

Simple Self Care Magic for Women

70 Tips

from a Collection of Experts



Compiled and Published

by

Tips Products International

Sponsored by the National Association of
Divorce for Women and Children

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Introduction

Whether you are in a transition after a divorce or shifting gears in any other part of your life's journey, self care is something that can often be lost in the shuffle. The great news is that it can also be recaptured once you decide it's as important as it is. The mere thought of re-grouping and re-addressing the joy of taking care of you is sometimes overwhelming. Where to start? What to do first?

This booklet brings you practical and immediately useable self care insights in bite-size pieces from fourteen professionals in various fields from throughout the United States. These surefire, tried and tested tools and techniques are your starting place.

Test an idea at a time. See how it works for you. Contact the authors in this booklet. They remain successful by contributing to your success. Plus they are really terrific and interesting people, people you'll want to know and have in your life.

Interview these authors in your publication if you are a journalist. Multiple sources and bulleted content are all in one place right here for your article, radio or television interview, blog, or website. Ask for a price quote if you are shopping for what they provide. Purchase printed copies of this booklet as a customized promotional tool for marketing your own business or talk with us about licensing the downloadable version for other promotional applications. Like self care, the possibilities are endless.

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Simply Decorate for a Fresh Start

- 1 De-clutter and organize.** Get rid of items you don't need. Categorize what's left, putting them into labeled storage containers. Contain miscellaneous items in catch-all baskets. Your room will look open and airy. You will feel lighter when you enter it.
- 2 Use your favorite color.** Look in your closet to see what color looks best on you and makes you feel good. If that color is too bold for the walls, use it in 3-5 strategic places; e.g. pillows, drapes, art.
- 3 Bring in fresh flowers and live plants.** They are always a good idea. The scent and texture will sooth you and bring the outdoors in. Toss any fake flowers and plants. They only collect dust.
- 4 Find your focal point; e.g. a fireplace, or a view you enjoy.** If you don't have one, create one by painting a wall a different color or by using a large piece of art. Arrange your furniture facing your focal point. Now you will love what you are looking at.
- 5 Create intimate spaces.** Move a chair, small table, and a lamp into a corner of your room. Add a throw blanket and a small pillow. You have created a cozy personalized reading nook.



Mishelle is owner of Misha Interiors, a decorating firm serving Massachusetts and Rhode Island since 1995. We specialize in using what you already have to create the look you want. Contact us to see how Affordable Room Design can be. Services include online consultations, room makeovers, home-staging, educational seminars and more.

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Luscious Life Partnership

- 1 Create a luscious life for yourself.** Creating a luscious life paves the way for Luscious Life Partnership. You'll attract one much quicker.
- 2 Focus on what you want in a partnership, versus what you want in a partner.** Create a Needs/Wants/Wouldn't it be Fabu!" Wish List (and collage) FOR THE RELATIONSHIP. Identifying those qualities will help manifest them!
- 3 Save the drama for the theatre!** When you see the red flags, wave your white one, and move on.
- 4 Realize that virtual dating does not mean you're really dating.** Virtual dating (text message, e-mail, phone) is no substitute for in-person dates. They are a breeding ground for "just add water intimacy" and "futurizing" a relationship that doesn't even exist. When you do meet, make sure it's in a safe and public place.
- 5 Be a smart and savvy single!** Honor your time and energy. Put yourself in situations where you can meet or be introduced to your luscious life partner. Pay attention to your date's behavior not words! Flattery and declarations of love are wonderful to hear but can also be intoxicating and misleading. But if they are backed up with action, they are sheer joy! Get a relationship coach. Successful athletes have a coach to support their vision, implement a strategy, and achieve their goal. Why not you too?



Lois Barth combines 20 years of experience as a coach, facilitator and comedienne, supporting women to live luscious lives. She was the life coach for Fitness Magazine in addition to being a relationship expert and national speaker. Take her Relationship Readiness Quiz!

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Create a Successful Life and Career

- 1 Increase your self confidence.** This happens when you are optimistic, face your fears and act, and surround yourself with positive people.
- 2 Create positive personal impact.** Develop, nurture and constantly promote your unique personal brand. Dress for success and be impeccable in your presentation of self. Know and follow the basic rules of etiquette. Be nice.
- 3 Become an outstanding performer.** Stay technically competent, which is most easily done when you are a lifelong learner. Set and achieve high goals. Get organized: manage your time, minimize your stress and enjoy as balanced a lifestyle as possible.
- 4 Establish yourself as a dynamic communicator.** Do these three things to become a great conversationalist by honing your listening skills. Write in a clear, concise, easily readable manner. Learn how to present well, to groups of two or 200.
- 5 Develop interpersonal competence.** Expand your self awareness; this will help you better understand others. Build solid, long lasting, mutually beneficial relationships with the important people in your life. Learn how to resolve conflict with a minimal amount of problems and disruptions to relationships.



Learn more about these valuable keys to success and self care that will serve you well no matter where you are in your life journey in "*Straight Talk for Success*," by Bud Bilanich. The book is available at Amazon.com and bookstores everywhere.

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Image Magic

- 1 Make sure your clothes fit perfectly.** Figure tailoring costs (whether the item cost \$29 or \$500+) into the clothing article, or don't buy it. Proper fit makes it look like a million!
- 2 Wear shoes that enhance your outfit.** Shoes that show more foot on top elongate your legs. That's great with skirts/dresses. Ankle straps draw focus to your ankles, making your legs look shorter. When in doubt, match your shoe color to your hair.
- 3 Choose undergarments that support the fit of your clothing.** Your bra should lie flat against your skin, no overflow anywhere, and the center should lie flat against your breastbone. Make them pretty, too, even if only you will see them.
- 4 Use all the same type of hanger.** Plastic department store hangers are great. Your closet will look immediately neater and more manageable. Mismatched hangers make your closet messy. Wire hangers leave telltale bumps in the shoulders.
- 5 Buy it and wear it only if you love it!** No exceptions. This one tip, alone, can positively impact your wardrobe forever. Make it your shopping mantra, and see for yourself.



Whether it's the "dynasty" shoulder pad era, the never-ending confusion of business casual, or the low-rise pant controversy, I have helped women navigate through (sometimes completely ignoring!) the styles of the season and feel good about how they look. Your image is about representing the best of *you*, not making designers happy. Use these tips to get started (there are more on my website). If you get stuck, I can help.

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Reclaiming Your Space, Time, and Energy

- 1 Assess and organize your closets.** If something reminds you of how much weight you've gained or lost, get rid of it. Donate to a shelter or consignment shop. Get my special report, *OverHall Your Closet in a Weekend or Less*, at www.tinyurl.com/5cv7bj
- 2 Review how you use your time.** Now is a great time to take that class or dig into a project you've been putting off. Get my free time log to assist you in your review at www.tinyurl.com/6r3mvs
- 3 Reclaim your mailbox!** Stop "their" mail and the junk mail! Have your former partner's name taken off your mail drop. Then check out www.41pounds.org/ to stop all the junk mail.
- 4 Purge your files.** Recycle any papers that are no longer needed and, while you're at it, put your important documents in a fireproof box or a safety deposit box. Not sure what to keep or toss? Visit www.paperclutter.com/
- 5 Get new bedding.** A new bed, new sheets, new pillows, the works! If you can't afford a new bed then vacuum the mattress, flip it over, and use a smudge stick to smudge your former partner away.



A diverse company, OverHall Consulting provides consulting, coaching, training, and energy work for your personal and professional life and spaces. Janet maintains a multi-disciplinary practice utilizing her natural gifts and studies in healing and organizing, using a variety of modalities that include: EFT, Energy Medicine, Reiki, Space Clearing, Organizing, Productivity, and Feng Shui. "Solutions for Healthier Bodies and Environments"

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Celebrate the Journey in Peace

- 1 Show up.** Develop a daily spiritual practice by taking five minutes each day to plug into the Power, the Source, God. Meditate and visualize.
- 2 Ask for what you want and expect an answer.** Be clear about what you want. God may be waiting for you to ask for what you want.
- 3 Be grateful.** An attitude of Gratitude is the key to make things manifest quickly. Focus on what you have, rather than what is missing.
- 4 Forgive yourself and others.** Holding onto resentment and anger blocks the energy flow and prevents or slows down your ability to manifest your dreams.
- 5 Have faith and let go of control.** Your prayers are being answered. Faith is believing what you cannot see. Change your thinking and your life will change.

Trust the process. You are exactly where you need to be and have everything you need in this present moment.



Pat Hastings is the author of "*Simply a Woman of Faith*" and the CD, "**How To Pray and Get Results: 10 Tips to have your prayers answered.**" She is a spiritual counselor, assisting individuals in finding God in the midst of life events, and supporting them during life changes. Spiritual counseling is designed to inspire and awaken you to all possibilities of spiritual growth in your life. For more information on spiritual counseling in person or by phone. Call for an appointment. Free complimentary CD is available for first-time clients. Sliding scale is available.

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Positive Parenting to Make Life Easier

- 1 Ask “What went right?” instead of “What went wrong?”** You build motivation by finding and focusing on strengths more than patching up weaknesses. Write a list of your child’s strengths to repeat often.
- 2 Advocate for your child.** This means you need to “spin” your child’s behavior to friends, family, and teachers. Your child will live up to others’ expectations. If teachers complain, ask “What are we going to do to support him?”
- 3 Coach your child to name and feel okay with all his or her emotions.** Kids act bad when they are mad, sad, or scared. When you coach your child to tell you what she feels, her bad behavior will heal.
- 4 Look inside yourself.** Sometimes kids act out unexpressed conflicts of their parents. Are you struggling with depression, anxiety, rage? Get help for yourself and your kids will shape up.
- 5 Think of yourself as a coach.** Your job is to coach your child to success in social, emotional, and educational settings. Sometimes the answer is practice, practice, practice. Don’t get discouraged if you have to repeat yourself over and over again. Look for the root causes of bad behavior. Sometimes just giving your kids high octane attention will prevent bad behavior.



Lara Honos-Webb, Ph.D., is a clinical psychologist licensed in California. She is author of the bestselling *“The Gift of ADHD,”* *“Listening to Depression,”* and *“The Gift of Adult ADD.”* She offers parent coaching and therapy to residents of California. She provides world-class workshops, seminars, and training programs for organizations, hospitals, health-care providers, and individuals.

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First Steps to Becoming a Stepfamily

- 1 Educate yourself on how all people in step relationships are likely to be feeling.** Children are generally frightened that they are “losing” their parent to the step-parent. Remember, they have already suffered a loss and need extra time with their parent early on.
- 2 Accept the fact that the new relationships will take time to develop.** Your children and your new partner may not be best friends at first. Encourage the new relationships, but let them unfold at their own pace.
- 3 Plan the new household.** Sit down with your partner before moving in and decide on household rules and reasonable consequences of breaking them. Be sure that all children feel that they are part of the household - not visitors.
- 4 Be sure that discipline is done by the biological parent.** This is hard for many people to grasp. Discipline is effective only when it is delivered by a respected and loved person.
- 5 Do your best to spend time each day alone with your new partner.** A strong relationship between a couple is important in any relationship. “Couple strength” is imperative in a stepfamily where there are children from previous relationships.



Robert Klopfer is a stepfamily counseling specialist. His work includes therapy sessions with women, men, couples, and families, both in person and by telephone. Robert has been the director of the Stepping Stones Counseling Center since 1993 and is a former member of the board of directors of the Stepfamilies Association of America.

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Gaining Peace of Mind After Divorce

Five elements are vital in the crucial process of establishing peace of mind as you begin this new phase of life.

- 1 Accept ambivalent feelings.** After any break-up, ambivalence is inevitable. Relief, sadness, anger, grief, self-doubt: All are common. Allow yourself to experience these emotions in order to move beyond them.
- 2 Get reacquainted with your self.** Over the years you may have forgotten who you are. Now is the time to explore beliefs, rediscover talents, identify goals, affirm your uniqueness, and make friends with your self.
- 3 Build (or bolster) your support system.** Reach out to family and friends. People want to be helpful. Let them know what you need. Get involved in groups with whom you share a common interest—clubs, church groups, softball teams, politics, for instance.
- 4 Establish control.** Make to-do lists, draw up a budget, take time for activities that refresh you like games with the kids, solitary walks, coffee with a friend, or losing yourself in a good book.
- 5 Focus on the future.** What do you want your life to look like five years from now? How will you get there? What's your first step? Take action. It's energizing.



For more help in creating your own inner peace see *"It's Not a Life Sentence: Liberating Your Self, Becoming Who You Are"* at www.marjfrazerlacey.com. The book is a personalized guide to self exploration and acceptance by Marj Frazer Lacey, marriage and family therapist. Marj is available for online coaching, by telephone, or by email

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Building Your Wealth

- 1 Believe in Yourself.** If you don't believe you'll be wealthy, you probably won't be! (Hint: it's not just a matter of how much money you make). Master your psychology before you do anything else.
- 2 Live simply and avoid debt as most millionaires do.** They'd rather have financial independence than fancy cars, huge houses and lavish vacations.
- 3 Know your stats.** That includes your net worth and the balance in your checkbook. Plan your spending (and saving). Pay off your debt. Have reserve funds for the unexpected. Spending less than 2 hours a week on "the books" can pay off a million times over.
- 4 Save early and often.** Saving just \$2.74 per day will guarantee you \$1,000 in a year! Take advantage of all savings opportunities through your employer and save money out of each paycheck, too. Tuck away any money that comes to you outside of your job to build your wealth.
- 5 Realize there is more than one way to make money.** You may recall being taught in school how to work and get jobs. That's not enough. Learn to invest. Learn a new marketable skill to make money on the side. Be on the lookout for new and different ways to make money than just a job.



Money Mender, Cindy Morus, is a leading authority on showing you how to use ordinary money management skills to build your family's wealth and financial independence.

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What Works After Divorce

- 1 Figure out where you want to make a contribution in the world.** Having a purpose in life that's focused on your work will bring joy and a new start after divorce or any other point in life.
- 2 Write the 3-5 things in the world which are most important to you.** After divorce this list suddenly looks different! Knowing what you prize most in life will enable you to align new goals and action steps as you recreate your life after divorce.
- 3 Answer this question: "The way I feel about myself is ___?"** It can be easy to feel like a shadow in a lackluster marriage. After divorce it is important to replace old beliefs with more useful ones for the journey ahead.
- 4 Complete this statement: "As I think about the work that I am most passionate about, the following is possible for me ___"** This generates creativity and new energy.
- 5 Think about and decide now what exactly is your place in the world.** Redefining a new role in the world is a healthy exercise after divorce. Starting with passionate work is a great beginning.



Craig Nathanson is the author of *"P Is For Perfect: Your Perfect Vocational Day; How to discover and live your passion 365 days a year and a coaching expert who works with people over forty."* Visit Craig's online community at www.thevocationalcoach.com where you can get more ideas through his books and CD's, his private telephone or in-office coaching, or read other stories of mid-life change and renewal.

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Parenting Your Teens After Divorce

Starting afresh after divorce, especially with teens, can be a daunting and sometimes frightening task. Here are a few tips to make the transition easier.

- 1 Allow yourselves time to heal.** Ensure that your teens are not blaming themselves for the divorce. Ask for help from friends and family and seek professional help if necessary.
- 2 Be as honest with your teens as possible about the divorce while showing respect and maturity towards each other.** You both want to model good character traits for them to emulate.
- 3 Accept imperfection.** This is a period of adjustment for both you and your teen. Learn to laugh at yourself and see the humor in every situation.
- 4 Build a close and loving relationship with your teen.** Reassure them of your unconditional love and support. Open new channels of communication. Encourage teens to spend time with the other parent.
- 5 Be aware of what is happening in your teen's life.** The pain of the divorce can cause waywardness. Be attentive to your teen and notice behavioral changes. Assure them that you understand what they are going through. Be firm and correct any destructive tendencies that may arise. With determination, faith, and perseverance, your family will grow even stronger.



Parents and Teens in Tune was started by Marian, a pediatrician, and Awo an architect who currently works with children, to improve communication among families in the tumultuous teenage years, to help teens achieve their highest potential in a loving home environment.

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EFT Power Tips for Weight Management

- 1 Identify emotion(s) or beliefs beneath unhealthy eating habits.** The key is to understand what's actually going on inside you emotionally. Many emotions may be involved: sadness, grief, anger, resentment, guilt, abuse, abandonment, etc.
- 2 Use EFT (Emotional Freedom Techniques).** Once you identify a particular emotion, issue, or event, you can quickly, easily, and painlessly release its effect on you by using EFT (Emotional Freedom Techniques), allowing yourself to feel calm and relaxed.
- 3 Notice any new emotions, memories, or feelings in your body.** It could be just a feeling you have in a particular part of your body like tightness in your stomach or tension in your neck or back. This is a signal there is work to be done.
- 4 Be persistent.** Pay attention to how you feel. If you find yourself upset and wanting to reach for a familiar comfort food, ask yourself what just happened. Who did you just talk to? What did it trigger? Use EFT on what comes up.
- 5 Stop cravings before grabbing those goodies!** This is best begun first thing in the morning. Tap on the issue regarding the food(s) you crave until you get your desire to zero. During the day, if your craving returns, tap again until your desire is back to zero.



Judith Wentzel, certified life coach, educates, liberates and empowers people by teaching them EFT, a powerful, easy to learn technique that can transform the quality of their life or business, often sky rocketing them to achieving goals and greater business success.

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Self Care Magic

- 1 Give yourself permission to take time for you every day for a minimum of ten minutes.** You deserve it. No guilt allowed.
- 2 Schedule and write your ten minutes on your calendar or day planner.** This appointment is as important as any you make with someone else.
- 3 Keep it simple.** There is no right or wrong. It's what works for you, your style, your needs, and your schedule.
- 4 Create a place that feels right for you.** It can be a physical place or a place in your mind where you can go for reflection and relaxation.
- 5 Recharge instantly at home or in the office by becoming present in the moment.** Do this by using all your senses while observing everything around you as if you were going to write, record, and describe to someone what you are feeling.



As the Founder of the *National Association of Divorce for Women and Children*, Joanie's passion is to help women during and after divorce, to be the best they can be as well as become role models for their children and community. The 24/7 Resource Center was created not only because of the lack of support and guidance Joanie experienced after her own divorce, but for the many women who experience the same challenges.

Joanie is a **business/personal coach specializing in divorce**, a speaker, a Certified Behavior Specialist, and a Certified Laughter Leader. Joanie is also the Divorce Specialist for the National Association of Baby Boomers.

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