

Dr Mark Arcuri

Transformational Tips Newsletter



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Hello, Friend!

*Trusting that you are safe and well as we move along another week of physical distancing for most of us. **If you are needing some support**, I am happy to offer you 30 minutes on request via Zoom. No need to demonstrate need, no charge, just ask by responding to this e-letter or [send an email](#) and Carlos in the office or I will get in touch to set it up. We are happy to offer what we can!*

Thanks, so much for coming back to this fifth and final installment over the past ten days – my take on a biopsychosocialspiritualenvironmental model of self-care. While the current crisis has certainly been my motivation for sharing this over the past several days, I haven't mention COVID-19 much. That's only because we are being inundated with announcements about the virus – at least I am – and this model of self-care is about living *every day*, not just now. COVID-19 is an opportunity to share the reminder, but It is not the point.

We Are Dealing With a Crisis...

I mentioned last time that while it is true that we are dealing with a crisis, I see it as a *transformational crisis* – one that has the potential to spark our *responsibility* to take action as individuals that, literally, will transform the world. At least that's how many of my clients are working with it; and it is tremendously rewarding to witness their process!

...but Always Have the Opportunity for a Good Outcome

Transformational crises can *always* have a good outcome when we reflect on them in the future. In the present moment, though, they are almost always

terribly painful and often tragic. As spiritual Beings it is our work to find the transformational opportunities in the crisis while being mindful of, and compassionate to, the challenges and pain faced by so many of those around us. In the words of the great Maya Angelou, “We Rise!!!”

Environmental Self Care and Resilience

Environmental self-care has broad meaning. I once wrote and then taught a course on the topic for doctoral students at University of the Rockies: Water; Air; Food; Wastes; and Occupational. Those are the areas we covered. Each is these is worthy of some thought and I will leave it to you to do that.

What I would like to focus on here is the connection that you have with your environment. Your connection with your environment is critical for resilience because you are immersed in your environment. It is what fuels you and nurtures your very being. And in a reciprocal way, you fuel and nurture it.

So, then, **what does your environment mean to you?** *Is it pleasing? Is it something you just kind of put up with? What do you love about it? What do you wish was a bit different? What things might you change if you had the time or money?*

Take stock for a few moments and answer the questions. Don't think through them; just note: what are your immediate thoughts about the various experiences in your environment? Make a list, nothing fancy, just jot down your thoughts.

Once you have the list, make some sub-notes for each item – for those things you love, what can you do to accentuate them? For the things you love less, how can you change or enhance them to closer align them with things you love?

Oftentimes it's just repurposing things or adding an easy new touch:

- A small armoire in my house went from the bedroom to the living room as a liquor cabinet. Plants got shifted to different rooms, especially now that an orchid started blooming; I moved it to a place I can enjoy it more.
- I moved some things around to create a better “flow” ... [Feng Shui](#), anyone? Powerful!
- I've also repaired some little items and gotten rid of a few that couldn't be repaired.
- I am also burning some incense and using essential oils, creating beautiful, calming aromas, and in some cases connecting me with wonderful memories. (be sure of any [pet sensitivities to essential oils!](#))

- And, finally, I've pulled out the 'green screen' that I typically only use for videos, and I am using it more in my Zoom coaching sessions to set add a background that creates a mood and tone that literally gets me and my clients away and strikes an inspired chord in our work that is powerful!
 - Can you do something similar...you do something similar... maybe by hanging or moving some pictures in new places so that on your Zoom sessions with friends and family you are transported to a new place?

As always let me know your thoughts and strategies and experiences! I am compiling them and will share them in an e-letter soon.

And thanks again to all of you have followed the series these past ten days! **Congratulations for taking honest steps to evaluate and refine your self-care practices;** you've done an amazing job! You will be equally astounded at how powerfully things shift for you... in very short order!

With blessings and great gratitude for you and for this day,
Mark.

PS, If you're not already, **be sure to connect with us at [Facebook](#) and [Instagram](#)** as well!



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