

Restorative Self-Care Quotes

"Whoever would be a teacher of men let him begin by teaching himself before teaching others; and let him teach by example before teaching by word. For he who teaches himself and rectifies his own ways is more deserving of respect and reverence than he who would teach others and rectify their ways."
-Kahlil Gibran

“Symptoms are an invitation to deeper awakening.” - M. Scott Peck

“The universe is not short on wake-up calls. We’re just quick to hit the snooze button.” - Brene’ Brown

“The largest chunk of outcome variance, not attributable to preexisting patient characteristics, involves individual therapist differences and the emergent therapeutic relationship between patient and therapist, regardless of technique or school of therapy.” (Henry, 1998)

The Nature of This Flower Is to Bloom
Rebellious. Living.
Against the Elemental Crush.
A Song of Color
Blooming
For Deserving Eyes.
Blooming Gloriously
For its Self
- Alice Walker

All the evidence that we have indicates that it is reasonable to assume in practically every human being, and certainly in almost every newborn baby, that there is an active will toward health, an impulse towards growth, or towards the actualization.
- Abraham Maslow

Chinese proverb: -

If you want happiness for an hour - take a nap;
If you want happiness for a day - go fishing;
If you want happiness for a month - get married;
If you want happiness for a year - inherit a fortune; but
If you want happiness for a lifetime - help someone else.

“There is no single self-care strategy so outstandingly effective that its possession alone would ensure an ability to conquer distress. ... Possessing a particular skill in one’s arsenal is less important than having a variety of self-care strategies. ... Psychotherapists should avail themselves of multiple self-care strategies unencumbered by theoretical dictates. ... Be comprehensive, flexible, and secular in replenishing yourself.” - Guy & Norcross

“Nature bats last”

“We’re connected with the world 24/7 but have very little connection with ourselves.” - Jon Kabat-Zinn

“Generosity is another quality which, like patience, letting go, non-judging, and trust, provides a solid foundation for mindfulness practice. You might experiment with using the cultivation of generosity as a vehicle for deep self-observation and inquiry as well as an exercise in giving. A good place to start is with yourself. See if you can give yourself gifts that may be true blessings, such as self-acceptance, or some time each day with no purpose. Practice feeling deserving enough to accept these gifts without obligation-to simply receive from yourself, and from the universe.” - Jon Kabat-Zinn

“Receptivity requires a nimbleness, a fine-honed sensitivity in order to let one's self be the vehicle of whatever vision may emerge.” - Rollo May

Always start with empathy.

“Being extremely honest with oneself is good exercise.” - Freud

“You can’t do anything about the length of your life, but you can do something about its width and depth.” - Evan Esar

“Ultimately, man should not ask what the meaning of his life is, but rather must recognize that it is he who is asked. In a word, each man is questioned by life; and he can only answer to life by answering for his own life; to life he can only respond by being responsible.” - Viktor E. Frankl

“Breath is the bridge which connects life to consciousness, which unites your body to your thoughts. Whenever your mind becomes scattered, use your breath as the means to take hold of your mind again.” - Thich Nhat Hanh

“Between a stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom. The last of human freedoms is to choose one’s attitude in any given set of circumstances.”
- Victor Frankl

“We cannot see our reflection in running water. It is only in still water that we can see.” - Zen Proverb

“Mindfulness is being aware of your awareness, and paying attention to your intention.” - Dan Siegel

“Being kind to yourself lets you be kinder to others - and that just might be the finest gift you can give to the world.” - Cheri Huber

“Our first step is to develop compassion for our own wounds.... It is unconditional compassion for us that leads naturally to unconditional compassion for others. If we are willing to stand fully in our own shoes and never give up on ourselves, then we will be able to put ourselves in the shoes of others and never give up on them.”
- Pema Chodron

“Increasing the social connections in our lives is probably the single easiest way to enhance our well-being.” - Matthew Lieberman, Ph.D.

“Tension is who you think you should be. Relaxation is who you are.”
- Chinese Proverb

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.”
- Melody Beattie

“Use your power for good.”- Superman

“One of the symptoms of an approaching nervous breakdown is the belief that one's work is terribly important.” - Bertrand Russell

“Abandon any hope of fruition. The key instruction is to stay in the present. Don't get caught up in hopes of what you'll achieve and how good your situation will be some day in the future. What you do right now is what matters.” - Pema Chodron

“Habit is habit, and not to be flung out the window, but coaxed downstairs a step at a time.” - Mark Twain

“I don't have spiritual beliefs, I have spiritual experiences.” - Holly (my friend)

“Watch your thoughts, they become words;
watch your words, they become actions;
watch your actions, they become habits;
watch your habits, they become character;
watch your character, for it becomes your destiny.”

Attributed to Lao Tzu

“Last night, as I was sleeping, I dreamt—marvelous error!— that I had a beehive here inside my heart. And the golden bees were making white combs and sweet honey from my old failures.” - Antonio Machado

“For some reason, we are truly convinced that if we criticize ourselves, the criticism will lead to change. If we are harsh, we believe we will end up being kind. If we shame ourselves, we believe we end up loving ourselves. It has never

been true, not for a moment, that shame leads to love. Only love leads to love.”
- Geneen Roth

“Forgiveness is not an occasional act; it is a permanent attitude.”
- Martin Luther King, Jr.

“Freedom is what you do with what's been done to you.”- Jean-Paul Sartre

“Forgiveness is letting go of the hope for a better past.” - Lama Surya Das

“One of the greatest spiritual acts of love is to walk away from recrimination and remorse and to accept, in its place, love and your own self-worth.”
- Meredith Young-Sowers

“True forgiveness goes beyond letting go and moving on. True forgiveness offers something positive—empathy, compassion, understanding—toward the person who hurt you.” - Bob Enright, PhD

“To be wronged is nothing, unless you insist on remembering it.”
- Anthony De Mello

"If we truly want to create a life that is grounded in basic well-being, we must decide to commit ourselves to learning what it takes to thrive instead of merely survive.”- Susan Velasquez

“The brain is shaped by experience. And because we have a choice about what experiences we want to use to shape our brain, we have a responsibility to choose the experiences that will shape the brain toward the wise and the wholesome.”
- Richard Davidson

“The test of a preacher is that his congregation goes away saying, not ‘What a lovely sermon,’ but, ‘I will do something!’” - St. Francis de Sales