



# STEPS Corporation

November /  
December

STANDING TOGETHER EMPOWERING OUR PRESENT SELVES!!

IN THIS ISSUE

## Newsletter Release Update

by Abby

I want to say thank you for following our newsletter. I am happy to be back in the swing of things. For those of you who know me personally you know that the last 2 months have been rough for me, I've been dealing with allergies which is new for me. I'm happy to say that I feel like I'm back into the swing of things. So, the first major announcement I would like to make is that instead of doing monthly newsletters for now I'm going to do quarterly newsletters. This will allow me to do more interactive things with you guys as I'm the only one doing it all right now. For now I'm thinking that next year we'll send out a newsletter in January, April, July and October. There may be a special edition somewhere in between if I feel that something else needs to come out that is pressing. The next thing I'm working on for you all is a blog. Previously I used to pick a

challenge for the month and I would invite my friends and family to follow along with me on the journey. I was asked to start up again and that's exactly what I plan on doing in between newsletters. The month of November I will be doing just that. Inside this issue I will explain what will be happening for the month of November and I hope that you'll be able to join me on my journey and hopefully its something that can help you grow as well.



### Self-Care Routines

We all need better self-care routines. In this issue I will discuss what I shared with my management team at work and with my family at home in order to help maintain better self-care practices.

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### Shout-Outs

We have a baby to celebrate. I look forward to giving you a sneak peak at the new addition to the STEPS family!

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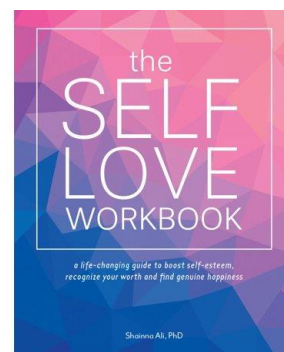
## Our Blog

For the month of November I will be blogging and I would like to invite you on this journey with me. Please feel free to join me on WordPress under **Steps2Growing**. Last year I did a blog on self-love. Well this year I want to revisit the self-love journey and also implement self-compassion. If you wish to join me on my journey I will be using The Self-Love Workbook by Dr. Shainna Ali, it can be bought on Amazon for under \$10. I will also be using the Self-Compassion and Mindfulness Workbook. It can be found online for



free at  
[https://www.mindfulnessstudies.com/wp-content/uploads/2015/09/Self-](https://www.mindfulnessstudies.com/wp-content/uploads/2015/09/Self-Compassion_and_Mindfulness.pdf)

[Compassion\\_and\\_Mindfulness.pdf](https://www.mindfulnessstudies.com/wp-content/uploads/2015/09/Self-Compassion_and_Mindfulness.pdf).



## Practicing Self-Awareness

by Abby

In order for us to start our journey of self-love and self-compassion we must learn how to become more self-aware. While it's something that's easier said than done, it is definitely doable. Being more self-aware helps us to continue to grow. I found an article on Entrepreneur.com that gave 12 Self Awareness Exercises that fuel Success.

1. Know why you're doing something and ask yourself if it is reasonable
2. Know your feelings. Truly label your emotions, more than sad and happy
3. Look in the mirror and practice saying "no". The more you say it the easier it becomes to say.
4. Always take a deep breath before you react to anything. The breath allows you time to process.
5. Accountability is everything. Recognize your mistakes, own it and don't make an excuse.
6. Choose your words in reference to yourself carefully.
7. Pay attention to your body language. The higher your stance the better your performance.
8. Sometimes it's good to see other perspectives. Challenge your own views.
9. Do you know your personality type? You should know it, you will be better able to assess yourself.
10. Self-evaluate and reflect through journaling
11. Get constructive feedback from friends and family
12. Meditation helps focus on your body, by focusing on breathing and specific body parts.

<https://www.entrepreneur.com/article/254669>

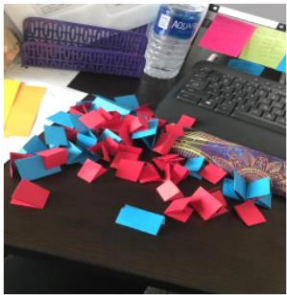
YOU DON'T NEED  
 SOMEONE TO  
 COMPLETE YOU.  
 YOU ONLY NEED  
 SOMEONE TO  
 ACCEPT YOU  
*completely.*

HEADING 4



**Popsicle Sticks**

Picture of the popsicle sticks and matching card stock papers.



**Folded Papers**

After working on my affirmations (red) and inspirational quotes (blue).

FAST FACTS

56%

In a study of 2000 people 56% said that exercise was their form of self-care.

36%

In that same study of 2000 people 36% said that getting a massage was their form of self-care.

SELF-CARE STUDY

The article where I pulled these statistics is called "Study Reveals Consumers are Conflicted about Self-Care". It can be found at: <https://www.biospace.com/article/releases/study-reveals-consumers-are-conflicted-about-self-care/>



*Self-Care Wheel can be found on google by Olga Phoenix and you can also run a search for a blank self-care wheel that is also by Olga Phoenix.*

# Self-Care Routine

For the month of October I attended the Florida Counselor Association Conference. I must say that I had a blast, but what I loved the most about it was that it was self-care themed. One of my biggest things lately has been trying to find that perfect balance with being a full-time grad student, full-time employee, mother, business owner and somewhere finding that time for "me". Like most people I get lost in the catering to and caring for others I often put myself on the back burner. Little by little I have learned to push myself to the forefront because I can't give more of myself if I deplete everything within me. While at the conference there were many things that came up in reference to helping us to create and implement a self-care plan. I came back to work and decided to take some of the management team and implement this self-care plan along with us being each other's accountability partners in order to push ourselves. To start with I introduced the management team to the self-care wheel. If you do a general search you will find a beautiful colorful wheel that contains a life balance of physical, psychological, emotional,

spiritual, personal, and professional sections. I asked each person to score where they feel they were in each section on a scale of 1-10 with 1 being the lowest and 10 being the highest. I then gave them a blank wheel and asked each person to write inside each blank section what they wished to improve on for the month of October. Then I gave each one a mason jar full of beans and placed 5 popsicle sticks with the colors red, blue, green, yellow and orange painted on the bottom of the wooden stick (one color on each stick). Later I gave them matching cardstock paper of the same colors. They were asked to write the following on each color:



Red – Personal Affirmations

Orange – Self Compassion Reminders

Blue – Inspirational Quotes

Green – Relaxation prompts

Yellow – positive memory with dates (month/year) is fine if you don't remember dates that's fine too.

Cut them out, fold them up and place them inside a zip lock bag.

Throughout the day we go to each other's office and turn over a random stick so that a color is sticking up. When we see that color we know to go inside our zip-lock bag and we pull out the matching color. At that moment you focus on what you're reading and if it's something with directions you actually take that moment to do what your card says. This allows you to take a moment to refocus on something other than what you're doing, especially if you

work in a high stress job. We often times don't take the breaks that we need in order to get through the day, so this is that moment to regain composure. If I would walk by a manager's office and hear them frustrated this was the time I would turn over the stick. Sometime we struggle with how to handle stress, these sticks help with that. Midway through I took the time to ask them if they felt that the sticks were helpful. Everybody agreed that they were. It helped connect us to each other, it helped connect us back to ourselves, it helped to calm us in times when we needed calming and for those of us with goals of increasing physical portions, if our who are an inspiration to others

goal was to get up and take a walk it served as a reminder. I invite you to create this easy to do self-care kit and see if it will work for you. If you have a children at home I encourage you to do this with them too. Not only does it help bring you back to present moments but these are also good self-esteem and confidence boosters. Just as adults need to be reminded so do our children and we are their example. I've implemented this same self-care kit and routine at home with my mother and my son. We each have our jars and we enjoy coming home and seeing that someone has turned over a popsicle stick.

## Shout-Out

So in our first newsletter that was released in September some of you may remember be giving a shout-out to the Bishop family on their new addition. If you've been on the webpage itself, under the news section there's an article called Faces of My Webpage. This section is filled with people

and if you haven't met them already one day hopefully you will. Marylou and Zoey are apart of my webpage. Well now meet baby Lincoln! I'm excited to give an official Steps Corporation welcome to Marylou, Robert and Zoey Bishop on this handsome little bundle of joy. I wish you all many blessings and happiness.



# 1-Minute Mindfulness Exercises

by Leonie Stewart-Weeks

Interested in doing mindfulness meditation but don't think you have the time? Below are 9 mindfulness exercises you can do in a minute or under.

- 1. Yawn and stretch for 10 seconds every hour.**  
Do a fake yawn if you have to. That will trigger real ones. Say "ahh" as you exhale. Notice how a yawn interrupts your thoughts and feelings. This brings you into the present.  
Then stretch really, really slowly for at least 10 seconds. Notice any tightness and say "ease" or just say hello to that place (being mindful — noticing without judgment). Take another 20 seconds to notice and then get back to what you were doing.
- 2. Three hugs, three big breaths exercise.**  
Hug someone tight and take 3 big breaths together. Even if they don't breathe with you, your breathing will ground them
- 3. Stroke your hands.**  
Lower or close your eyes. Take the index finger of your right hand and slowly move it up and down on the outside of your fingers. Once you have mindfully stroked your left hand, swap and let your left hand stroke the fingers of your right hand.
- 4. Mindfully eat a raisin.**  
Take a raisin or a piece of chocolate and mindfully eat it. Slow down, sense it, savor it and smile between bites. Purposefully slow down. Use all your senses to see it, touch it, smell it, and sense it. Then gently pop it into your mouth and really savor it. Savor its texture, its taste, how it feels in your mouth. Let it linger and then swallow it. After you have swallowed it, let your lips turn up slightly and smile. Do the same thing for each raisin you eat or bite you take.
- 5. Clench your fist and breathe into your fingers.**  
Position your fingers and thumbs facing down. Now clench your fist tightly. Turn your hand over so your fingers and thumbs are facing up and breathe into your fist. Notice what happens.
- 6. STOP.**  
Stand up and breathe. Feel your connection to the earth.  
Tune in to your body. Lower your gaze. Scan your body and notice physical sensations or emotions. Discharge any unpleasant sensations, emotions or feelings on the out breath. Notice any pleasant ones and let them fill you up on the in breath. Observe. Lift your eyes and take in your surroundings. Observe something in your environment that is pleasant and be grateful for it and its beauty.  
Possibility. Ask yourself what is possible or what is new or what is a forward step.

If you find yourself being reactive, try the following steps:

Pause and take one to three big breaths.  
Say "step back." ( You don't have to physically step back, you can just do it in your mind.)  
Say "clear head."  
Say "calm body."  
Breathe again. Say "relax," "melt" or "ease."

- 7. Mindful breathing for one minute.**  
Lower your eyes and notice where you feel your breath. That might be the air going in and out at your nostrils or the rise and fall of your chest or stomach. If you can't feel anything, place your hand on your stomach and notice how your hand gently rises and falls with your breath. If you like, you can just lengthen the in breath and the out breath or just breathe naturally. Your body knows how to breathe.  
Focus on your breath. When your mind wanders, as it will do, just bring your attention back to your breath. You might like to say 'thinking' when you notice your thoughts and just gently shepherd your attention back to your breath.

This can be done for longer than one minute. However, even for one minute it will allow you to pause and be in the moment. Or you might just like to breathe out stress on the out breath and breathe in peace on the in breath.

- 8. Loving-kindness meditation.**  
For one minute, repeat 'May I be happy, may I be well, may I be filled with kindness and peace.' You can substitute "you" for "I" and think of someone you know and like, or just send love to all people.
- 9. An aspiration.**  
Decide on an aspiration. Just ask yourself this question: What is my heart's aspiration? Pause for about 20 seconds. Do this a second or third time and write down what comes. Perhaps it is to come from love, or to be kind to yourself or others or to be patient.  
Once you decide which aspiration you like best, say that at the beginning of the day. This will set you up for your day and your interactions with others (and even with yourself).

<https://psychcentral.com/blog/1-minute-mindfulness-exercises/>

## MINDFULNESS EXERCISES



### Chair Yoga

You can begin to practice chair yoga. YouTube is my best friend. Go on YouTube and search chair yoga and begin to practice some of these techniques to help relax you.



### Deep Breathing

Remember that breathing is key. There are so many breathing techniques out there, practice some and find the one that is easiest for you.



### Stretching

Never underestimate the power of a stretch. Stretching feels so good, but it's also super relaxing.

# Next Newsletter Issue

I enjoy creating and sending out the newsletter, however I need your help to keep it going. Please feel free to reach out to me if there are certain topics you're interested in me talking about or researching. The following areas are what makes up the newsletter that each of you can have a part in:

**Prayer Requests**

**Mindfulness Activities**

**Journal Topics**

**Featured Business/Blog (happening next month)**

**Tips**

**Upcoming STEPS Events**

**Kudos/Shout-Outs**

**Advice Section**



Let me know if there is a business or blog that you feel we should be interviewing and shouting out in our newsletters. Let us know if there's an event coming up or an event that you're celebrating that we should shout out inside the newsletter or on our website. I'm also looking for partners in the upcoming classes that are set to begin next year.

We also will have an upcoming retreat that's in planning, we're looking for partners for that as well. So please stay tuned to the newsletters for more details and specific needs. If you're willing to help that would be awesome.

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