

Self Care

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Aims

- Understand principle
- How to apply this and why it matters

Self Care

Actions that individuals take for themselves, on behalf of and with others in order to develop, protect, maintain and improve their health, wellbeing or wellness.

Inner Peace

If you can start the day without coffee,
If you can always be cheerful, ignoring aches and pains,
If you can resist complaining and boring people with your troubles,
If you can understand when your loved ones are too busy to give you any time,
If you can take blame and criticism without resentment,
If you can conquer tension without drugs,
If you can relax without alcohol,
If you can sleep without sleeping pills...
Well then, you're probably the family dog.
ANON



Too much?



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Warning signs and symptoms

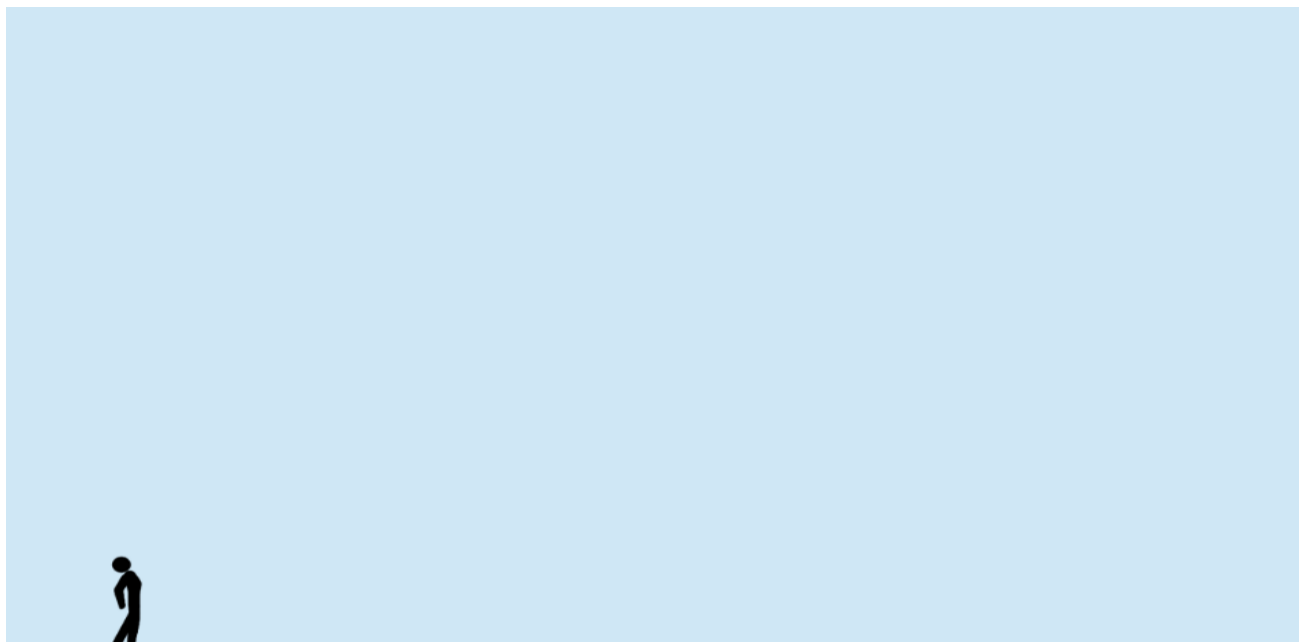
Cognitive Symptoms	Emotional Symptoms
Memory problems	Moodiness
Inability to concentrate	Irritability or short temper
Poor judgment	Agitation, inability to relax
Seeing only the negative	Feeling overwhelmed
Anxious or racing thoughts	Sense of loneliness, isolation
Constant worry	Depression or general unhappiness
Physical Symptoms	Behavioural Symptoms
Aches and pains	Eating more or less
Diarrhoea or constipation	Sleeping too much or too little
Nausea, dizziness	Isolating yourself from others
Chest pain, rapid heartbeat	Procrastination
Loss of sex drive	Using alcohol, tobacco or drugs to rest
Frequent colds	Nervous habits (e.g. nail biting, pacing)



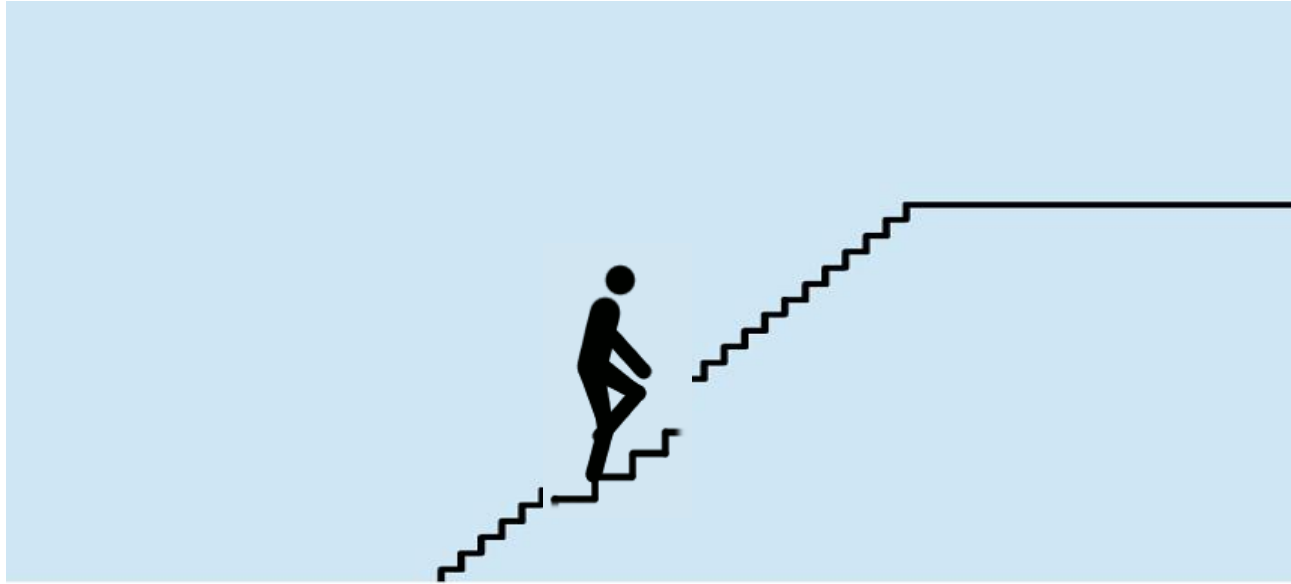
Decompress



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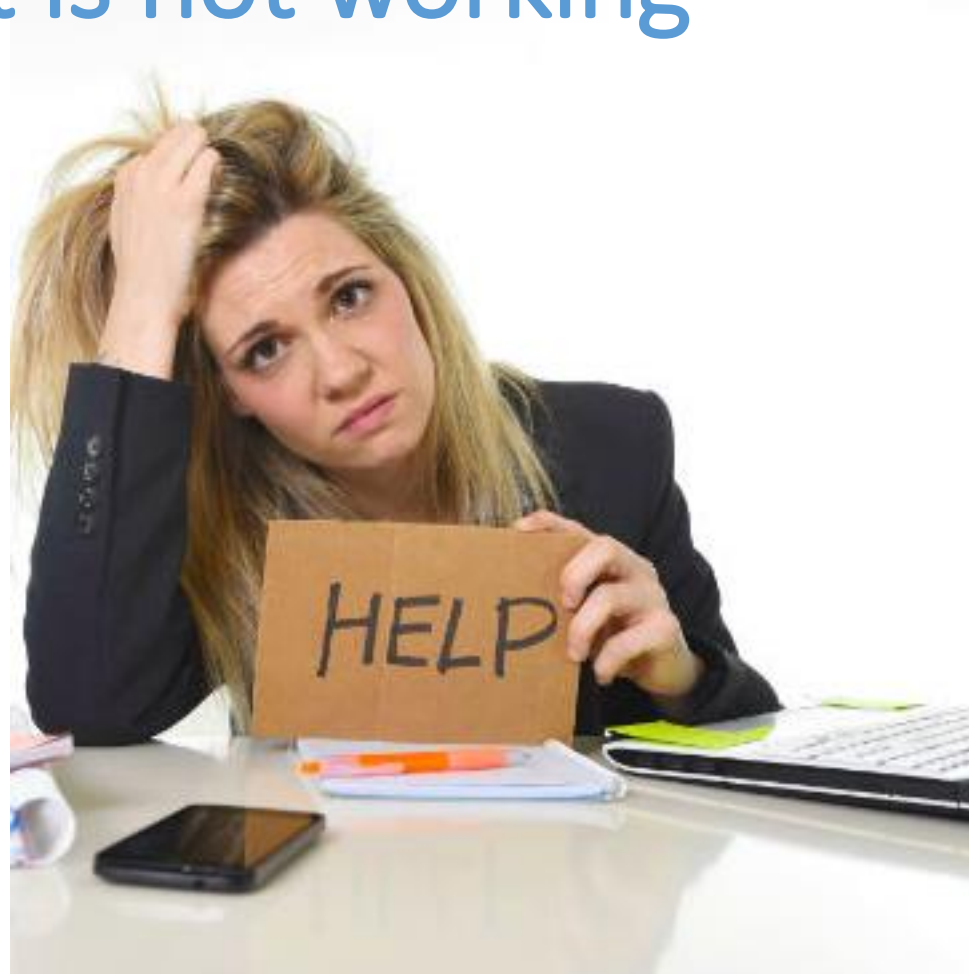


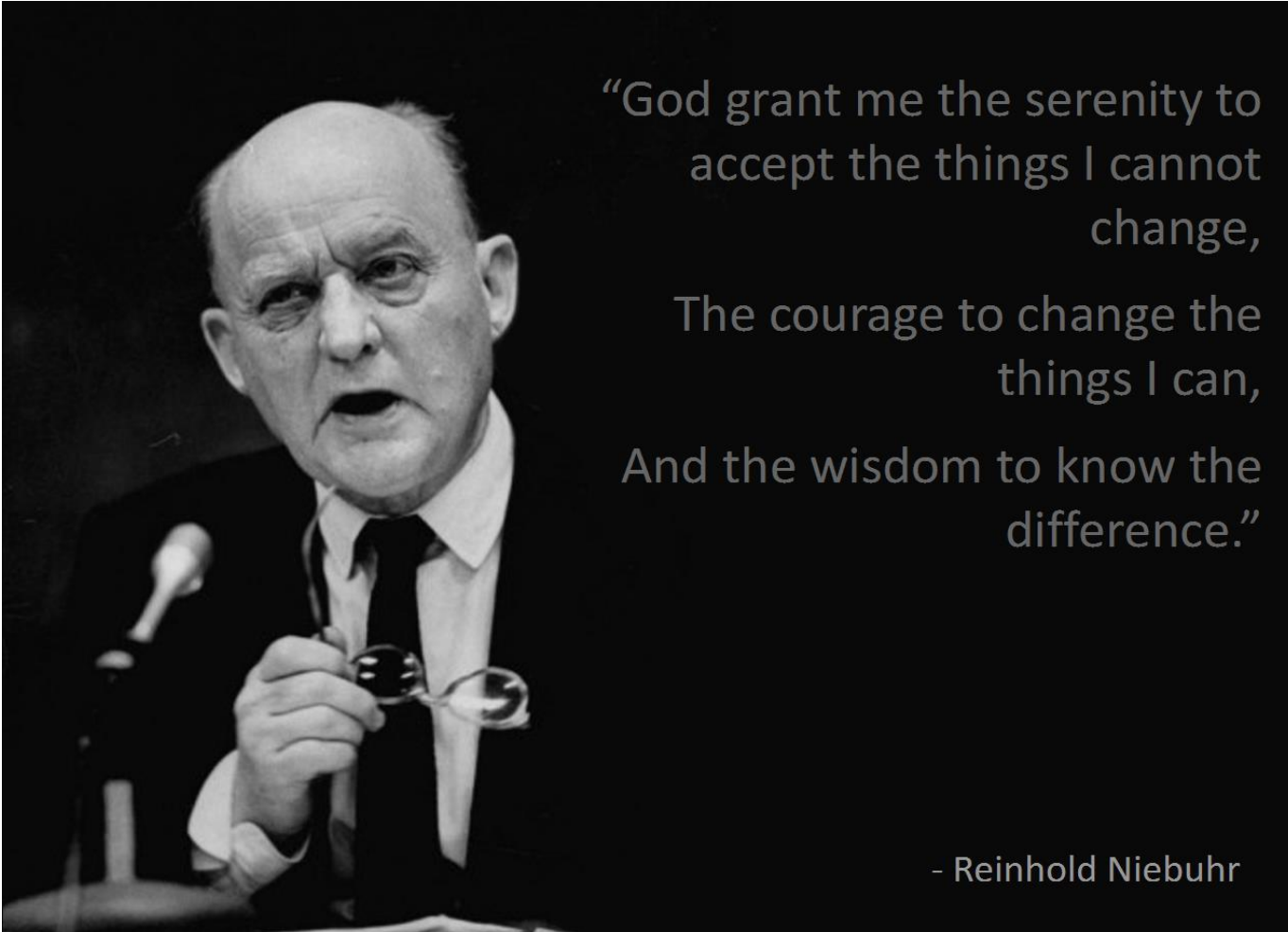
breathe



exercise

Change what is not working





“God grant me the serenity to
accept the things I cannot
change,
The courage to change the
things I can,
And the wisdom to know the
difference.”

- Reinhold Niebuhr



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Boundaries



Boundary examples

Managing the expectations of others	Leaving work on time most times
Being ok not answering emails in own time	Seeing more of those that make you feel good
Fixing other people's problems	Less of the mood hoovers
Taking a lunch break	The way you are spoken to and treated
Doing one thing at a time	"Me" time
Being clear about demands on time	...?

Setting boundaries

Assertion. “I feel...when you...what I would like...”

State your position positively. “I can do it, if I could get some help with...,”

What will happen if you stay quiet?

Choose discomfort over resentment

Make space for enjoyment



Self Compassion



Exercise

Oh no!

How did you respond?

Have a zero tolerance to mean or unsupportive self talk



Exercise

- What do you consider to be your greatest need to adopt the principle of self care?
- Work life balance, relationship issues, boundaries, exercise/nutrition/sleep, low confidence, need for more control, role at work, career...?
- Imagine you are talking to yourself about this from a compassionate and understanding perspective in the third person.
- “You know, Michelle...Why does this matter to you? What’s going to happen if you don’t do this?

Ask yourself

- Am I being kind and understanding to myself?
- Do I acknowledge my shortcoming and failures as experiences shared by all?
- Am I keeping my negative feelings in perspective?

This weekend?

So what one thing are you going to do differently?