

21 BEST  
PRACTICES FOR  
EMPATHS!



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Dear Goddess,

Being an empath is a gift. At times, it can feel overwhelming and confusing. Which energy is mine and which is another's? Managing your energy and emotional capacity is vital. As a professional healer, coach and energy worker, I've found that one of the biggest keys is to practice what I call ESSC-exceptional spiritual self care.

For those of you who are on the go and want to know what you can do in the day-to-day to honor this gift, I've compiled this list from my own self care practice as well as empath friends and colleagues.



## Here are 21 tips to support you!

Suggestion: If you like games, close your eyes and ask Spirit to pick the one to focus on for this week. Have fun and remember, learning how to honor your sensitivity is a lifelong practice-being an empath is amazing!

1. Turn off the TV and devices at least an hour before bed. Two hours if the content you were watching has anyone in distress or violence!
2. Reframe 'sensitive.' When people tell you you're too sensitive, in your head say, "And that's a blessing!"
3. Meditate daily.
4. Practice breathwork to release other people's emotions trapped in your body.
5. If you have a hard time with overgiving, say, "It is safe to think of myself first before trying to take care of anyone else's needs."
6. If you work with clients: stop taking your sessions home with you! Have a clear stop and start time for your work. Shut the door to your office. Take a shower. Have a ritual to signify that your work day is done.
7. Boundaries are not walls. They are meant to set healthy limits for yourself and you can adjust as needed. Communicating a boundary is your responsibility.
8. When in doubt, enact the rule of 3. Say yes to no more than 3 things at any given time. More than that, and you may start to find yourself overwhelmed.

9. Manage your thoughts-they are the only thing you can really control. Otherwise, they (or other people's agendas will manage you.)
10. Give only when it feels expansive to do so. Not because you want to be liked or appreciated.
11. If you have trouble receiving, practice asking for something or allowing someone to give you something for 7 days. If you feel tempted to pull out your wallet, sit on your hands. If you feel tempted to immediately reciprocate, all you are allowed to say is "Thank you." Allow the uncomfortable feelings to swim around in you. It will get easier!
12. Just because you "feel" another's pain doesn't obligate you to do something to make them feel better.
13. Wear a tiger's eye crystal at social gatherings-it helps stop people from being overly negative in my presence.
14. Schedule a massage.
15. Use essential oils in a diffuser.
16. Sage your home. Palo santo works great too.
17. Epsom salt bath with baking soda-this is a "healer's bath" and will cleanse your aura.
18. Pet your dogs and cats. Go visit a shelter if you don't have one!
19. Keep a water bottle with you at all times. Hydration is key!
20. Schedule an "energy nap." (max of 15-20 min). Set an intent that this nap is designed to energize and restore you. And it will!
21. Eat nourishing, alkalizing foods that you know make your body feel happy and humming! (My personal faves are protein-rich foods, green tea, and bananas with a dash of cinnamon!).

## Enjoyed these tips? Let's stay connected!

- 1) Come join me + other awesome Goddesses in our private FB group called [Empowered Goddess Secrets](#).
- 2) Do you love meditations? Check out the online store [here](#)
- 3) Need some more 1:1 support? [Book a reading or private consultation here](#).