

How About You? Self Care for the Care Taker

reminder:
 take care
 of yourself!

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The Amazing Incredible Me!

→

HOW COOL IS IT THAT
 THE SAME GOD, WHO
 CREATED MOUNTAINS,
 & OCEANS,
 & GALAXIES, LOOKED AT YOU &
 THOUGHT THE WORLD NEEDED
 ONE OF YOU TOO?

Activity:
 10 Things I Do Well!!!!

How Good Are You At Taking Care Of Yourself?

Answer the following questions based on this scale:
5 = More True ← 4 - 3 - 2 -- → 1 = Less True

- 1. I take time for myself every day.
- 2. I make time for spirituality (in any form), mindfulness, or religious discipline.
- 3. I limit the amount of television I watch each day.
- 4. I limit the amount of Facebook/internet surfing I do each day.
- 5. I exercise at least 5 days a week for 30 minutes.
- 6. I drink 6-8 glasses of water each day.
- 7. I take care of my body:
 - a. I get 7-8 hours of sleep every night
 - b. I brush and floss my teeth and practice good hygiene
 - c. I eat approximately 5 fruits & veggies a day
 - d. I limit junk food/fast food consumption.

Answer the following questions based on this scale:
5 = More True ← 4 - 3 - 2 - → 1 = Less True

- 8. My hair, nails and appearance are good and I like most things in my wardrobe.
- 9. I generally wear clean clothes.
- 10. I get together with a friend at least once a month and enjoy hobbies regularly.
- 11. I have a relaxing routine before bed and a nurturing morning routine.
- 12. I usually know what I need and what I am feeling.
- 13. My organized environment supports my goals.
- 14. I take frequent breaks and have something to look forward to every evening.
- 15. I know what I am passionate about.

How Good Are You At Taking Care Of Yourself?

72-90: Way to go! You are taking excellent care of yourself.

54-71: You know how to take care of yourself. Now, do it consistently.

36-53: You may value yourself, but can you prioritize self care a bit more? Set an evening just for you every week with no outside obligations.

18-35: You feel guilty every time you take time for yourself. You need to realize that your family, friends, school and work don't want an empty vessel. They want a vibrant, authentic, energetic you.

0-17: Your actions don't seem to reflect that you prioritize taking care of yourself. What are you prioritizing instead?

SELF-CARE 101

... The intentional time taken by an individual to nurture themselves physically, mentally, spiritually, personally, professionally and emotionally on a daily basis.

What are the benefits of self care?



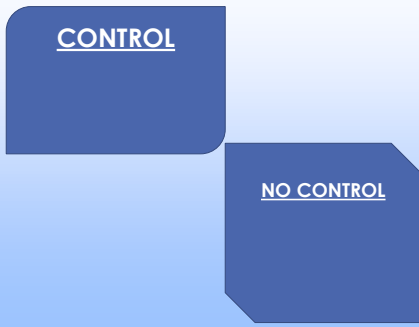
SELF CARE MEANS PAYING ATTENTION TO WHAT YOU NEED:



Self-Care Wheel... of *Our* Fortune



Let's Clear The Cogs In Our Brains!



Our Great Psyche

Healthy psychological self:

- Desire to learn new concepts and expand knowledge.
 - Finding the balance between mind stimulation and giving your mind a break.
- Openness to creativity, innovation, new experiences and ideas in order to continue personal growth.
- Reasonable expectations of yourself.
 - Empathy and forgiveness for self.
- Critical thinking, creativity and curiosity.

Other Examples?

Let's Get In Gear



CONTROL

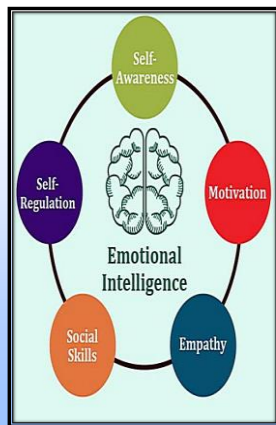
NO CONTROL

ACTION I CAN TAKE OVER WHAT I HAVE CONTROL OVER...

Not IQ – EQ!

"The work of helping requires helpers to open their hearts and minds to their clients, yet this very process of empathy is what makes helpers vulnerable to being profoundly affected and even possibly damaged by their work."

Compassion Fatigue Solutions and Professional Development



Emotional Well-Being



Emotional well-being?

- ▶ You are in touch with your feelings, emotions, reactions and cognitions.
- ▶ Able to cope with emotional challenges of life.
- ▶ A greater understanding of our emotional sides to foster and develop healthy relationships.
- ▶ A sense of compassion, kindness and love for ourselves and others.

How do we care for our emotional selves?

- ✓ Daily affirmations
- ✓ Connect with friends.
- ✓ "Sit" with your feelings for at least 90 seconds.
- ✓ Gratitude journal.
- ✓ Seeing a therapist.

Let's Get in Touch With Our Spirit Selves



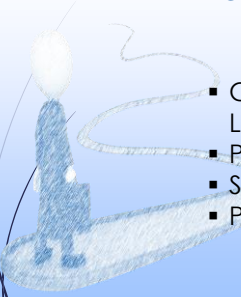
Who Is Your Spiritual Self?



- Examples:**
- ✓ Going on a nature walk
 - ✓ Attending a religious service
 - ✓ Engaging in meaningful discussion
 - ✓ Volunteering with a local organization
 - ✓ Trying meditation or another mindfulness practice
 - ✓ TED talks

...involves a personal practice that allows you to follow the values and beliefs that give you purpose. Dedicating time can help you find more meaning in life, develop a sense of belonging, and find a connection to something greater than oneself and make a connection with the spiritual dimension.

The Journey To Personal Connection



Internal Assets

- Commitment to Learning
- Positive Values
- Social Competencies
- Positive Identity

The Power of Personal Connection



Defined by:

- Sense of belonging and acceptance
- Common bonds
- Relationships
- Respect of others
- Community interaction
- How we connect, communicate and get along with the people we are surrounded by.

What does our personal and social wellness look like everyday?

What We Bring To The Conference Table...

External Assets

- Support
- Empowerment
- Boundaries & Expectations
- Constructive Use of Time



Your Professional Self

Documented by:

- ❑ Managing stress, and maintaining professionalism.
- ❑ Identifying activities and practices that support your wellbeing as a professional and help you to sustain positive self-care and success in the long-term.
- ❑ Establishing professional short and long-term goals.



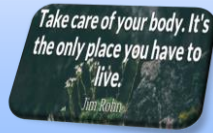
Ways to Cope:

- ✓ Acknowledge the difficulties and share them with colleagues
- ✓ Plan for problem, goal, strategy, technique unique to your needs
- ✓ Monitor your performance and request feedback
- ✓ Optimize your physical work environment
- ✓ Appreciate yourself, your work, and your growth

Keep On Movin'

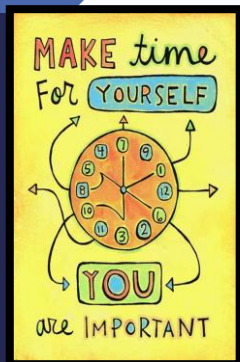
Major Components...

- ✓ Exercise/Movement
 - ✓ Rest/Sleep
 - ✓ Proper Nutrition
 - ✓ Medical Attention
- ✓ Overall Health/Wellness to Maintain Quality of Life



In what ways can we enhance our physical self-care?

What Does Your Self Care Look Like?



What commitment(s) will you make today to your self-care?

"Self-compassion is simply giving the same kindness to ourselves that we would give to others."
- Christopher Germer

Take Good Care!

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"Self-care is a deliberate choice to gift oneself with people, places, things, events, and opportunities that recharge our personal battery and promote whole health—body, mind, and spirit."
— Laurie Buchanan
