

Developing a Self Care Routine

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Agenda for Today

- Understanding mental health and wellbeing
- Defining “self-care”
 - What it is
 - What it is NOT
 - Benefits
 - Consequences
 - Examples
- Building a self-care plan and routine
 - When to seek help
 - Tools and resources

Understanding Mental Health and Wellbeing



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Mental Health Defined

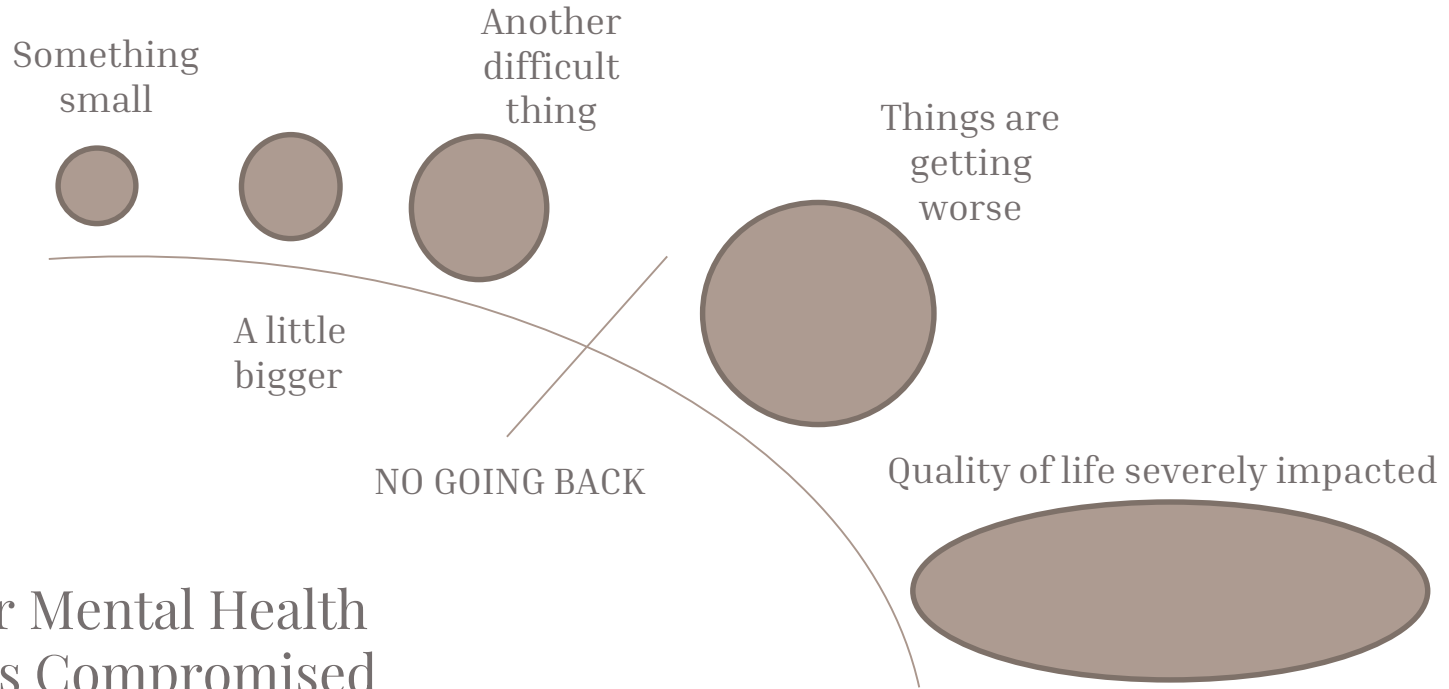
- “A state of well-being in which the individual realizes his or her own abilities, to cope with the normal stresses of life, to work productively and fruitfully, and is able to make a contribution to his or her community”

- World Health Organization

- How do YOU define it?
 - For yourself
 - For others

Importance of Positive Mental Health & Wellbeing

- Healthier lifestyles
- Better physical health
- Improved recovery from illness
- Fewer limitations in daily living
- Greater productivity
- Greater employment and earnings
- Better relationships
- Increased social cohesion
- Improved quality of life



How our Mental Health Becomes Compromised

Threats to our Mental Health

- **Trauma**
- Grief and loss
- Loss of financial stability
- Toxic work environments
- Lack of social supports
- Decline in ability
- Health concerns
- Caregiver responsibilities
- Current events
- Social media
- Unexpected, rapid change
 - COVID-19
 - Zoom fatigue

Defining Self-Care

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Question!

If self-care is so important, why don't we do it?



“

*Self-care is not self-indulgence,
it is self-preservation.*

- Audre Lorde

What is Self-Care?

“The ability of individuals, families and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider”

– World Health Organization

Dimensions of Self-Care

- Personal growth
- Establishing and maintaining positive & respectful relationships
- Identifying, managing and understanding emotions
- Clear and Effective communication
- Solving problems, making decisions, and taking responsibility
- Setting goals

What Self-Care IS	What it is NOT
Individual and subjective	Limited to specific activities or actions
Gives more than it takes	Sacrificing other needs or responsibilities
Proactive	Only when you “need it”
Sustainable	Something you dread
Conscious and deliberate	A reward or “treat”
Subject to change and growth	Attending to basic needs
Self-compassion, self-preservation, a way to connect with ourselves and each other	Selfish, self-indulgent, wasteful

Consequences of Poor Self-Care

- Mental and physical health
 - Burgeoning signs/symptoms
 - Exacerbation of existing symptoms
 - Decreased ability to address concerns
- Relationships (personal and professional)
 - Over and under involvement
 - May be difficult to repair
- Organizational health
 - Absenteeism, turnover, team conflict, etc.

Benefits of Self-Care

- Increase enjoyment of life
- Cope with stressful events and sadness
- Achieve goals and potential
- Maintain positive connections with others
- Better equipped to support the mental health and wellbeing of people you work with
- Overall: to benefit ourselves, our families and those in our care

Examples of Self-Care

Psychological

- Journaling
- Supervision/consult
- Non-work hobbies
- Turn off electronics
- Limit social media

Physical

- Sleep hygiene
- Take your full lunch
- Physical exercise
- Use sick time off

Emotional

- Supportive friendships
- “3 good things”
- Discuss challenges with supportive people
- Setting boundaries

Social

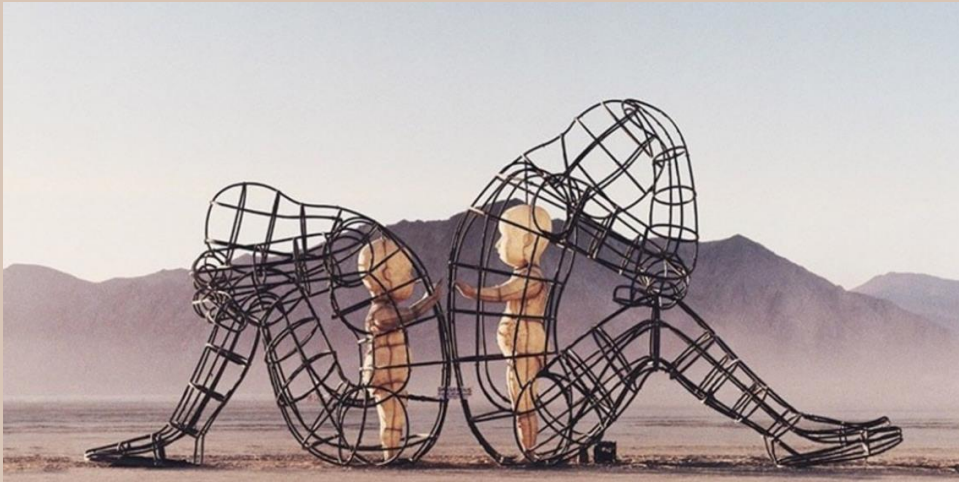
- Regular “check in’s”
- Date nights

Spiritual

- Meditation
- Connect with nature
- Restorative yoga
- Place of worship

Building a Self-Care Plan

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"Love" – Alexander Milov, 2015

Build Your Plan

1. It's ok to take care of yourself!
 - Do you believe me?
 - What barriers do you have to believing this?
2. What are you CURRENTLY doing?
 - Is it working? How do you know?
 - Could it be improved?
 - Anything you would change moving forward? How would you discover something new?
3. Identify patterns
 - Strengthen your self-care routine by knowing early warning signs, triggers, threats to your mental health

Is Your Self-Care REALLY Self-Care?

- “My self-care is reading!”
 - A great escape, learning about a new topic
 - I stay awake very late reading, the topics I like remind me of the horrors of the world which makes it difficult to leave “work”
- “Going on vacations is a huge piece of self-care”
 - It’s fun to find good deals, save money and build new memories
 - It’s important to carry on traditions but we have a lot of credit card debt and it’s so stressful preparing, organizing, coming home...
- “I’ve started a crochet business and it’s been such a relief to get income from something other than my job”
 - I get so much fulfillment from being creative and the money is nice, but also really validating
 - It’s really validating but also time consuming, and advertising on social media often sucks me in, which makes me anxious

Where to Start

- “My Maintenance Self-Care Worksheet”
 - <https://socialwork.buffalo.edu/content/dam/socialwork/home/self-care-kit/my-maintenance-self-care-worksheet.pdf>
 - Current practice, new practice
- Ask friends, family, colleagues!
- Research
- Talk to your inner 4 year old, your inner 12 year old, your inner 16 year old

When to Seek Help

If You're Feeling...	If You've Experienced(ing)...
Stuck	Change/Transitions
Unmotivated	Loss
Excessive Worry	Trauma
Depressed	Abuse
Heightened Anxiety	Changes in eating
Hopeless	Interpersonal Conflicts
Frequent Mood changes	Increased Substance Use
Low self esteem	Suicidal Thoughts
Loss of interest	Increased Health Issues
Overwhelmed	...There is NEVER a Wrong Time!
Fatigue	

Tools and Resources

Self-Care Tips:

<https://www.quantumworkplace.com/future-of-work/self-care-tips-for-remote-workers>

Self-Care Types:

<https://www.cratejoy.com/box-insider/6-self-care-types/>

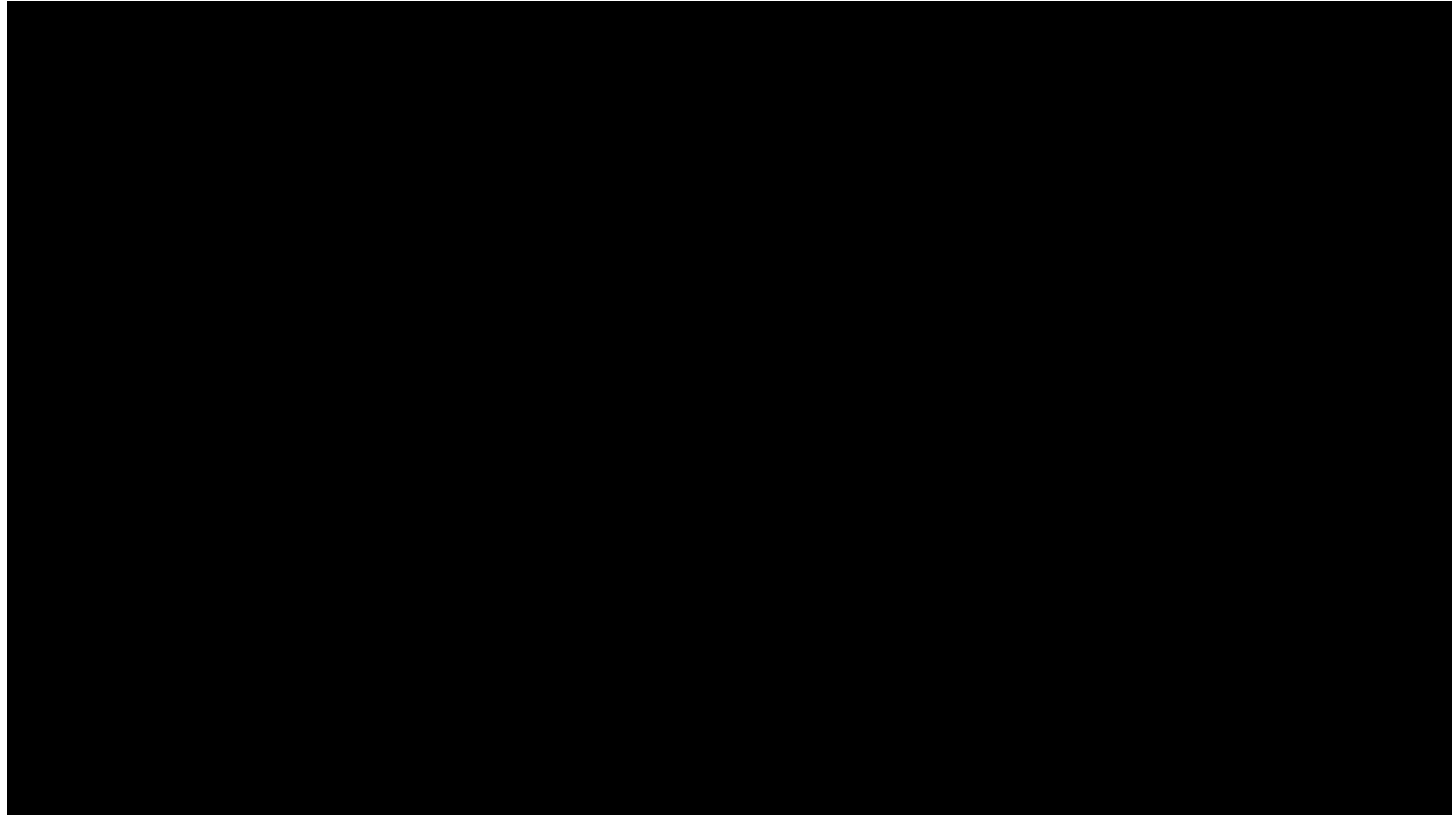
UB Additional Self-Care Resources:

http://socialwork.buffalo.edu/resources/self-care-starter-kit/self-care-assessments-exercises/exercises-and-activities.html#title_4

Apps

www.headspace.com, www.calm.com, www.theshineapp.com

“Why Self-Care Isn’t Selfish”



<https://www.youtube.com/watch?v=kShBhnnvJRU>

Thanks!





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