



MAKING SELF-CARE A PRIORITY



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Making Self-Care a Priority


At the end of this Webinar, you'll:

- ❖ Be able to embrace self-care as an essential ingredient of life without feeling selfish
- ❖ Identify your unique self-care needs
- ❖ Discover low and no-cost self-care practices
- ❖ Make and act on your self-care plans




What is Self-Care?

- ❖ Different for everyone
- ❖ Anything that nurtures you
 - ❖ Emotionally
 - ❖ Physically
 - ❖ Spiritually
 - ❖ Mentally
- ❖ Important to figure out your particular brand




Our No Self-Care Stories


- ❖ If I don't do it, it won't get done/done right.
- ❖ I feel guilty.
- ❖ I don't feel worthy.
- ❖ It seems selfish.
- ❖ What will others think?
- ❖ I've always done it. I can't say no.
- ❖ I don't have time.
- ❖ I can't afford it.
- ❖ Insert yours here...



Effects of Stress at Work


- ❖ Poor judgment
- ❖ Difficulty thinking clearly and making decisions
- ❖ Higher rate of absenteeism
- ❖ Anger/Conflict
- ❖ Unpleasant to be around
- ❖ Damaged relationships
- ❖ Low self-esteem
- ❖ Poor job performance





Effects of Stress at Home

- ❖ Family tension and rifts
- ❖ Emotional reactions
- ❖ Accidents
- ❖ Anger/Conflict
- ❖ Isolation
- ❖ Wounds heal more slowly
- ❖ Low self-esteem
- ❖ Unhealthy habits
- ❖ Low energy





The Upside of Self-Care

- ❖ Self-care helps reduce stress.
- ❖ Self-care serves you and everyone in your life, including your employer, your family, your communities.
- ❖ Self-care saves money.
- ❖ How you treat yourself is how you are inviting the world to treat you.
- ❖ Role model: What's the example you want to set for others?



Making Self-Care a Priority


Self-care is not just a *'nice to do'* personal indulgence...

It's a social/economic necessity!



How Do I Know What to Do?

- ❖ Make a list of the things that make you feel good.
- ❖ Observe others.
- ❖ Ask others for ideas.
- ❖ Focus inward:
 - ◆ Slow down.
 - ◆ Ask yourself: What do I need right now?
 - ◆ Listen to your inner voice.
 - ◆ Focus on positive things.
 - ◆ Be compassionate.



Proactive Examples of Self-Care


- ❖ Sleep
- ❖ Good Nutrition
- ❖ Exercise
- ❖ Develop a hobby
- ❖ Support
- ❖ Spiritual practices
- ❖ Take care of physical health
- ❖ Have fun
- ❖ Down time
- ❖ Pampering



Responsive Self-Care

- ❖ Say NO
- ❖ Positive Self-Talk
- ❖ Laugh






Responsive Self-Care


“Self Care is never a selfish act. It is simply good stewardship of the only gift I have, the gift I was put on earth to offer others.”

Peter Parker




Hold Yourself Accountable

- ❖ Take small steps.
- ❖ Write it in your calendar.
- ❖ Look for smoke, blood or tears.
- ❖ Ignore your opinion.
- ❖ Enlist a buddy.




Summary

- ❖ Know what refuels you.
- ❖ Pay attention to the signals your body gives you.
- ❖ Carve out 'me' time.
- ❖ Learn to say 'No'.
- ❖ Turn negative self-talk into positive self-talk.
- ❖ Create new habits to replace old habits and routines.
- ❖ Be accountable.
- ❖ Honor yourself because doing so serves others.



Getting Into Action

What will you do to take care of yourself so you can bring your greatest gifts forth as you were meant to do?





Self-care is not a luxury
intended for other people. It
is a necessity for everyone.

Take good care of yourself!

Thank You!



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