
Self Care That Makes Sense

A guide by Jenn Horton, LICSW

What Brings You Here?

1. Do you want to be a positive, engaged care/edu team member?
2. Do you want to have less stress, resentment, fear, guilt, anger, hopelessness, etc. when dealing with care/edu issues?
3. Have you tried to take positive steps in improving yourself but found it hard to stick to them or see a difference?
4. Are things going well, life is amazing, and you want to support keeping that going ?

Other reasons?





Intro

What we're going to discuss together

→ **What Self Care is**

It might not be what you think!

→ **The Power of Self Care**

.Did you know self -care has superhero - level powers?

→ **Simple Strategies**

Self care isn't expensive or difficult and does not require a cape and tights to pull off!

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“Self -care” is a big seller
right now. Companies want
you to buy into things
That may not be self -
care.



Tip

Just because a practice or product is related to health, hygiene, beauty, medical or mental health treatment, spirituality, etc this DOES NOT mean it is self-care.

So...what is self -care?



Defining Self - Care for this Session

- Self Care is a practice we do deliberately to maintain, enhance, or refresh our mental, social, emotional, spiritual, and physical being.

What equals self-care based on our definition is different for each person based on individual factors, including culture.

What is self-care for me may not be self-care for you. In fact, what may be self-care for me or you can be different from day to day.





What's Not Our Definition of Self-Care

- A forced activity
- Something that takes away from you more than it gives
- A compulsion or addiction
- Something driven by negative emotions like guilt, shame, jealousy, insecurity, anger, etc.
- Something you don't enjoy
- Running, hiding, numbing yourself to avoid addressing conflicts and problems

Does this mean I should avoid aspects of care that I don't like?

No! It does mean you need to practice other things you do like and which refresh you to offset the effects of having to do things you don't enjoy.



A close-up photograph of two hands clasped together. The hand on the left is light-skinned and has blue nail polish on the thumb and index finger. The hand on the right is dark-skinned. The background is a soft, out-of-focus green and yellow, suggesting an outdoor setting. The text "Self Care is NOT selfish" is overlaid on the left side of the image in a large, orange, sans-serif font.

Self Care is NOT selfish

If we continually try to engage when we are stressed and depleted, we will harm ourselves and others.



Self - Care Super Powers

- Self care activity produces better physical, emotional, social, and spiritual outcomes
 - ◆ For FREE - spending \$ isn't necessary
 - ◆ In an individualized way that respects your choices and preferences
 - ◆ Low to zero stigma
 - ◆ Low to zero negative side effects

**Let's talk about two
parts of your brain!**



Teamwork is work!

Good teamwork is even MORE work

- Good communication
- Active listening
- Collaborative problem solving
- Unconditional respect
- Positive, non-judgemental attitude
- Openmindedness
- Focus on mutual goals
- Seeking win/win opportunities
- Unselfish motivation

What are the mental, physical, social, emotional, and spiritual characteristics of a person who is able to do all the things required of a good team member?



All the information and expertise in the world has little value if it cannot be effectively shared.

Being at your best is important!





Tip

Dragons are powerful and cool, but they make horrible team members!



Practical Self - Care

→ **Keep it Simple!**

Smaller is better for long term effects
because you can be consistent.

→ **One Day at a Time**

Stay in the present, y'all.

→ **Progress not Perfection**

Anything worth doing is worth doing
poorly!

Keeping It Simple

- * Mindfulness
- * Walking
- * Dancing
- * Prayer or Meditation
- * Singing
- * Coloring or drawing
- * Affirmations
- * Spending time with your pet
- * Reading a library book or magazine
- * Listening to uplifting music
- * Reframing thoughts
- * Join a free social group (or start one!)
- * Watching birds
- * Listening to the rain, wind, etc.
- * Watch/listen to your kids
- * Stargazing
- * Drinking a glass of water

What simple things do you enjoy?



A word on meditation

Is proven to reduce stress, anxiety, depression, and pain when practiced regularly

Can be done anywhere, requires no equipment, and can be easily adjusted to your needs

Can be done from a religious perspective but does not require you to have a religious faith or perspective

3 simple meditation types:

- Half -smile
- Eye movement *(finger tap if you have seizure disorder)*
- Mindfulness

Good resources:

- Google Images
 - Coloring pages
 - Affirmations and inspirational quotes
- Free phone apps
 - CBT (I like Wysa.)
 - Social group apps (I like MeetUp)
 - Art, writing
 - Nature sounds
- YouTube videos
 - Many different physical activities and adaptive variations! (Dance, y'all!)
 - Art, crafts, hobbies (Learn to draw or cook anything!)

For Readers

- Don't forget the library! It is quiet, free, and full of anything you're interested in. - *You can also print and use internet there if you don't have resources at home*
- Kindle has free book downloads. *You can get Kindle app on your phone for free if you don't own a Kindle.*(Oh! And if you put your Kindle in a plastic zipper baggie you can read in the tub!)



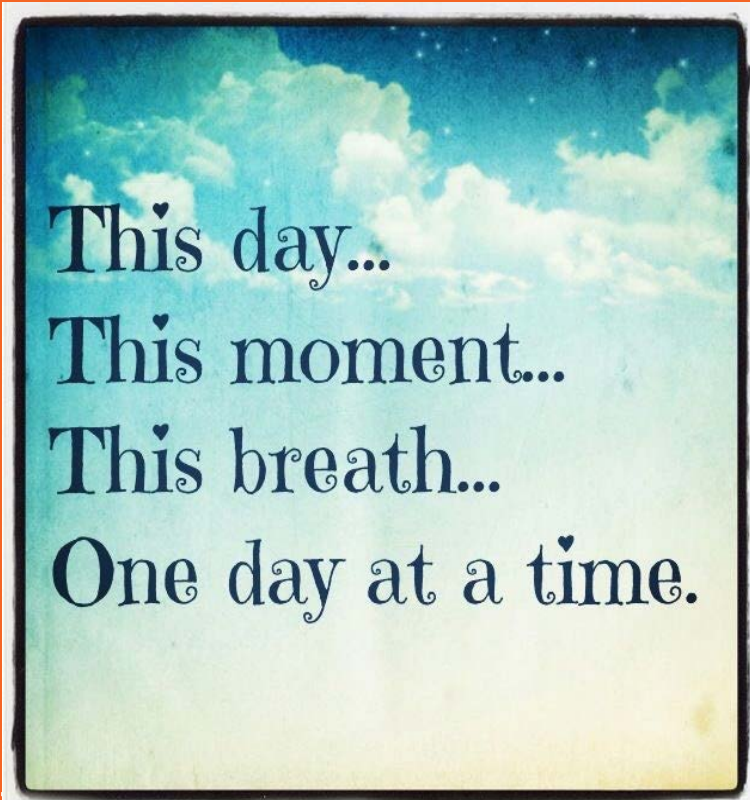
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No matter what
you choose to
do...

YOU'RE ALWAYS
ONE DECISION
AWAY FROM
A TOTALLY
DIFFERENT
LIFE

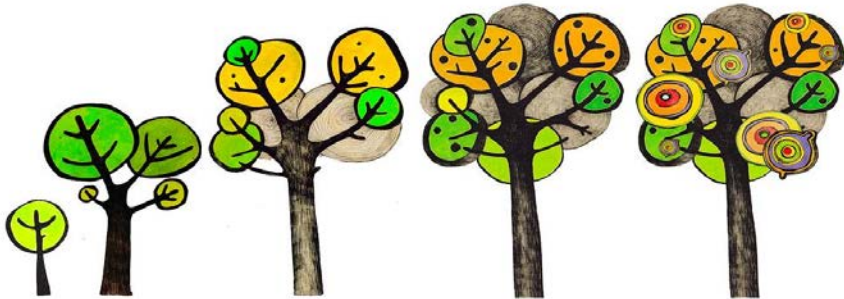
Self-care is a “practice”

You get better by practicing each
day.



This day...
This moment...
This breath...
One day at a time.

Practice is NOT to be perfect



Perfectionism is not self-care. At the root of a lot of perfectionism is judgmentalism, dualistic thinking, and other beliefs that hinder our happiness and growth.

Let's talk about dualistic thinking

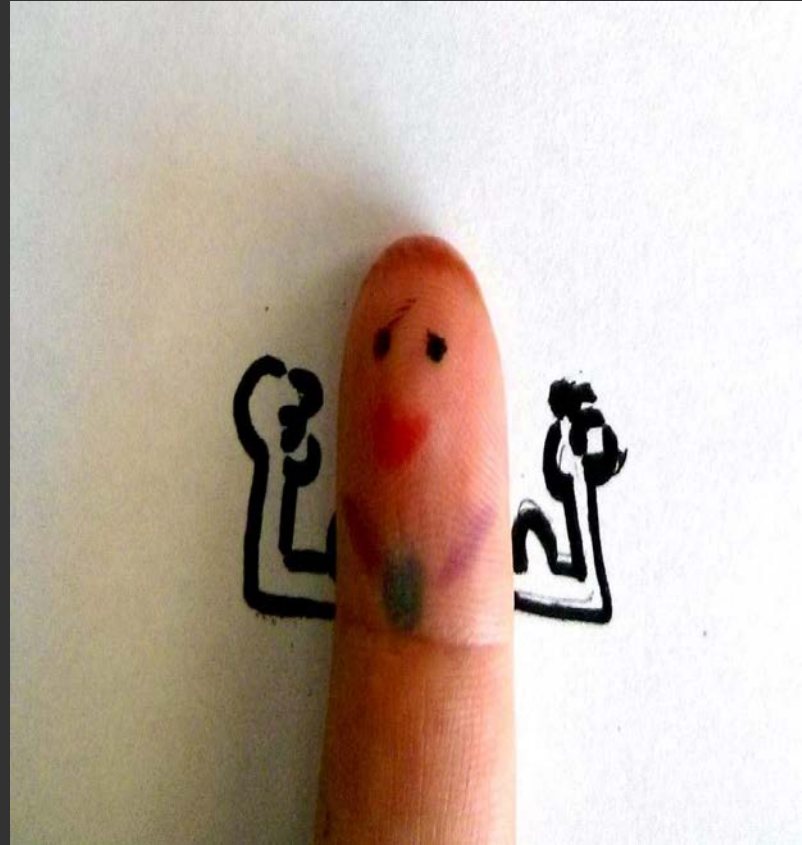


Are there only two sides or definitions to everything? Are all actions, items, opportunities, situations, people, etc.:

- Enough or not enough?
 - Productive or Unproductive?
 - Helpful or unhelpful?
 - Good for you or bad for you?
 - The way it should be or the way it shouldn't be?
 - Perfect or imperfect?
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Progress, in any
form it takes, is
what matters.





Thank you!

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205-418-8282 (text or email to set up a call preferred. I am terrible at answering the phone.)

Please share with me
how this helped you!