

Links to Nourish the Soul



How to Break the Pattern of Self-Betrayal

Sharon Martin, LCSW, discusses how to identify and handle self-betrayal.

When People Challenge Your Boundaries

Sharon Martin, LCSW, explains the importance of setting healthy boundaries.

At Our Best, We Are All Teachers

Maya Angelou was most grateful to the woman behind her voice.

Def Leppard's Drummer, Rick Allen, Turns Tragedy Into Inspiration

Rick Allen finds healing and strength through helping others.

Let's Go to a Happy Place

Listen and relax to a few minutes some fall jazz music.



A Funny Truth



Fall Into Seasonal Self-Care



Sharon Martin is a practicing LCSW based in San Jose, CA, working with those who struggle with addiction, mental health, homelessness, and family problems. Martin had the desire to reach beyond her practice and developed a website to offer self-improvement tools. Her most recent post, [11 Autumn Self-Care Activities for People Who Struggle with Self-Care](#) is well worth reading.

This post discusses year-round self-care and how our self-care practices might need to change with the seasons. Martin states self-care is any healthy practice that can meet your specific physical, spiritual, and emotional needs. To help you determine a best self-care activity, ask yourself two questions. How do I feel right now? What would make me feel better (healthier, happier, restored, energized)? Martin then gives us 11 self-care ideas that are perfect for autumn. One of these ideas is a gratitude journal.

Martin recommends gratitude journals because they can quickly shift your mindset from a worry to a good thing in your life. She believes this practice builds self-esteem and relationships and contributes to better physical and mental health. She suggests we set aside 5-10 minutes, either first thing in the morning or before we go to bed, to write three things we're grateful for in our journal, recommending a quality journal and pen to encourage us to keep writing. She lists [30 Gratitude Journal Prompts](#) for those of us who might hit a writer's block!

Martin stresses the importance of developing an intention to practice gratitude, make a commitment to it. It's easy to be grateful when things are going well, but, when it's hard to get through a tough day, it's hard to be grateful. So, acknowledge the pain and fear, but also remember the good things in the process. You can start with one good thing, a supportive friend, your favorite slippers, and let your habit of gratitude build from there.

The Winner's Corner



Torrie Dreier wins this month's self-care gift card!

Book Club



Find a journal in your favorite color on Amazon for around \$10!