that are on there because they're so aligned with who I am now that I don't feel like I need to have them still on the board, that it's time to let them go because they're just who I am. And if you notice that with your vision board that you have something on there and it's just not aligned with who you are or it's not something you want anymore, it's okay to remove it. And I'll consider that too as I move through what I'm putting on there to make sure it's really aligned with who I am and who I want to be. --

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Speaker 0 00:09:52 And aside from creating my vision board, as we look forward to 2023, I still plan to prioritize my rest and self-care. Of course, always number one. And I will find new opportunities to move my body in ways that feel good, honor my hunger, feed myself from a place of love and explore new ways to care for myself. Self-care can be an evolving journey and process. But I'm ready and I look forward to this journey with you. Thank you so much for being here and for listening to this episode. Remember to subscribe and rate the podcast on your preferred player. The ratings help us grow and share the message of self-care. If you have questions, comments, suggestions, please reach out by emailing podcast at dr em mc self-care dot com and come join the cast party at Dr. Mc Self-Care cabaret on Facebook and Instagram at Dr mc Self-care or my website, dr mc self-care dot com. Be sure to like, subscribe and love me across all my social media platforms for the most up-to-date information on self-care. See you in 2023. Stay well and do good. Are you looking for exciting, engaging, and useful professional development and workshops for your school, business, or organization? Well look no further. Dr. Mc offers a variety of options and topics related to self-care and renewal. Trauma recovery, recovery, building resilience, developing a growth mindset, stress management, and more completely customizable to fit every need. And coming soon is a new program to help high school students manage the challenges they are facing today and the increasing concerns around mental health. Visit dr mc self-care dot com to learn more and request a session. --