

# Tips on Good “Self-Care”

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Here is a list of various modalities, self-care activities, and more that may be supportive to your work in healing your empowered “No”. Different modalities will be helpful for different people, and at different times, so follow your own internal guidance. See which ones resonate for you!

- **Working Out/Exercise**
- **Eating Healthily**
- **Good Sleep!**
- **Naps!**

## **Complementary Healing Modalities:**

Family Constellations

Authentic Movement

Cranio-sacral Therapy

Acupuncture

Mindfulness Meditation

Women’s Circles & Women’s Wisdom

Full Moon or Drumming Circles

The Work of Byron Katie

Shamanic Work / Soul Retrieval



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Somatic            Experiencing & Somatic Therapies  
Massage  
Yoga  
Ecstatic            Dance  
Holotropic        Breathwork  
Shadow            Work  
Long-Term        Depth psychotherapy  
Inner Child Work  
EFT/Tapping  
Jungian Dream Analysis/ DreamWork  
Womb Work

**See the 4 Elements Self-Care Tips**



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