



Nurture Me
For Therapists

Top 5 Ways to Nurture **YOU** in Session

Nurture, verb

"To care for or protect (someone or something) while they are growing"



I LOVE that you're here!

I am a Clinical Psychologist and Supervisor with over 20 years experience working with other therapists and health professionals in a variety of university, government, corporate, and private settings.

I am passionate about supporting fellow therapists just like you, who love what they do but feel drained, exhausted and sometimes struggle to focus on themselves. Let's face it- we do such a great job nurturing others but often don't do this enough for ourselves. I'm here to change that!

I know you don't have time or energy for elaborate strategies. I am a big believer in planting tiny seeds of change that will grow into something beautiful over time.

So here's my **top 5 ways of nurturing yourself in session**. Micro-steps that you can implement immediately to enhance your sense of well-being and continue doing what you love.

With care,

Dr Monique Nesa

Top 5 Ways to Nurture YOU in Session

During sessions, we can encounter intense emotions and challenging content.

If we practice nurturing ourselves in micro-moments with our clients we can:

- show up more fully
- create more spaciousness
- enhance our focus and presence
- feel less depleted after session
- enhance our overall sense of wellbeing



1. Check-in with your body- do you need to change position, breathe more deeply, sip some water?

2. Notice how you are feeling and where your body is feeling this. Breathe into the area and make space for it

3. Anchor your feet into the ground, lean forward and feel your hands gently sitting on your lap

4. Keep a grounding object nearby, such as your favourite cup with some warm tea, a small stone, textured fabric, or a pen you like the feel of. Hold or touch the object discreetly during challenging moments

5. If energy levels are low, imagine a beam of golden light coming from above, beaming down your body all the way from your head to your toes. Feel the energy and warmth of the glow



Regularly weaving these nurturing actions into your sessions will not only help in the moment but also enhance your wellbeing and sense of vitality!

If you love these strategies and want MORE, simply click below to receive regular nurturing tips:

Yes, I'm ready to Nurture ME

Or check out my other nurturing offers at www.drmoniquenesa.com



Please note this resource is intended for education purposes only and is not intended to replace supervision, individual psychology/mental health support. Please seek individual support as required.