

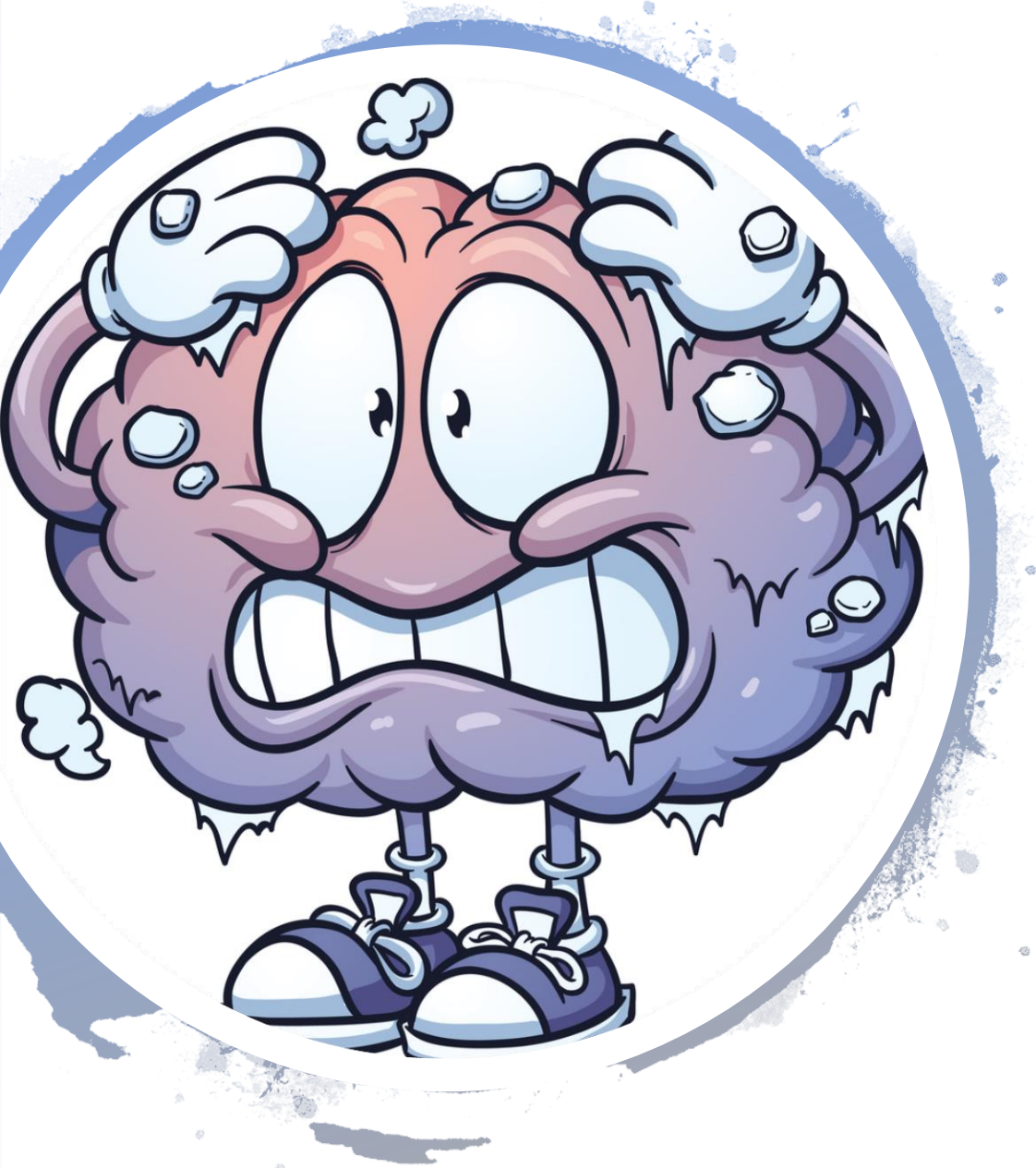


5 KEY SELF-CARE STRATEGIES FOR EVERYDAY USE

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What is Self-Care?

- Enhances well-being and involves purposeful and continuous efforts that are undertaken to ensure that all dimensions of the self receive the attention that is needed to make the person fit to assist others (Moore, Perry, Beldsoe & Robison, 2019)
- Six Domains
 - Physical
 - Professional
 - Relational
 - Emotional
 - Psychological
 - Spiritual



1. Establish a Routine – love your limbic system!

- Uncertainty is linked to anxiety
- Promotes safety and comfort
- Do more “doing”
- Act with goals and intentions
- Schedule non-work/non-screen time
- Endings are important

2. Go To Your Room!! (be mindful of space)

Lighting

- exposure to natural light boosts wellness
- use desk lamps that can dim instead of florescent overheads

Décor

- surround yourself with things you love, inspire, and give comfort
- add plants
- Select colors that are softer and warmer ; matte finishes absorb extra light and create a more relaxed space (vs. gloss)

Smells

- no chemicals
- Fresh air
- scents that promote calm and productivity: peppermint, lavender, lemon

Sounds

- Music
- Nature sounds
- Noise reducers

Furniture

- Be aware of your chair, computer, desk
- Do they promote posture and comfort? Are they at the right height and position?

De-Clutter

- keep only what you need on your desk

Computer Wallpaper

- when all else fails, put images on your computer that make you happy

3. Build Positive Experiences

Being mindful of positive experiences can reduce the negative impact of stress

- Make a list of things that bring your joy and do at least one every day
- Acknowledge small successes – steps to long term goals
- Give yourself permission to feel good, even when those around you are in pain
- Avoid avoiding – just do it!
- Distract from negative thoughts and worry

- Writing things down or using other memory tools (i.e. pictures) can help



4. Just Say NO!! And Limit Exposure

Be selective about your on-line usage

- Where and when you get your information
- The frequency and amount of time you spend on email, social media, etc

Tune in and Turn off

- Pay attention to your inner experience
- Give yourself permission to NOT respond – setting personal boundaries is important and will help with the return to “normal” life

5. Reach out to your Tribe

Creating and maintaining secure attachments improves self-soothing capacity and allows for greater control of a range of emotional states

- In times of physical distancing
 - Create time to re-connect with the people you live with
 - Regular contact with your “people” using technology
 - Phone, facetime, zoom, Skype, google hangouts
 - Virtual parties such as Netflix Party, virtual escape rooms, or use other platform to engage in group activity
 - Connect with the community
 - Volunteering – can be done from home or solo
 - On-line classes – educational, exercise, craft/hobby, etc





Move to Refocus and Reduce
Stress in the Moment

- Stretch (stand or sit)
 - Reach for the sky
 - Touch your toes
 - Twist
- Shake it out
 - Swing arms
- Breath
 - Inhale, reach up
 - Exhale, release arms down, bend knees, make noise

Grounding Technique



Take a deep breath: inhale and exhale for the count of 4

- name 5 things you can see
- name 4 things you can touch
- name 3 things you can hear
- name 2 things you can smell
- name 1 thing you can taste

Sit in a comfortable position

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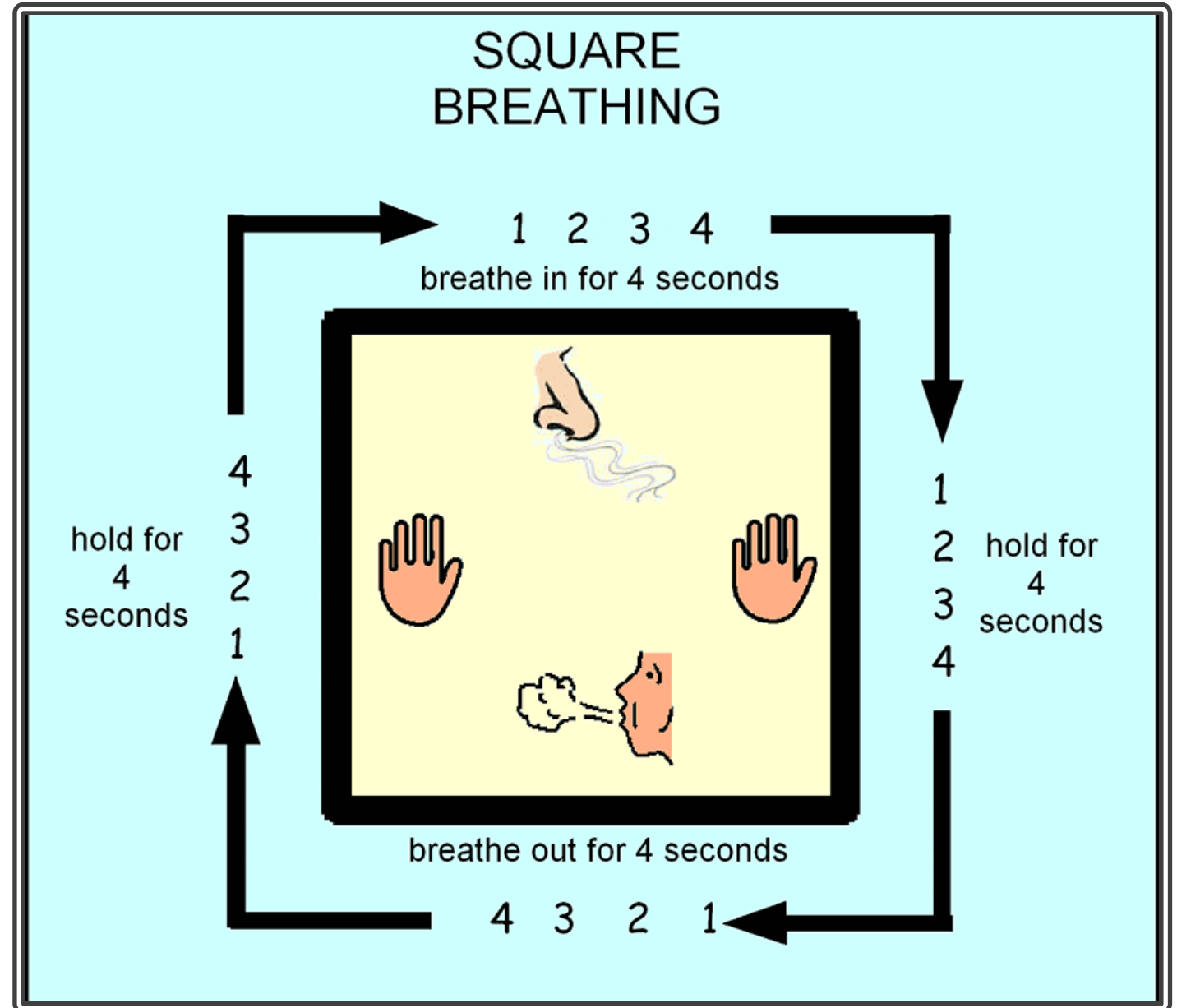
Notice the places your body comes in contact with the chair or floor

Notice the feelings in your muscles, stomach, etc

Practice Square Breathing

Repeat 4x

Re-check your body – does it feel different



- Mindfully me: has a timer, 2 guided meditations, and reminders
- Stop, breath, think: self checks, timer, daily mediations
- Be Grounded: audio exercises to stay present
- Calm in the Storm: guided audio medications, tracking stress levels and symptoms, individualized, stress safety plan
- Mandalynts – meditation, mindfulness, and stress management
- Happiness Wizard: tips to get rid of negative thoughts, focus attention, spend more time doing pleasurable activities, pursue goals, live in the moment
- Deep Relax: sounds
- Seven Cups of Tea: online anonymous supports
- Aquarium HD: visual and audio

Free Apps for
you cell
phones/tablets
(or search the
App Store)



Resources for Further Learning

- Man's Search for Meaning – Viktor Frankl
- Whereever you go, there you are – Jon Kabat-Zinn
- Compassion Fatigue: Secondary Traumatic Stress Disorder from Treating the Traumatized – Charles R. Figley
- Lisa D. Butler, Kelly A. Mercer, Katie McClain-Meeder, Dana M. Horne & Melissa Dudley (2019) Six domains of self-care: Attending to the whole person, *Journal of Human Behavior in the Social Environment*, 29:1, 107-124