



## Work at Home Self-Care Prescription

### You Cannot Pour from an Empty Cup!

*Bonus*

**What is YOUR self-care prescription? Hmmmm?**

Never heard of such a thing? 'Tis understandable, as I only recently made that term up. ☺ But the facts are...

**You simply CANNOT pour from an empty cup.**

Think about everything you've been through – the pandemic, possibly anxiety/stress/depression/etc...

You \*cannot\* be at your very best when you're battling demons on the side as well!

**A self-care prescription is exactly that – what can YOU do that helps YOU operate at the very best level you can bring into being?**

Especially these days... ensuring your own mental/physical/spiritual/emotional health is critical. 'course, it's also Really Really Really Hard to do when things might look bleak. **That's the not-good news.** **However, the good news is:**

**There's 'way 'way more to chat about than can be contained within these pages... but allow me to give you some resources!** And remember – nobody but \*nobody\* will fix anything for you, not your family, not your mentors, not your coach, not your friends... it's up to YOU to commit to making things better.



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#### **Mental Health Support**

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<https://www.mentalhealth.gov/get-help>  
<https://www.samhsa.gov/find-help/national-helpline>  
<https://www.helpguide.org/find-help.htm>

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#### **National Coalition against Domestic Violence**

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<https://ncadv.org/signs-of-abuse>  
<https://mensgroup.com/mens-domestic-violence-group/>  
<https://ncadv.org/state-by-state>  
<https://ncadv.org/resources>  
<https://www.helpguide.org/articles/abuse/help-for-men-who-are-being-abused.htm>  
<https://www.womenshealth.gov/relationships-and-safety/get-help/state-resources>  
<https://www.healthyplace.com/abuse/domestic-violence/battered-men-battered-husbands-its-no-joke>

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#### **International Domestic Abuse Resources**

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[http://www.ncdsv.org/ncd\\_linkswominternational.html](http://www.ncdsv.org/ncd_linkswominternational.html)

This is too important to stop here – turn the page and onwards!! ☺

## Bonus Self-Care Prescription! (Con't)

*(Know someone who would benefit from this? Why not take a moment and email it to them, share it online, post it to your social accounts, etc.? Giveaway rights included!)*



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**PTSD Support**  
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<https://www.ptsd.va.gov/>  
<https://adaa.org/understanding-anxiety/posttraumatic-stress-disorder-ptsd/resources>

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**LGBTQ Support**  
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<http://www.thetrevorproject.org/>  
<http://www.itgetsbetter.org/>  
<https://www.cdc.gov/lgbthealth/youth-resources.htm>

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**Trans Support**  
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<https://translifeline.org/>  
<https://transequality.org/additional-help>  
<https://www.glaad.org/transgender/resources>

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**And Don't Forget:**  
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**Health:** <https://www.similarweb.com/top-websites/category/health/nutrition-diets-and-fitness/>

**Marketing:** <https://www.similarweb.com/top-websites/category/business-and-consumer-services/online-marketing/>

**Education/Science:** <https://www.similarweb.com/top-websites/category/science-and-education/>

**Computer Security:** <https://www.bleepingcomputer.com/>

***Remember:**  
Trust in fate, but give fate a kick in the right direction...  
You've got this! Fortune Favors the Bold.*

## And Don't Forget These Additional Marketing Goodies...

### Did you take advantage of them all?

I'm Dennis Becker, and along with my partner, Barb Ling, we're here to tell you...

**If you're struggling, I've been where you are, regardless of where you are now.**

My IM career started around 2002 (my online experience started in 1998 when I found and exploited eBay big time!), when my main income came from an offline store that wasn't doing so well anymore. I had even racked up (gasp!) over \$300,000 in credit card debt... [Click HERE for the UNEXPECTED Adventure!](#)



**Barb Ling**



**Dennis Becker**

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### Not to mention...

Think of something that *\*everyone\** now uses.

👂 Is it online email? 📧📧📧 <insert Theme to Jaws here>

👂👂 Is it online entertainment? 📺📺📺 <insert Theme to Jeopardy here>

👂👂👂 Would you believe.... 📶📶📶📶📶 <insert Dramatic Pause here>

It's something even *\*more\** simple and basic?? Well then.... <insert Theme to Mission Impossible! here>



<http://dabcoaching.com/simple1>

## Bonus MMO Crypto Work From Home Goodness.

*Bonus*

As you might have noticed there days, Crypto is one of the most volatile thingees on the face of this planet.

*(Spoiler: I've been an active community member in Sean's Mastermind ever since it began (where you get coolio thingees like his tools that **literally show you the optimal times to trade crypto like so:***



And yes, he does let you know about his program. I can definitely vouch that it is SO worth it (going on a year now)! **Even in a Bear Market...** his software reveals how you can profit like so (*'tis super-simplified – consider buying when the trend is green, consider selling when the trend turns blue*):

***QUICK!***  
***Turn the Page NOW!***



## Crave You... to Learn About Crypto? (Con't)

### Bonus Profit From Home Goodness.

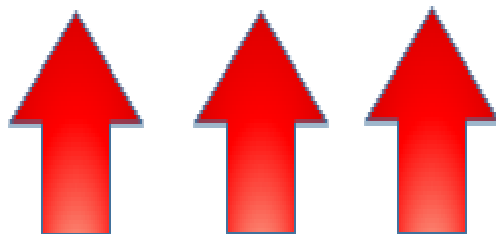
# Bonus

Check out this goodness.... **(Profiting during a bear market)**



Intrigued? Well then...

**Secure Your Seat HERE!**



## In Closing...

### Remember.

**Taking ownership of your own mental health and well-being can be \*hugely\* scary.**

Like... massively bigtime scary! **It really IS a Hero's Journey.** Speaking of which, did you know that **Star Wars is \*our\* Modern Mythology...** and represents the classic Hero's Journey that emerges in just about all cultures? You can learn more about that over at:

💎 [Ep. 1: Joseph Campbell and the Power of Myth — 'The Hero's Adventure'](#)

💎 [Entire Joseph Campbell Series on YouTube](#)

💎 [Star Wars Hero's Journey: The Perfect Example of How to Apply the Hero's Journey to Your Book](#)

💎 [Star Wars Origins - Joseph Campbell and the Hero's Journey](#) .

But as always... I digress. 🙄

**The key, critical takeaway is \*you\* own your personal mental health... nobody else does!**

🏆 Not your family 🏆 Not your friends 🏆 Not your mentors 🏆 **\*YOU\*** 🏆

Which is as it should be.

So yes, proactively looking after your well-being really IS your own personal Hero's Journey and like I mentioned.... **It takes \*daring determination, perseverance and more.\***

The grand thing is that when you truly give yourself \*permission\* to step outside of your comfort boundaries and address whatever it is that is hampering your well-being...

**... you'll end up giving those seeds of Greatness that exist in every human being a chance to flower.**



And that of course, is a Very Good Thing indeed.

**In closing... You've got this! When the time is right... you \*will\* make it all happen.**

Trust in fate, but give fate a kick in the right direction,

*Barb Ling*

<https://BarbaraLing.com>

