

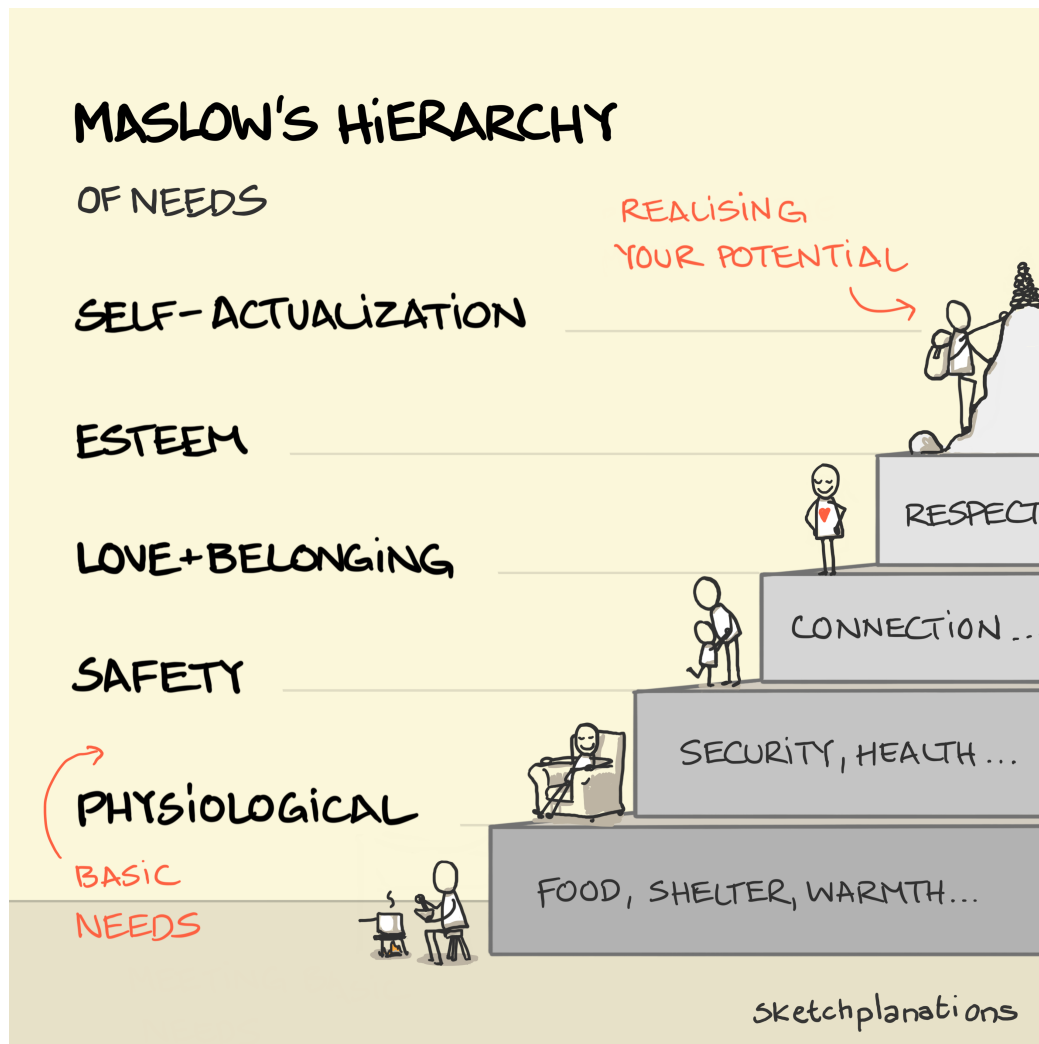
Supplemental Information: Self-Care for Writers

“Emotions as a request for action” based on *The Archaeology of the Mind* by Lucy Biven and Jaak Panskepp

Panskepp identified seven drives as follows:

1. Seek/desire: dopamine fueled. Motivation to achieve goals.
2. Fear/anxiety: cortisol linked. Motivation to avoid something.
3. Rage: stress-hormone linked. Motivation to stop something.
4. Lust: exactly what it sounds like.
5. Care/nurture: desire for connection and meeting emotional needs.
6. Panic/Grief/distress: fear of separation/isolation. Motivation to call back someone who is missing.
7. Play/social joy: enjoying the company of others and **creative engagement**.

Abraham Maslow's Hierarchy of Needs



Self-Care: Any activity that you participate in that nurtures you and helps bring you closer to your highest self.

Aubrey Uresti and Suzy Thomas in a presentation for the American Counseling Association's Professional Summit this year suggested that self-care should be: "personal, meaningful, restorative, rigorous, and growth-oriented."

Uresti and Thomas emphasized that we are currently seeing a large market for self-care and that we're bombarded with things we have to pay for in order to engage in it, but if anything, that can work against self-care in one crucial area—*financial* self-care.

Areas to consider:

- Your home environment. Is it calming? Hygienic? Aesthetically pleasing? Are there simple things you can do to improve it?
- Food/diet
- Who you surround yourself with
- How you spend your time
- Connection to communities you value
- Money: Does your job pay enough to cover your basic needs? Are you able to save money for the future? Weighing which writing events are worth paying for and which ones aren't (or workshops, retreats, MFA programs, etc.)

Additional questions: amyarmstrongwriting@gmail.com