

# Facilitator Self-Care

## Mental, Emotional & Physical Hygiene for Those Who Guide Others

To guide others through deep or transformative experiences, the facilitator must remain a clear, regulated, and well-resourced vessel.

Facilitation is not only about skill, it is about state.

Service without self-care becomes a sacrifice. In the long run.

Sacrifice breeds exhaustion. Exhaustion erodes presence, discernment, and ethical clarity.

Self-care is not optional. It is professional hygiene.

## The OPO-LOOP

Observation → Practice → Observation

Before introducing any technique, intervention, or practice, we first establish a reference point.

This is the foundation of all facilitator work. We call this the OPO-LOOP:

1. Observe - Become aware of your current state
2. Practice - Apply the technique or intervention
3. Observe again - Notice what has shifted, softened, or intensified

This loop trains:

- discernment instead of habit
- responsiveness instead of reactivity
- clarity instead of automatic fixing

Without an initial observation, we risk doing practices blindly.

Without post-observation, we lose valuable feedback.

This loop applies:

- before personal practices
- before guiding others
- before and after sessions
- in moments of stress or uncertainty

## Foundational Practice

### Awareness in the Beginning

(Observation Phase of the OPO-LOOP)

### **Awareness to self practice**

This is the primary self-check-in practice shared early in the training.

It builds real-time awareness of breath, mind, emotions, and body.

Purpose: To know what state you are in before doing anything else.

Duration: 5–10 minutes

(or micro-dosed in 1–3 minutes throughout the day)

Posture: Seated or standing

Eyes open or closed

### Step-by-Step Practice (Personal Use)

#### 1. Arrive

Sit or stand comfortably. Let the body settle. Allow the eyes to close, or soften the gaze.

#### 2. Observe the Breath

Bring attention to the natural breath.

Notice:

- Is it shallow or deep?
- Fast or slow?
- Smooth or irregular?

Do not change it. Just note what is present.

#### 3. Observe the Mind

Shift attention to thoughts.

Notice:

- Planning
- Replaying
- Judging
- Narrating

Observe without judgment or engagement.

#### 4. Observe the Emotional Field

Expand awareness into the emotional landscape.

Notice:

- Mood
- Emotional tone
- Subtle feeling states

Stay with what is present, without praise or resistance.

Notice whether emotions feel connected to thoughts, or independent of them.

#### 5. Observe the Body

Include the somatic field.

Notice:

- Clothing against skin
- Temperature
- Tingling, tension, pain, ease

Breathe into the sensations - without trying to change them.

#### 6. Integrated Awareness

See if you can hold:

- Breath
- Body
- Thoughts
- Emotions

...at the same time.

Let the breath become a gentle anchor.

## 7. Re-Entry:

One Eye In, One Eye Out

Slowly open the eyes with a soft, dreamy gaze.

Remain aware of the inner landscape while reconnecting with the outer world.

One eye inward. One eye outward.

### Practice Recommendations

- Micro-dose daily, especially in the beginning
- Use during:
  - stressful moments
  - before sessions
  - between clients
  - after intense interactions

This establishes awareness of habitual stress patterns and builds clarity around:

- what you need
- when you need it
- which practices actually support you

If the practice is forgotten:

- set 2–3 random alarms the night before
- treat each alarm as an invitation, not an obligation

This practice will be expanded with additional layers as the training progresses.

## **Facilitator Self-Care Framework**

Common Traps, Supports & Hygiene Practices

### A. Common Traps to Watch For

Over-functioning

– Working harder to meet your own worth needs

Rescuer Dynamics

– Trying to save or fix others instead of supporting their process

## Energetic Over-Identification

- Taking on participants' material as your own

These patterns often arise subtly and accumulate over time.

## B. Foundational Supports (Physical & Nervous System Hygiene)

These are non-negotiable foundations:

- Adequate sleep
- Hydration
- Regular nourishment
- Consistent movement or bodywork

A dysregulated body cannot reliably hold regulated space.

## C. Post-Session Clearing

(Observation → Intervention → Observation)

After sessions, intentionally discharge residual activation.

Options include:

- Showering or washing hands and face
- Walking outdoors
- Gentle shaking or movement
- Breath or voice release

After clearing, observe again:

- What feels different?
- What has returned to baseline?
- What still needs attention?

## D. Relational & Professional Supports

- Supervision
- Peer debriefing
- Honest personal therapy when needed

Seeking support is a sign of maturity, not weakness.

## E. Boundary Hygiene

Clear boundaries protect both facilitator and participant.

- Boundaries with time and labor
- Clear session limits
- The right to say no
- The right to rest

Simple check-in question:

“Am I working harder than the breather?”

If yes, pause, recalibrate, return to observation.

Practices for Ongoing Development Building a Reliable Vessel

These practices strengthen:

- awareness
- regulation
- clarity
- compassion

They can be used personally or taught to students.

#### 1. Centering Breath (3–5 minutes)

- Inhale: feel the lower belly widen
- Exhale: drop weight into the feet, soften the jaw
- After five cycles, lengthen the exhale by one count
- Let awareness widen to include:
  - your body
  - the other person
  - the room

#### 2. Somatic Listening Drill (5 minutes)

- Scan from crown to feet
- Name three areas of sensation without judgment
- Choose one area; breathe into it for five breaths
- Ask internally:

“What happens if I do nothing?”

Practice non-intervention.

#### 3. Touch Calibration (Solo or Paired)

- Place a hand slowly
- Pause just before contact

- Notice when the other's body "meets" your hand
- Maintain steady, non-agenda pressure for three breaths
- Withdraw slower than you arrived

#### 4. Language Minimalism

Rehearse three phrases:

- "Stay with it."
- "Good."
- "If it feels right, a little more."

Notice:

- tone
- pitch (slightly lower)
- tempo (slower)
- silence between words

#### 5. Projection Hygiene

After sessions, journal:

- Where did I feel hooked?
- What part of me was touched?
- What boundary or clarity will I bring next time?

#### 6. Boundary Ritual (1–2 minutes)

Stand with eyes soft.

- Inhale: gather the day into the heart
- Exhale: release what is not yours

Silent phrase:

"I return to center."

Closing Orientation

Before guiding others:

- Observe your state
- Choose wisely whether to intervene
- Observe again

Presence is not something we perform. It is something we maintain through care.

# A Daily Practice of Stillness

## Deepening the Relationship to Self and Silence

Beyond techniques and protocols, facilitators are encouraged to maintain a daily meditation or stillness practice.

This practice is not about mastery.

It is about relationship.

Relationship to:

- yourself
- your inner landscape
- silence
- not-knowing

There are many valid methods:

- breath awareness
- seated meditation
- stillness
- prayer
- gentle contemplation

The specific method is less important than showing up.

Less is more. Build slowly. Consistency creates habits.

Habits create change. Three minutes every day is more transformative than thirty minutes twice a week.

Regular practice:

- refines self-awareness
- strengthens nervous system regulation
- deepens humility and listening
- stabilizes presence over time

This quiet, ongoing commitment becomes the unseen ground beneath your facilitation.



If you are unsure where to begin, or if your practice feels unclear or inconsistent, please reach out for support. Guidance is available, and you do not need to walk this alone.

Silence is not something we arrive at.

It is something we return to again and again.