

# Soothing Self



Fill in the blank frame, above: "*I soothe myself by \_\_\_\_\_.*"

**Mushiba:** We need to remember that if we do not take care of Self, we cannot help Others. Waith counsels in his discussion on *Soothing of Self:*

**Waith:** "*You are neglecting Self when you do not Soothe Self.*"

I have many things that help soothe me, although some might view it as work. One thing that soothes me is a project to bring order out of chaos and, while this activity really does soothe me, it can bring stress to others, unless, of course, I am helping another to organize their space. I believe that many of us need to be reminded to Soothe Self on a fairly regular basis.