

AN INTRODUCTION TO SELF CARE

Self-care is
not selfish.
You cannot
serve from an
empty vessel.

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[COOL AUDIO LINK](#)

[INTRO MONTAGE LINK](#)

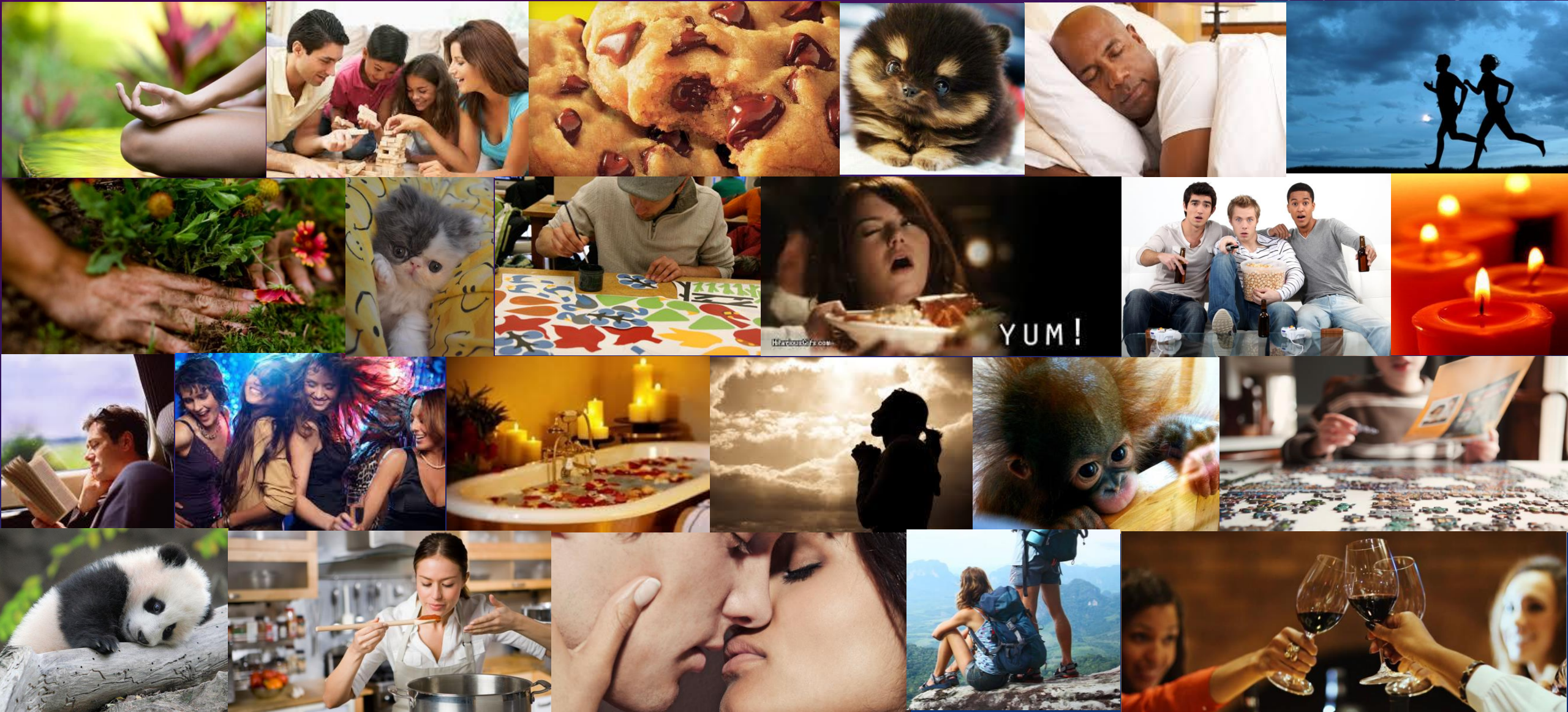
- You may learn new information or experience something different today – be as open as possible
- Be respectful of other's self-care notions that may differ from your own
- Be present – limit distractions, focus on listening and being in touch with yourself and others

COMMITMENTS



**It is impossible
for a man to learn
what he thinks he
already knows.
-Epictetus**

WHAT DOES SELF-CARE MEAN TO YOU?



...any *intentional* action taken to increase one's physical, mental, emotional, and spiritual health.

...attention to and regulation of one's overall mental and physical health which is under the individual's control, deliberate and self-initiated

Self Care defined:



What you feed your soul is what you
harvest with your actions

~Shannon Alder



How do you feed your soul? Please share with
the group your current self-care practices.

- Feeling that one doesn't 'deserve' or 'need' self care
- Belief that self care is frivolous or over indulgent
- Conviction that self care is expensive
- Cultural, familial, or personal norms
- Fear of the unfamiliar or unknown
- "It it ain't broke don't fix it!"
- Other?

what gets in the way of self care?



How is self-care important to your role, your safety, your success?

- Self-care is essential to boundary management and ethical practice
- Self care affords balance for the multiple challenges of community mental health work:
 - Productivity
 - Documentation
 - Bearing witness
- Self care is a parallel process!
 - Stress and burnout can be contagious
 - We should not be asking others to do what we are not willing to try ourselves (lead by example)

Why self-care?

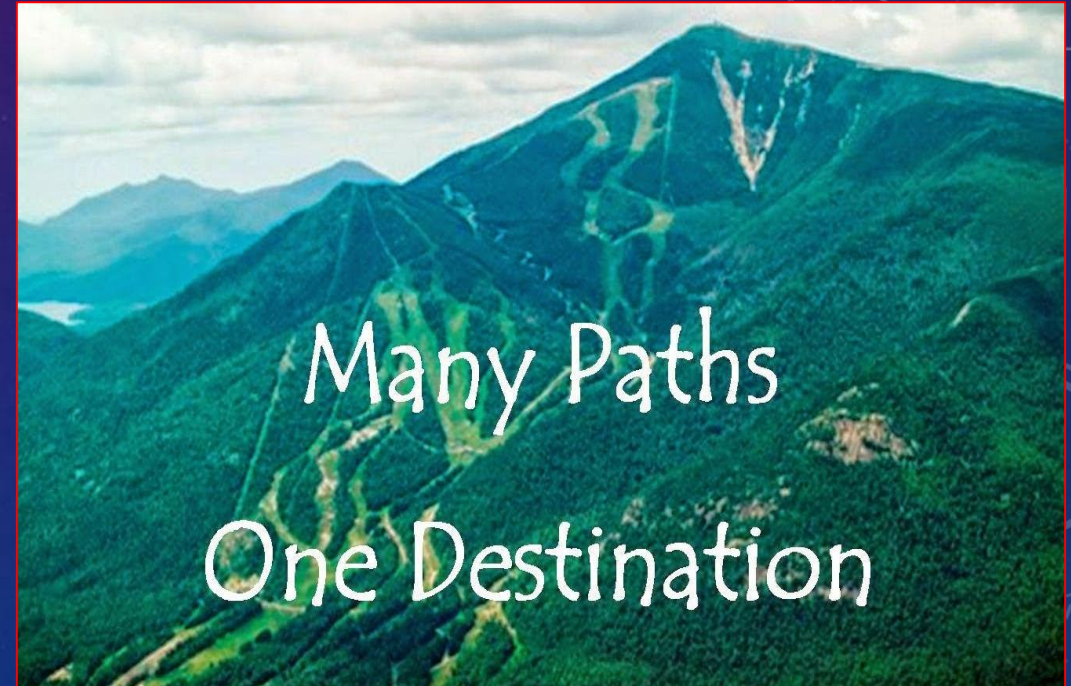


Why is this important?

You have permission to
rest. You are not
responsible for fixing
everything that is broken.
You do not have to try and
make everyone happy. For
now, take time for you. It's
time to replenish.

- There is no 'one size fits all'
- No one has the right to judge, criticize, guilt or shame you for whatever type of self care you choose to adopt
- A person's self care plan is a function of their individual stories, culture and experience
- Self care is fluid, variable and evolving
- Self care is a process—not an event
- Self care requires commitment and practice
- Self care ultimately benefits you personally and professionally

Self-care is Personal



- Be willing to try something new
- Commit to action
- **Find and protect time**
- Be willing to keep trying
- Be compassionate with yourself
- Keep trying
- Be prepared to feel challenged by silence or stillness
- Practice letting go
- Keep trying

How to begin the journey towards self care



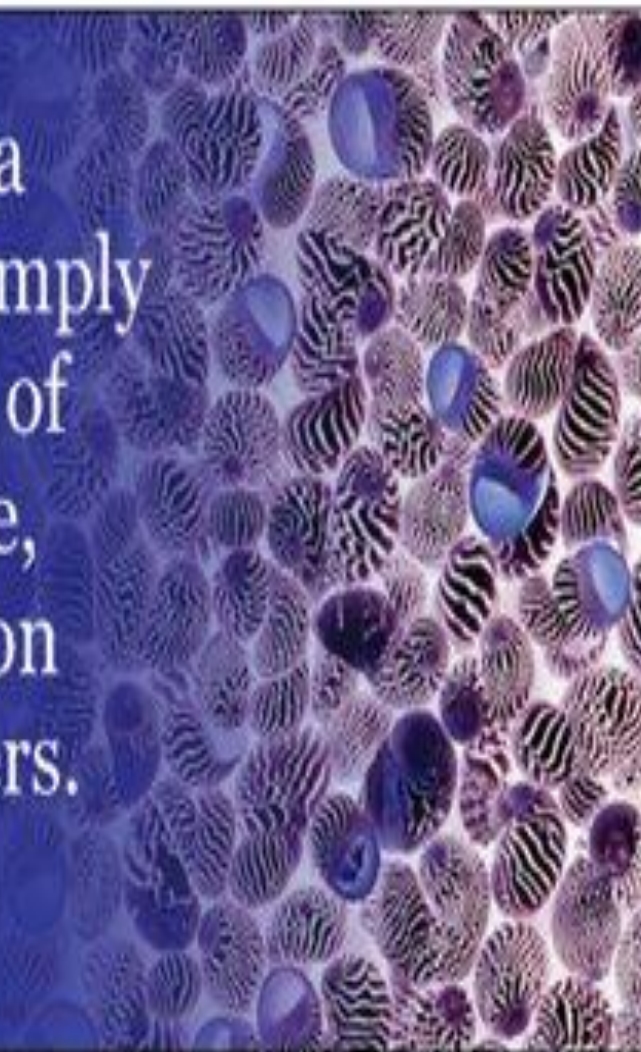
- Take a piece of paper and pen
- Make a list of everything, large and small, weighing on you in this moment—the things that distract you, trouble you or cause you distress and anxiety. They may be
 - **Global**; politics, traffic, violence, etc.
 - **Personal**: finances, children, marital problems, health issues
 - **Professional**: colleagues, clients, commute, etc.
- Fold your paper into fourths
- If you are comfortable with it, place your paper in the basket

Creating time and space for self care



Self-care is never a
selfish act - it is simply
good stewardship of
the only gift I have,
the gift I was put on
earth to offer others.

Parker J Palmer



8 DIMENSIONS OF WELLNESS



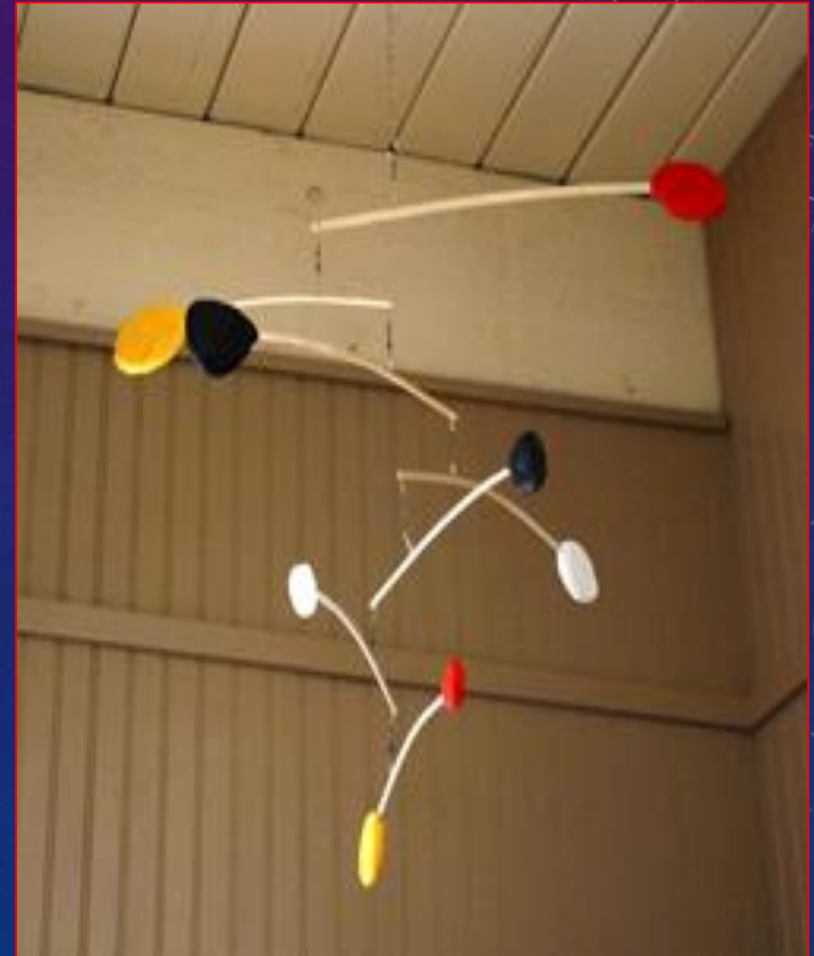
- Wellness is directly related to *how* and *how well* we live

The 8 dimensions are interconnected and multi-dimensional

- They involve self awareness
- They require self-defined balance...
- Together, they are critical to improving personal wellness

Picture a mobile; all of the parts must be weighted correctly for it to hang naturally!

Consider your own wellness dimensions



Wellness is not the **absence** of disease, illness, and stress, instead a striving toward:

- Purpose in life
- Active involvement in satisfying work and play
- Joyful, sustaining relationships
- A reasonably healthy body and living environment
- A level of contentment
- Other?

Wellness **requires** that we balance work with play and rest, build in time for recuperation and recovery so we can live our lives fully and productively...

Wellness as
value *added*



WELCOME TO
DOGBERT'S SEMINAR
ON WORK-LIFE
BALANCE.



www.dilbert.com scottadams@aol.com

FIRST,
REVIEW
THIS LIST
OF YOUR
PRIORI-
TIES.



FAMILY
JOB
EXERCISE
VACATION
MUST-DOS
MEDICAL
EATING
HYGIENE
SLEEP
ROMANCE
HOLIDAYS

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YOU HAVE TIME
FOR THREE THINGS.
WORK AND HOLIDAYS
ARE TWO. YOU GET
TO PICK THE THIRD.



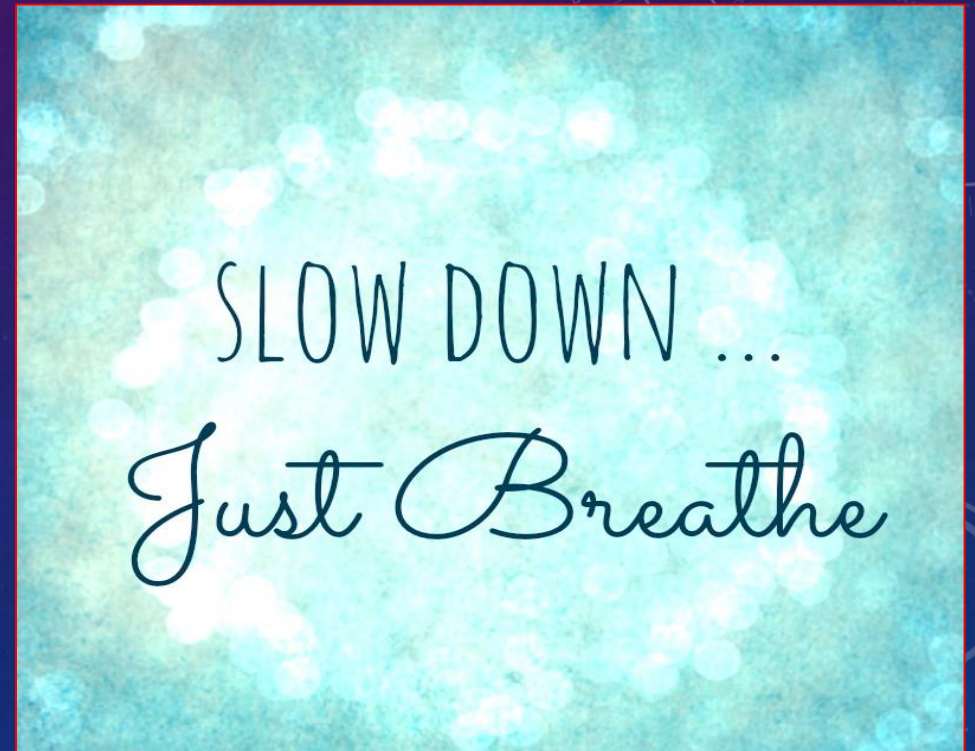
Introduction to Belly Breathing

[AUDIO LINK](#)

- 1) Close your eyes or focus on something in front of you
- 2) Place one hand just above your belt line, and the other on your chest
- 3) Take a deep breath and gently sigh. This relaxes the muscles of your upper body.
- 4) Close your mouth and inhale slowly through your nose by pushing your stomach out. Pause briefly for whatever time feels comfortable.
- 5) Slowly exhale through the nose
- 6) Continue this breath for the next three minutes

End: take another deep breath through the nose. Sigh as you exhale through your mouth by pulling your belly in.

Remember, it takes practice to become comfortable with this, and it will become easier the more you practice it!

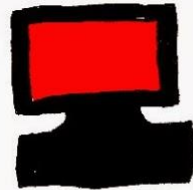


<http://www.anxietycoach.com/breathingexercise.html>

Time to Explore!

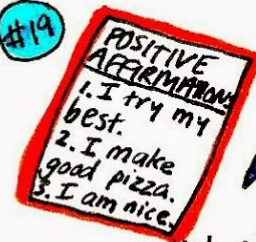
do something SIMPLE...

#18



Become a blanket burrito and watch your favorite movie.

#19



Write a list of positive affirmations you can say about yourself.

#20



Light a candle

#21



Make yourself a cup of tea or coffee!

#22



Look at pictures of things you really like.



#23

Do some stretches!



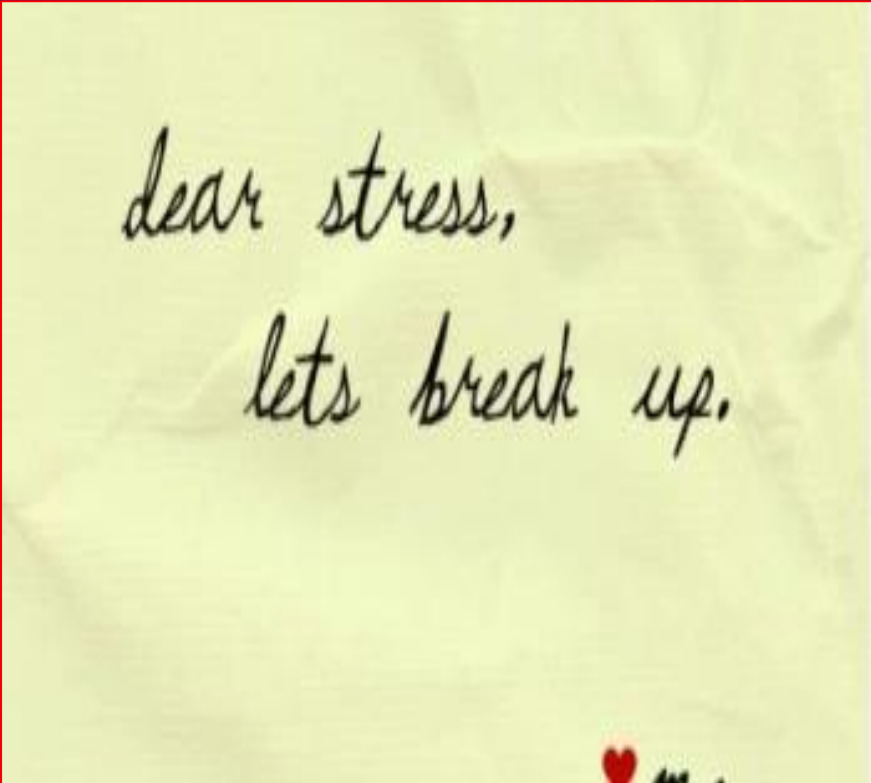
Implementing Self-care

Self-Assessment to Practice



- Please fill out the four quadrants of your stress profile being as honest and thorough as possible (p. 6 of handout)
- Consider the things that have created or are likely to create stress for you from a work perspective
- Partner with one or two other people and compare your four quadrants
- Identify common themes and shared stressors
- Remember, knowing your stressors as well as identifying both healthy and not so healthy ways that you respond to stress, is the first step in developing a comprehensive, sustainable self care plan!

your stress 'profile'

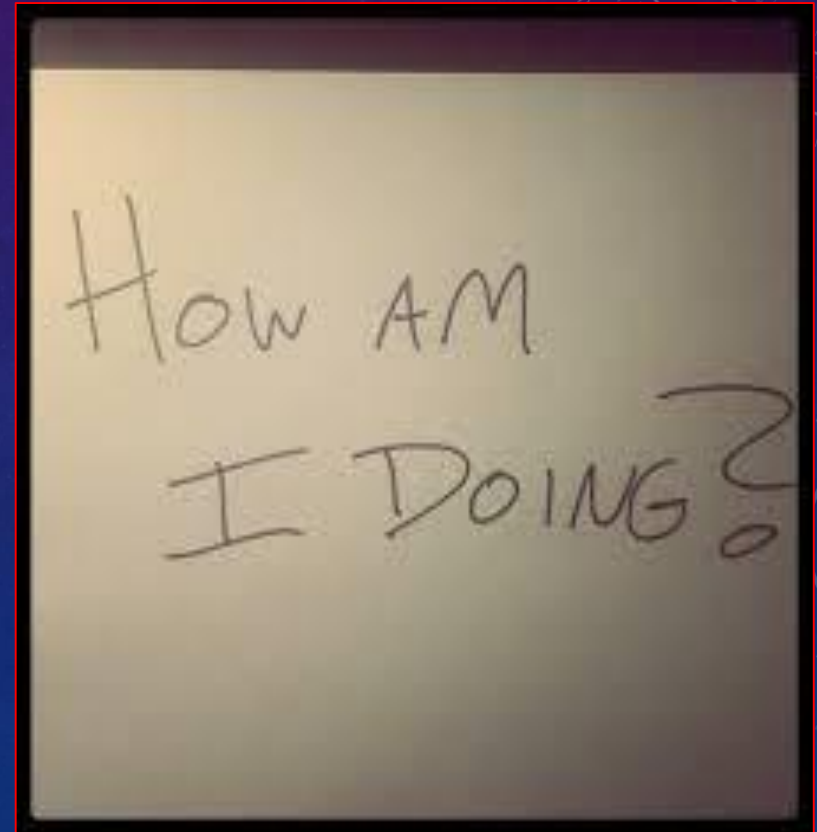


dear stress,
lets break up.

A small red heart sticker is visible at the bottom right corner of the paper.

self care self assessment

- On your own, please complete the self care self assessment (pp. 7-9 of handout).
- Be as honest as possible
- Write in your self care ideas on the last page. Be creative!!!
- Pay attention to domains in which you scored more **4's** and **5's** and domains in which you scored **1's, 2's** or **3's**.
- Discuss your assessment with one or two other people.
- Your final task is to complete the last page of the assessment – 'replenish the well' (on page 10).
- Refer back to your assessment for areas in which you scored 1 or 2 for ideas!
- Would anyone be willing to share one of their self care goals with the group?



- You will develop the habit of checking in with yourself on a regular basis
- You know and are attuned to your early warning signs of stress and exhaustion
- You understand that your 'locus of control' is internal; i.e., you can frequently only control your own responses to things – not those of other people
- You are intentional about work/life balance in your world
- You are conscientious and committed to a few activities a week that enhance your sense of wellbeing
- You are able to be present for most of your life
- You feel in charge of your life direction
- You are better able to 'take the high road' in challenging situations and with challenging people

How will I know
if my self care is
working?

is it working?

1. Take baby steps – don't overwhelm yourself with grandiose ideas, pick simple things to start off with i.e., decide to start with a 5 minute meditation each day rather than 30 minutes.
2. Make it practical – again, stick to what you know you could achieve if you put your mind to it. Start with a 15 minute walk; you can then increase the time if you like.
3. Go easy on yourself – remember when starting something new we all need time to adjust and learn. If you fall off the wagon don't berate yourself, that's not what this is about, get back up and keep going.

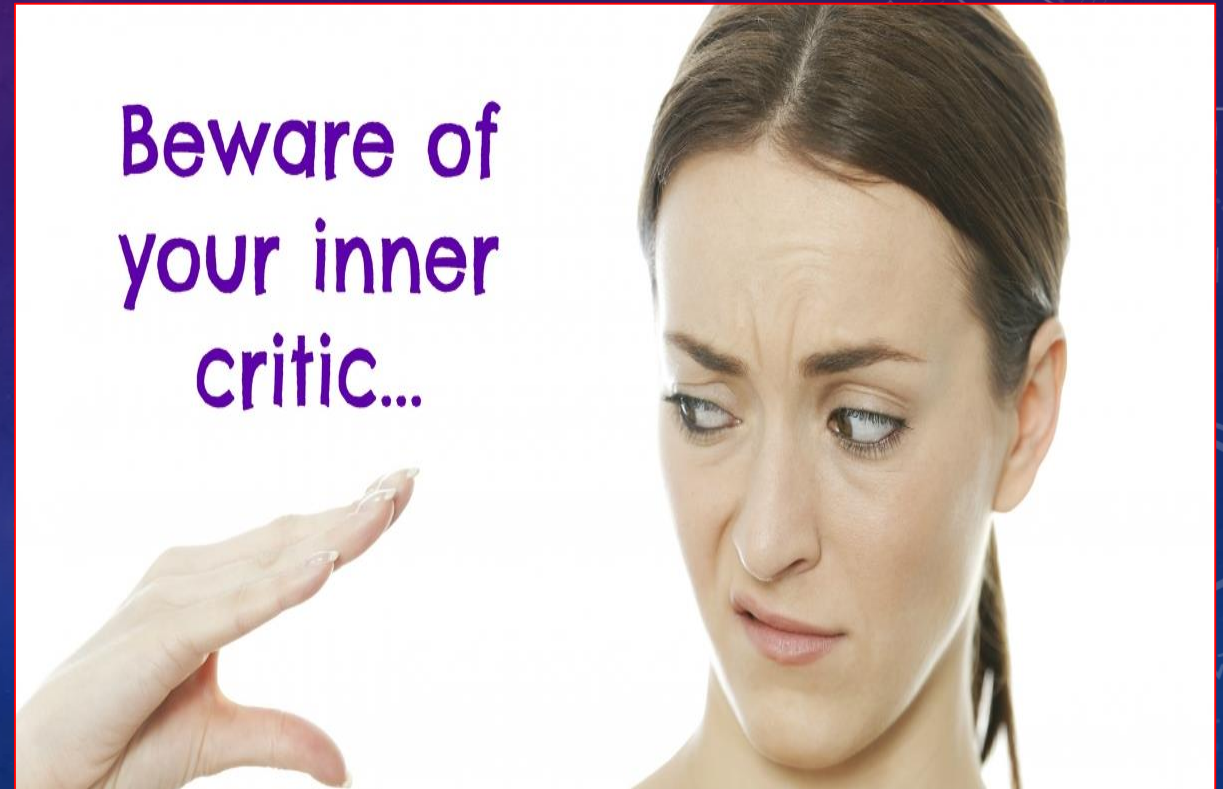
Tips on starting a self care plan

“A journey of a thousand miles must begin with a single step.”
~Lao Tzu



- Listen to your inner coach, not your inner critic. Your inner critic will attempt to dissuade you from trying anything new. It's the part of you which is motivated by fear. *Quiet* that critic and begin to listen to the supportive voice of your inner coach. Your inner coach will always encourage you.

starting a self care plan



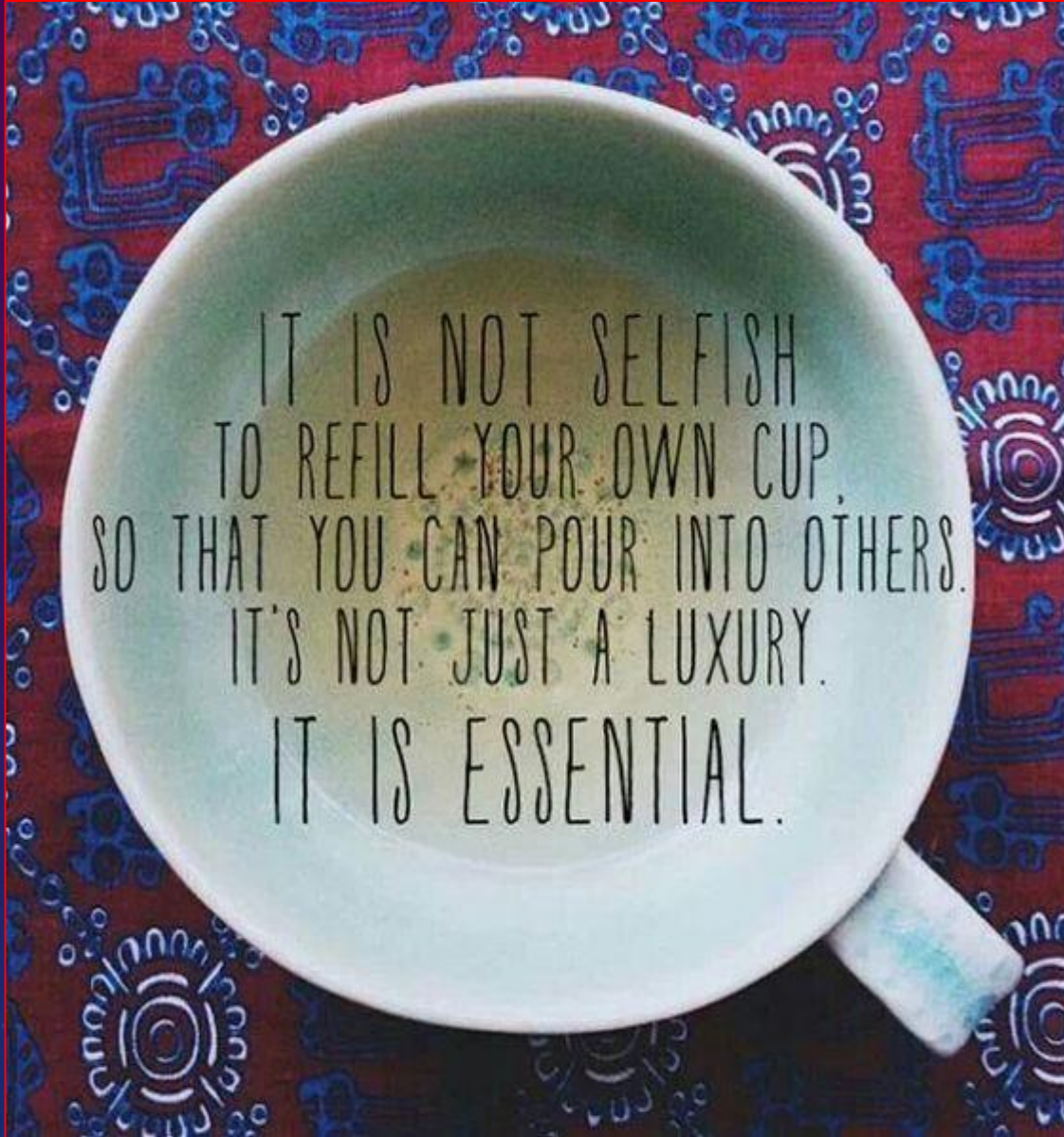


The most important element of self care is to just make a start on it!

You cannot slake the thirst of another from a dry well...



In the work that we do, we cannot give to others what we, ourselves, do not possess



Be well and
thank you!