Failte! Welcome!

Thank you for being here!

By using these journal prompts daily (or even weekly, with the Míle Buíochas Monday email reminders), you'll soon have a far stronger sense of how to redesign your life, work and relationships to make your heart sing, energy soar and nervous system thrive.

I love hearing how you're getting on so do let me know how the Polyvagal Purrs approach is helping you as well as sharing any questions and comments you might have – eve@selfcarecoaching.net

le grá (with love),

Eve

Purr (ventral vagal – feeling great, safe, connected, curious, at ease…)

What are you most grateful for this week? Your glimmers? Counters to your “success amnesia”? Anything else?

Hiss (Sympathetic Survival – stress response)

What has had you most stressed out? What helped you (or might help you) get back into Purr!? How can you support yourself?

Freeze (Dorsal vagal - despair) Have you felt overwhelmed? Numb? Hopeless? What did you learn from it? How did you get back into (how might you) Purr!?

Su-purr (or Because Cat. Because cats *know* they're part of the Divine)

When have you felt connected to the Divinity within yourself, others and the world? What has taken your breath away with awe, joy, love, hope and other tranpersonal qualities?

What are you most grateful for right now and what other feelings need your attention?

When we're in ventral vagal energy (or Purr! when I use the rescue cats to help make my polyvagal-informed approach more accessible), we can better comprehend life's complexities.

In order to keep (or even start) paying attention to the things we want to improve to help create a world in which everyone feels safe, welcome and loved without getting too stressed (Hiss! Or sympathetic survival) or overwhelmed and burned out (Freeze! Or dorsal vagal),we can consciously cultivate more awe.

More gratitude. The both/and of being alive. Purr (ventral vagal) and Su-purr (super ventral).

We can recognise that:

a) if you're not p***ed off, you're not paying attention AND

b) if you're not AWED, you're not paying attention

Míle buíochas means a thousand thank yous in Irish

In this weekly newsletter, Míle Buíochas Mondays, I'll help you cultivate this energy by:

- sharing some of what I'm grateful for (including books, podcasts, music, all sorts of glimmers that my AuDHD mind enthuses over and that may or may not resonate for you)
- encouraging you to do the same by sharing your own míle buíochas moments by replying to this email and telling me or tagging me (with #MíleBuíochasMoments) in your TikToks, Insta, Substack notes, YouTube vids, LinkedIn posts or Facebook etc. You'll find links to my socials by scrolling down here

Welcoming all the feelings by acknowledging the pain, rage, grief etc.

After all, when connecting with awe and gratitude moves you into ventral vagal (Purr) energy, we can dip a toe (as Deb Dana says) into the dorsal vagal (Freeze) and sympathetic survival (Hiss) states.

Let sunlight be the best disinfectant on the things that are stressing you out and potentially even overwhelming you.

Hit reply(or email eve@selfcarecoaching.net) and let me know!