



DROP OF INSPIRATION EP38: HOW TO PRACTICE SELF-CARE

Celeste Rosenlof: You're listening to Drop of Inspiration, a Young Living podcast. Join me for leadership lessons, conversations with Young Living influencers, and an inside perspective on our company. I'm your host, Celeste Rosenlof.

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Hi, Drop of Inspiration listeners, welcome back. So, when we think of self-care, we may often think of high-maintenance trips to the local spa, and you know, going and getting expensive pedicures. And although a trip to the spa once in a while certainly would not hurt, self-care is so, so much more than that. It's an important aspect of whole-life wellness that allows us to stay energized and ready to tackle any task that might come our way.

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And look, we know that life can get hectic, but we promise you that this conversation with Haley Jensen and Brittany Jacobson from the Young Living Education team will be worth your while. They're going to share some ideas on how we can practice self-care and why it's important. So, here is our conversation.

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Celeste Rosenlof: I'm here with Haley Jensen, Global Training and Education Content Manager, and Brittany Jacobsen, Global Training and Education Manager. Welcome to Drop of Inspiration, ladies.

Both: Hi, there. Thank you for having us.

Celeste Rosenlof: Let's get a quick definition. Self-care is a word that we've been hearing a lot about online these days, but what does it mean?

Brittany Jacobsen: So self-care I would quickly just say it's mindfully or deliberately doing an activity to take care of yourself whether it's your mental self, your emotional self, or your physical self.

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Celeste Rosenlof: So why is it important?

Haley Jensen: So, I'll be honest, when I first heard the word "self-care" I thought it was selfish, or I just thought it was for high-maintenance people. I thought it involved, oh, let's go get pedicures or oh, let's go to the spa today, let's go take care of ourselves, girls. *(Laughter)* Like that's kind of



what I pictured self-care in my mind. I'm just a very like goal-oriented, like a driven person. I like to be go, go, go. In my mind I always think that success involves stress. Like stress is a part of being successful. It's a part of having a career; it's just inevitable.

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And it's interesting to see the more that I've learned about self-care is that's actually not true. It's false. You know, we can't control the amount of stress coming our way whether it's personal, whether it's professional, but we can control how we respond to that. That is something we have control over. We can control how we react to situations. And that is a fundamental part of self-care is learning how to react in certain situations when life comes at us. Because you know, with the hustle and bustle of life we can't always control kids, family, relationships. We don't have control over that.

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Brittany Jacobsen: It's inevitable. It's going to happen.

Haley Jensen: Yeah, it's going to happen. We need to be equipped with tools to help us respond to life's stressors.

Brittany Jacobsen: Well, and so that you're prepared. Like even today was a crazy day for both of us. And just a few minutes ago I just took one minute—and we're going to talk about ways to do this later, but I took one minute to breathe and that was changing my response to the situation and it totally changed the rest of my day.

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Haley Jensen: Yeah, and just being mindful about that, just being mindful like I don't have to be a victim to my emotions, to stress, I can control how I respond to life. That really is a fundamental part of self-care. And we'll get into more of the how-to's as we go on.

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Brittany Jacobsen: Well, and you don't have to run around like a chicken with your head cut off, you know?

Celeste Rosenlof: Yeah, so it's not self-indulgent.

Brittany Jacobsen: No, totally.

Haley Jensen: One thing we really wanted to hit on is making sure people don't think what I thought, they don't think self-care is selfish. Self-care is vital. There's a quote by—I actually want to read it. It's by Eleanor Brown. She says, "Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from



an empty vessel." So, in order to better serve your family, your career, your life, you need to take care of yourself first.

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Brittany Jacobsen: Well, and one of the things— we've all heard the example about on an airplane that you put the air mask on yourself first. One of my favorite examples is, if you think of the heart, if you think of the organ that it pumps blood to first, when you ask people a lot of times they say the brain. It's actually not true. The heart pumps blood to the heart itself first before pumping blood to all the other organs. And so I think in owning your businesses, as parents, as workers, as children, as whatever we are—we are always pumping blood to others instead of to ourselves first.

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Haley Jensen: And I love that you brought that up because it's so important. You can be a better everything—parent, spouse, everything—when you take time to give yourself care. Just 30 minutes a week, an hour a week, a few minutes a day. When you give yourself that time to rejuvenate, to refresh, you in turn are more effective at everything you do, and that's why self-care really is a vital part of success. Stress isn't a vital part of success. You don't have to think like I thought. Taking care of yourself. And that's just hard for me. I'm a red personality. I'm just like stubborn. (*Chuckles*) I'm a driven person. And so it's something—that's why self-care is really important. Maybe because once I had a family, and I started having kids, I realized, okay, there is no way I can be physically stressed out any more than I am. There is no way— I just need more hours in the day. I have to change something in my life for my own sanity. And that's when I started researching about self-care. And it has made like the world of a difference in my life. It's made me a better all-around person, better to be around. And I'm more effective in my job, at my home, and everything.

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Celeste Rosenlof: Yeah, I think too, like it makes you more effective, but it also makes you just happier, right? And more peaceful.

Brittany Jacobsen: Right, totally.

Celeste Rosenlof: And like at peace with yourself, which is so important just for satisfaction with your life.

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Brittany Jacobsen: Well, and what's the point in working so hard in all of those different facets if you're miserable, if you're not enjoying it?

Celeste Rosenlof: Right. So you guys sort of touched on this, but I want to know your personal stories. What got you both interested in this topic?



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Brittany Jacobsen: I, a few years ago, kind of went on a transformational journey in my life and just started, without knowing it was self-care, started enjoying the mountains and really started learning about the practice of gratitude and learning about the practice of meditation and breath and saw how it affected all the different areas and aspects of my life. And then finally figured out, oh, like there's a name for what this is called?

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When I was actually interviewed for Young Living they asked what is health? And to me health is those different aspects that we talked about. Health is your mental health and your emotional health, your spiritual health, your physical health. And to me, by doing all of those different self-care practices, it was improving my overall health in all those different areas. So it just, by accident happened, but has become something that I love and like to share with others.

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Haley Jensen: I kind of touched on mine a minute ago, but the way that I really got into self-care was because, like I mentioned, I'm just a very, I guess you can say it in a nice way, a goal-oriented person. *(Chuckles)* That's putting it nicely. I'm just very direct. I'm go, go, go, I like to get stuff done. I always performed really well in school. I played sports, I just was kind of like a perfectionist. I just like to be go, go, go. I always like to be doing something, accomplishing things. And in my mind I was being successful because it was working for me being somewhat stressed out, but accomplishing things. And mentally I thought I was tough. I thought I didn't need to worry about yoga or attuning to myself. Like looking back, I think it's stupid now. But at that point in my life I thought that whether it was yoga or meditating or just being more at one with yourself, I thought it was for people who were high maintenance or for people who—they needed the help.

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Brittany Jacobsen: It was like fluffy.

Haley Jensen: I thought it was fluff. I thought you don't need that. Get straight to the point, let's accomplish these goals, let's do these things. That's kind of how I lived. And you know, I was really into natural health. I started getting into natural health. So ideas of self-care were becoming more normal to me over time. But really the breaking point was when I had a child.

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Like I said, I was still really into health, but once I had a child I realized there was no way for me to physically be more stressed out or not have enough hours in the day. I just couldn't do it. I wasn't succeeding as a mother. In my mind I thought I wasn't being a good mother, being a good spouse. I wasn't performing at work. I was stressed out constantly. I felt like I was juggling all these plates. But I wasn't doing anything well. Like I was doing everything at 30 percent. I was



juggling ten plates at 30 percent and nothing was performing over 100 percent. And I just had to sit down, and I said, "I have to change something in my life. I have to do something because this isn't working out." I'm going to like—

Brittany Jacobsen: Break.

[00:09:05]

Haley Jensen: I'm going to have a break. I'm going to have a panic attack or something like—I'm going to physically break. And that's when I really started implementing self-care into my life and just taking a step back and just learning how to manage stress better, learning how to manage emotions better, and just like really attune to what my body needs and taking care of my body. Especially my mental and emotional health which were things I didn't take care of before. And so that's a really long answer, so. But that's when it really made a big impact. And it's made a huge difference now that I've really implemented some of these tools into my daily life.

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Celeste Rosenlof: And listening to you, I feel like I kind of had a similar experience where I was just doing everything and I was pushing myself so hard. And I just thought, "Well this is normal to feel really exhausted and stressed all the time." And then I realized, "Oh, wait, there are people who don't feel like this all the time." And I think that's why I was so interested in having you ladies come in and talk about this is because you don't need to reach that breaking point before you address your emotional and your spiritual and your mental needs, right? You can be kind to yourself far before that point.

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Brittany Jacobsen: Yes, I totally agree.

Celeste Rosenlof: Before you need to.

Brittany Jacobsen: Before it's a physical need. Like I think sometimes that turns into like your body gets sick or you know, it's because you put it off for so long, like you don't have to get to that point.

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Haley Jensen: You know, emotions manifest physically in your body. They manifest in illness, in sickness. I mean it's all connected. Your spiritual, emotional, physical health is all connected. And so it's important for your physical health to address your emotional and your mental health before you get to the point where you are going to break. And that's the point that I was at. I was gaining weight. I had no energy, I was exhausted 24/7 regardless of the fact that I was eating healthy, regardless of the fact that I was working out still. I wasn't physically as healthy as I could've been.



Celeste Rosenlof: Yeah, so Brittany, you'd mentioned to me earlier that there are five areas of self-care before we were here recording. So, I wanted you to talk to our audience, you know, what are they?

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Brittany Jacobsen: I would love to. So, the five different areas of self-care are: physical, emotional, mental, spiritual, and intellectual. And kind of like I mentioned earlier, it's almost like what is health? And I think same with what is self-care? There's different areas of self-care. You think of it as a wheel. So, there's these five different areas of self-care. And I think it's important to understand that for me, I may get more out of physical self-care, and for Haley, she may get more out of emotional self-care. That we all can benefit from different types of self-care, and from different parts of the wheel of self-care.

And also, I think it's important that yoga, which you could consider self-care for me, it can fill me physical part of my wheel. But for you it can fill your spiritual part. And so it's pretty neat that for different people, different things can fulfill the same thing or different things. I hope that makes sense.

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Celeste Rosenlof: Yeah, that definitely makes sense. Before we get into the specific activities we can do to practice self-care, we're going to take a quick commercial break to hear from a member of our Young Living blog team.

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Justine: With all we have going on, it can feel like our lives are a hectic circus, and we're the main balancing act. Though we may not be walking an actual tight-rope, while juggling everything we have to do, life still requires balance. Head over to the Young Living blog and check out our "Seven Tips and Essential Oil Uses for a Balanced Life" blog post. You'll find actionable tips like giving selfless service, and getting enough sleep, as well as some useful Young Living products to help you maintain balance. Search "Seven Tips and Essential Oil Uses for a Balanced Life" on YoungLiving.com/Blog to read more.

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Celeste Rosenlof: We're back, and Haley and Brittany are going to share with us some specific tactics for practicing self-care.

Haley Jensen: We've been developing a self-care course that we're teaching at some of our Empower events, and some of our educational events. And we've put together, it's like nine or 10 tools that you can develop to help you implement self-care. Practical tools to help you implement self-care in your daily life. So, some of these tools kind of combine together. But I'll just go over the tools that we have.



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Brittany Jacobsen: And before Haley goes over those, like I just mentioned, some of the tools can help with physical and emotional. Some can help with mental and intellectual. So, some can help with spiritual. So, a lot of them can kind of check the box off for many of the different parts of your self-care wheel.

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Haley Jensen: Yeah, exactly. So, first one, mindful meditation. Breathing. Yoga. Yoga can be by itself or considered with exercising. So, yoga or exercising. Mindful nutrition. Sleep. Creating a gratitude list or a love list. Creating things. Being creative. Tapping into your creative side. Making over your mornings, and scheduling you time. So those are some simple tools that you could do to help implement self-care in your daily life. And we're going to hit on four or five key ones in more depth today.

First one is meditation. Meditation was, I think it came easier for Brittany. Brittany was very Zen before Young Living. *(Chuckles)*

Brittany Jacobsen: Before? *(Chuckles)*

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Haley Jensen: But I wasn't. I thought oh, meditation, that's just a bunch of fluff stuff. Like you don't really need that. Exercise, diet, that's all you need to be healthy, which is totally wrong. Meditation is mental hygiene. And I love that phrase because we take care of ourselves physically. We shower ourselves every day, we clean every day, we clean our bodies every day, we take care of ourselves physically. Do our hair, make-up. But what do we do mentally to take care of our minds? Mental health is a part of your whole health. So, really, meditation is a way to clear the mind, to help you feel refreshed, to rejuvenate. It's a way to support your mental hygiene.

Brittany Jacobsen: Well, and also, this is something that has changed my life. And whoever you pray to, it you pray, whatever. Praying is talking to whoever—

Haley Jensen: Your higher power.

[00:15:29]

Brittany Jacobsen: Right. Praying is talking to your higher power. Meditating is listening. It's just quieting your mind and listening. And even just a few minutes ago. Today has been crazy like I mentioned. I sat at my desk and I used —there's many different apps that are free that you can download. And I did a minute meditation and it completely just changed like my life from that point of the breaking to like oh! It's like Valor. That's what meditation is. Like I can get through life. That is meditation. Like I can finish my day.



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Haley Jensen: And I like that Brittany brought it up, you don't need to go and meditate for 30 minutes. If you can just do five minutes or one minute—

Brittany Jacobsen: One minute will change.

Haley Jensen: And so why don't you walk through just like how to do a five-minute meditation. Just simply like what do you do? Quiet space?

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Brittany Jacobsen: Well, literally, I was sitting at my desk. There was the Diamond Support team talking about something. I don't know what. And Haley Zitting was doing Savvy color matching with some of the Beauty School team. So, there was a lot going on, and I could hear it all. And I turned on my app without headphones and I sat there and I just like tried to tune it all out. And just like any time that I could hear them or started thinking about that, I just focused on my breath.

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And I used to take this meditation class and I heard that you can just like even just say a word. So, to me it was just, "Breathe, breathe, breathe." And I focused on that instead of all the stuff that was going on.

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Haley Jensen: So really, all you need to do is find a quiet space—

Brittany Jacobsen: No, it was loud! *(Chuckles)*

Haley Jensen: Preferably a quiet space. Unplug. Like unplug from social media, unplug, and breathe. And there's some interesting statistics that you can find on simply breathing. And this is stuff that I think is so interesting. So, breathing is the only autonomic function that you have control over. So, you can't control your heartrate. I mean you can't control some of these physical things in your body, these autonomic functions. But you can control how you breathe— how fast you choose to breathe, how slow you choose to breathe. And it can help you tap into your parasympathetic nervous system. That is the rest and digest part of your nervous system.

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It's the opposite of fight or flight. So, you know, if you get scared or you know, something... alarming happens, you will tap into your fight or flight. So, you're either going to run or fight. So, it's the opposite of that. It's the rest. It's the digest, it's the slowing down part of your nervous system. And breathing can help you tap into that.



So, if you are feeling anxious, if you're feeling fight or flight, if you're feeling all up in arms. By simply breathing and trying to breathe slowly, you can switch that function to the parasympathetic function and actually help physically slow down your body.

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And it's interesting because breathing as you meditate, just slow and relaxed breathing has been associated with improved sleep. It's been associated with helping to decrease anxiety and depression, increasing happiness, strengthening your ability to regulate your emotions, reducing cravings, impulsivity. Trauma symptoms, and really just decreasing stress by regulating your cortisol levels. So physically, on a physical level, just simply breathing and focusing on your breath while you're meditating has significant positive effects on your body.

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Brittany Jacobsen: So, some of my favorite oils to meditate with—in fact, today at my desk I inhaled Stress Away. So, Stress Away is my favorite. I love Ylang Ylang. Frankincense or Sacred Frankincense. Any of the grounding essential oils is grounding. Lavender. I love Valor obviously. Sometimes Release is a good one too. Abundance is a great one as well.

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Haley Jensen: Oils and meditation go hand in hand. And so the next point, besides meditation, you can also try just doing some type of exercise and yoga. Yoga is a great form of exercise, that's a great way to help reduce stress. Keep you healthy, boost your immune system. And help you control your emotions better. It's been physically known that exercise and yoga help you control your emotions, help you destress, and it's an easy tool to help you stay healthy at the same time.

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Brittany Jacobsen: And I think exercise and going to hit many of the different parts of the wheel in self-care.

Haley Jensen: Exercise really is a form of meditation. It's a way that I block out the world, unplug, turn everything off, and it's really a way for me to listen to myself. And I've actually found like answers or had ideas come up while I'm exercising while I'm running.

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Brittany Jacobsen: It's such a good stress reliever too.

Haley Jensen: Yeah, totally. Sleep.

Brittany Jacobsen: You go, have a new baby so you talk about sleep. (Chuckles) Tell me, I need to learn!



[00:20:04]

Haley Jensen: *(Chuckles)* Sleep is so important. Really, it's crucial. It's simple, but really it makes one of the biggest difference in taking care of yourself. So, when you are well-rested your prefrontal cortex keeps your amygdala in check which helps control your emotions. This helps you better process your feelings, produce healthy, balanced responses. What's interesting is the amygdala is 60 percent more reactive without quality sleep. So, basically, you're more likely to have mood swings, or negative reactions throughout your day. That's a scientific fact. I think that is so interesting.

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Brittany Jacobsen: My husband will attest to that. *(Chuckles)*

Haley Jensen: We can all attest to that, you know? *(Chuckles)*

Celeste Rosenlof: Yeah, when I'm feeling like my world is fall apart, I'm like, okay, I need to go to bed early tonight. *(Chuckles)*

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Haley Jensen: Right. Sleep deprivation, so not having enough sleep is linked to higher levels of depression.

Brittany Jacobsen: Yes.

Haley Jensen: Unhealthy cravings.

Brittany Jacobsen: Yes.

Haley Jensen: That is very true.

Brittany Jacobsen: Check.

Haley Jensen: Higher risk of heart disease.

Brittany Jacobsen: Hopefully not, but—hopefully not check. *(Chuckles)*

Haley Jensen: Impaired mental clarity.

Brittany Jacobsen: Check, check, check. *(Chuckles)*

Haley Jensen: *(Chuckles)* A higher risk of diabetes and of anxiety all from—

Brittany Jacobsen: Check, check, check. *(Chuckles)*



[00:21:11]

Haley Jensen: Not having enough sleep. So, really, it's one of the most important self-care practices. So, Brittany, you need to get your sleep.

Celeste Rosenlof: Now tell that to your baby. *(Chuckles)*

Brittany Jacobsen: Charlotte, you need to let me sleep!

Haley Jensen: Even just taking a nap throughout the day, just giving yourself some sleep—

Brittany Jacobsen: Do you think Mary and Gary will go for that? *(Chuckles)* Excuse me. Self-care! *(Chuckles)*

[00:21:36]

Haley Jensen: They probably would, actually. *(Chuckles)* Sorry, I digress.

Brittany Jacobsen: Okay, let's talk about gratitude. So, gratitude is something that is super close to me and sacred to me, and we're going to actually—spoiler alert—we're going to do a whole podcast about it coming up, so I don't want to give too much away, and I'll give you some of the things that I've done in the past that have literally changed my life. But gratitude's a wonderful self-care. It just can completely change your perspective on something. It can turn something that is yucky. Like today's a rainy day. And it's yucky, and we have this photo shoot and so we had to do it inside. Well, yeah, that's glass half-empty. But what can we be grateful for about that situation? Well, we have a job. We get to take these awesome photos for, and we have this wonderful building that we can take the pictures in. So, gratitude is can really change your perspective on anything and give you that attitude to, I don't know, just take better care of your emotional, mental, spiritual self.

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Also, one thing that's awesome is something called a “love list.” I challenge you to do this tonight. Make a list of let's say 25 things that you love to do. It doesn't matter if you do them on a regular basis, but just don't even think about it too much. Just take five minutes and write down 25 things you love to do. And next week when you're doing your 30 minutes of self-care, close your eyes, point to the list and pick one of those things and just do it. And that's a love list. And just doing things that you love to do is self-care.

Haley Jensen: I like that.

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Celeste Rosenlof: Yeah, that sounds really fun.



Brittany Jacobsen: I know. Ready, set, go!

Haley Jensen: And the final point that we want to talk about is taking care of your body. Now that sounds really general and kind of vague, but what I mean about taking care of your body is doing something that supports your health. What I like to do is doing something like dry brushing. Doing a facemask. Doing a hair mask. So, getting coconut oil, vitamin E, essential oils like lavender, rosemary, Ylang Ylang—doing a clay mask on my face. An Epsom salt bath with essential oils like Stress Away or frankincense. Doing something like that in that realm of activities that you don't find time throughout the week to do.

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So, most of the time those type of activities, you'll say I want to do this on a Tuesday, and something else comes up and you never get around to doing it. So, you actually have to schedule time. I call it Self-care Sundays but you can schedule 30 minutes on a Sunday or any day of the week, and make it a priority to do something that you don't have time to do throughout the week that's taking care of your body and that's helping nourish your skin, your hair, it's helping you feel better mentally, physically, and emotionally.

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And it's really important to do this for yourself because it's a way that you can relax, rejuvenate, and you're also getting added benefits of whatever it is you're doing. And you also get those benefits from an essential oil. So, set time aside and make it a priority. Put it into your schedule to do something that's taking care of your body. This is something that I do every single week. I make it a priority because I don't have time. My weeks get so crazy. I try exercising, I want to make sure I'm fulfilling my needs in the community, and the family, and I don't ever schedule time for myself. So, every Sunday I schedule 30 minutes for myself to do something that's relaxing to me, and that's supporting my health.

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Celeste Rosenlof: Yeah, that's great. And it's such an easy step to take, I think. I actually have a time that I put in, like a block of time I put in my phone every week that's just R&R.

Brittany Jacobsen: Yes! You have to put it in your phone.

Celeste Rosenlof: Yeah, it's usually an evening for me. I know I need at least one evening home a week, like during the week where I get really grumpy. And I will block it out on my calendar, so I don't schedule over it and overbook myself. But that is even easier, just 30 minutes, taking time to take care of your body and make sure that it receives the attention it deserves.

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Haley Jensen: And it's not selfish. That's one thing I'd really like to end with is that self-care is not selfish. It's attuning to your personal needs to help you be more effective in every area of your



life. So, make it a priority. If that's one thing you take from this podcast is making self-care a priority because it's going to benefit all areas of your health, all the areas that Brittany talked about.

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Brittany Jacobsen: Well, and even when I started exercising after having my daughter, I felt guilty for taking her to the gym daycare. But when I went to the gym for an hour, I was such a better mom the rest of the evening. And so I gave blood to my heart first—

Haley Jensen: Physically too (*chuckles*).

Brittany Jacobsen: Right, physically. And then I was able to pump blood to the rest of my organs. To my kids, and to my husband, and to my work, and just be better because I took care of myself first. So, we challenge you to do that over the next week and over the next month, and over the next lifetime. (*Chuckles*)

[00:26:34]

Celeste Rosenlof: Well thank you ladies so much. It's been a real delight to chat with you.

Brittany Jacobsen: Thanks for having us.

Celeste Rosenlof: Aren't those ladies so great? I love how real they are about life and about, you know, the challenges that we all face. And I really love, from our conversation, I love learning that it doesn't have to take very much time out of our busy days to take care of ourselves, but that it has so many benefits. I hope that you can take something from today and apply it and see the benefits for yourself.

[00:27:05]

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This episode was produced with help from Ashley Frost. I'm your host, Celeste Rosenlof. Stay inspired.

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