

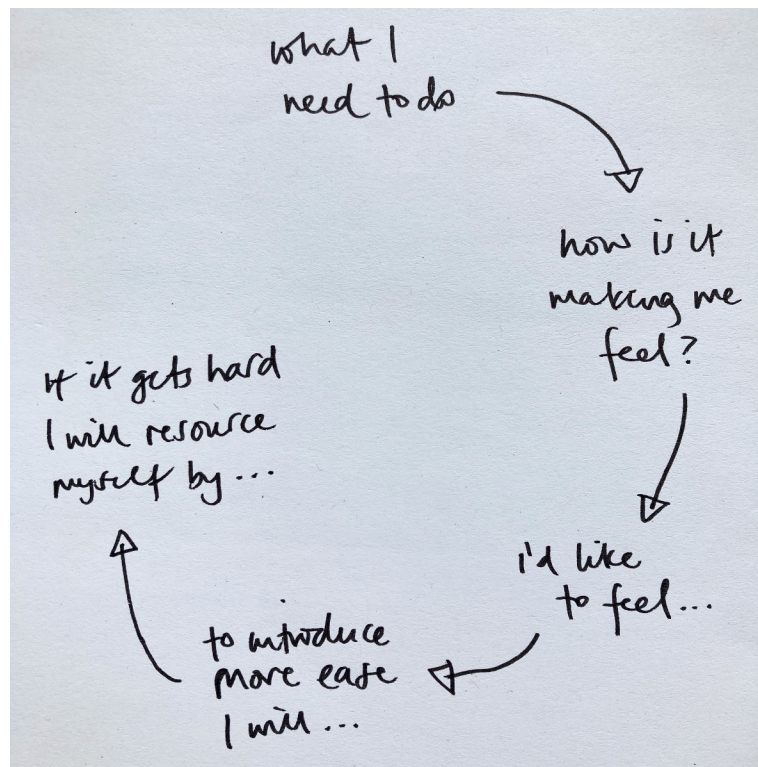
EASEFUL DYCP: RESOURCING YOURSELF

Three quick ways to re-connect with your inner knowing and resource yourself in moments when the dycp starts to feel overwhelming.

1. Easeful DYCP check in

This tool can be used at any point, but may be particularly helpful when you are starting a new part of the process, or maybe at the beginning of a week/month when you'd like to check in with what is going on and how you'd like that to feel.

[Credit: I've been inspired by a random visual I saw on pinterest while searching for trouser pattern inspiration. Here's the [original source](#) on IG]



2. More Ease checklist

Inspired by this tool – the Small Joys checklist for tough days from [connectwithoumou](#) - I wonder, could you create your own version to use during dycp for those moments when ease feels out of reach and you need support to access something different?

It could include reminders for things you know help bring you ease. The smaller the better. For example – moving your body, getting a drink, looking out the window. It could be changes that you could make to your environment – sensory adaptations, physical things. Anything that you know helps to soften, to calm, to alleviate tension or stress. You might want to include people, animals, the natural world – beings who support you. It might include music, movement, food, making, any activities that help you come back to yourself, that offer nourishment, energy or fortitude.

@connectwithoumou

small joys *checklist* for tough days

- ☐ wear the comfiest clothes I own
- ☐ find one thing to laugh at (a show? meme?)
- ☐ make a bid for care and/or respond to a bid for care
- ☐ find one thing that smells amazing (soap, coffee, a flower)
- ☐ let the sun or fresh air touch my face for 1 minute

say this out loud, even if it feels hard to believe:
"this is enough for now, and so am i."

3. Reconnect with the excitement

When things get challenging we have often lost sight of what is at the heart of things, while we get overwhelmed by all the tasks and pressure we put on the situation.

Can you find ways to re-connect to the excitement, the aliveness, the passion you have for your practice and all the things you long to do within this project you are designing?

What sorts of things remind you of this inner creative energy? Things that instantly re-ignite some of your joy and energy for this work? What activities, what people, places, things spark that connection for you?

Whatever the medium, can you offer yourself easeful ways to re-connect often during the process of applying for dycp?

This could look like scheduling time for this (if you like that kind of structure), allowing yourself to feel the impulse and act on it in the moment, or enlisting others to help get you there if you need external support.