



Self Care in the New Year

(*while enduring a pandemic, attempted coup and general national chaos)

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Housekeeping



1

Recording

Will be available
online



2

Netiquette

Mute unless
speaking



3

Participation

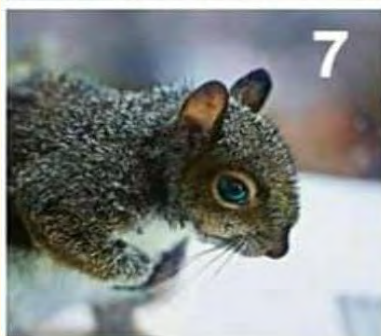
At whatever level
you can



4

Preparation

Pen and paper



SELF-CARE BINGO

 TOOK A SHOWER	GOT DRESSED TODAY	 talked TO A friend	SAT WITH MY FEELINGS	 gave myself a compliment
MOVED MY BODY JOYFULLY	 ate food	LISTENED TO MY BODY	 CHALLENGED NEGATIVE THOUGHTS	HAD FUN
 WENT OUTSIDE	TRIED SOMETHING NEW	STAYED ALIVE	practiced being mindful	 DID A HOBBY
used a coping skill	 LET MYSELF CRY	took a break	 ASKED FOR HELP	GOT SHIT DONE
 BRUSHED MY TEETH	practiced self compassion	 DRANK WATER	TREATED MYSELF	 got 7-9 hours of sleep

@ALYSERURIANDESIGN

Agenda

- WHAT SELF-CARE IS
- LACK OF SELF CARE
- SELF CARE IN ACTION
- ALL TYPES OF STRATEGIES
- RESOURCES



What is self care?

“The term *self-care* refers to activities and practices that we can engage in on a *regular* basis to reduce stress and maintain and enhance our short- and longer-term health and well-being. Self-care is also necessary for you to be effective and successful in honoring your professional and personal commitments.”

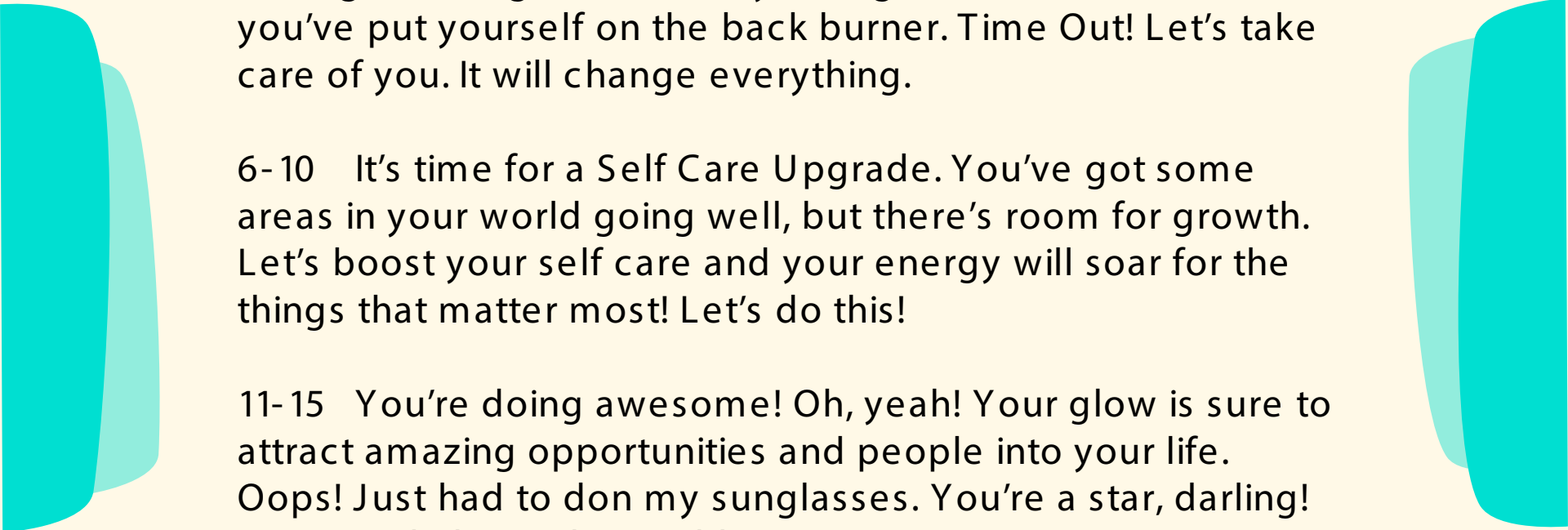
~UB, School of Social Work: Intro to Self Care

Any activity we do deliberately to take care of our mental, physical, emotional and spiritual health



SELF CARE MASTERY CHECKLIST

Do you do what you love on a regular basis?	
Do you enjoy how your body looks and feels?	
Can you make peace with challenging emotions?	
Do you move every day for at least 30 minutes?	
Can you prepare healthy meals in 15 minutes?	
Do you have abundant sources of touch and affection?	
Do you feel energized when you walk into your home?	
Do you belong to a community that supports you?	
Do your relationships nourish and sustain you?	
Do you make time for your creative expression?	
Do you have a healthy relationship with money?	
Do you take periodic technology breaks?	
Do you navigate change and uncertainty with grace?	
Do you often spend time in nature?	
Do you feel a sense of gratitude on a regular basis?	
TOTAL	



0-5 Whoa! What's going on? You're running on fumes, darling. You might be so busy taking care of others that you've put yourself on the back burner. Time Out! Let's take care of you. It will change everything.

6-10 It's time for a Self Care Upgrade. You've got some areas in your world going well, but there's room for growth. Let's boost your self care and your energy will soar for the things that matter most! Let's do this!

11-15 You're doing awesome! Oh, yeah! Your glow is sure to attract amazing opportunities and people into your life. Oops! Just had to don my sunglasses. You're a star, darling! You sure light up the world. Yes!

Lack of self - care can result in things like...

1. Stress
2. Burnout
3. Compassion fatigue





Stress is the body's reaction to any change that requires an adjustment or response. The body reacts to these changes with physical, mental, and emotional responses. Stress is a normal part of life. You can experience stress from your environment, your body, and your thoughts.

DEGREES OF STRESS



POSITIVE

Brief increases in heart rate; intensified focus; mild elevation in levels of stress hormones

TOLERABLE

Serious but temporary stress responses mitigated by positive, buffering influences or relationships

TOXIC

Intense and prolonged activation of stress response systems without positive, buffering influences or relationships

Stress Indicators

Cognitive Symptoms	Emotional Symptoms
<ul style="list-style-type: none">• Memory problems• Inability to concentrate• Poor judgment• Seeing only the negative• Anxious or racing thoughts• Constant worrying	<ul style="list-style-type: none">• Moodiness• Irritability or short temper• Agitation, inability to relax• Feeling overwhelmed• Sense of loneliness and isolation• Depression or general unhappiness
Physical Symptoms	Behavioral Symptoms
<ul style="list-style-type: none">• Aches and pains• Compromised immune system• Stomach ailments• Nausea, dizziness• Cardiovascular stress• Chest pain, rapid heartbeat• Frequent colds	<ul style="list-style-type: none">• Eating more or less• Sleeping too much or too little• Isolating yourself from others• Procrastinating or neglecting responsibilities• Using alcohol, cigarettes, or drugs to relax• Nervous habits (e.g. nail biting, pacing)

What is a stress indicator
you may have ignored in
the past?



And here comes the pandemic...



ANXIETY MIGHT LOOK LIKE...

@POSITIVELYPRESENT



Figure 2

Among Adults Who Worked in the Past Seven Days, Share of Adults Reporting Symptoms of Anxiety and/or Depressive Disorder, by Gender



NOTE: Reflects self-report of adults (ages 18+) who indicated they did any work for pay or profit in the last seven days when surveyed between November 11 and 23, 2020.

SOURCE: KFF analysis of the U.S. Census Bureau Household Pulse Survey, 2020.

Secondary Trauma

What is Secondary Trauma?

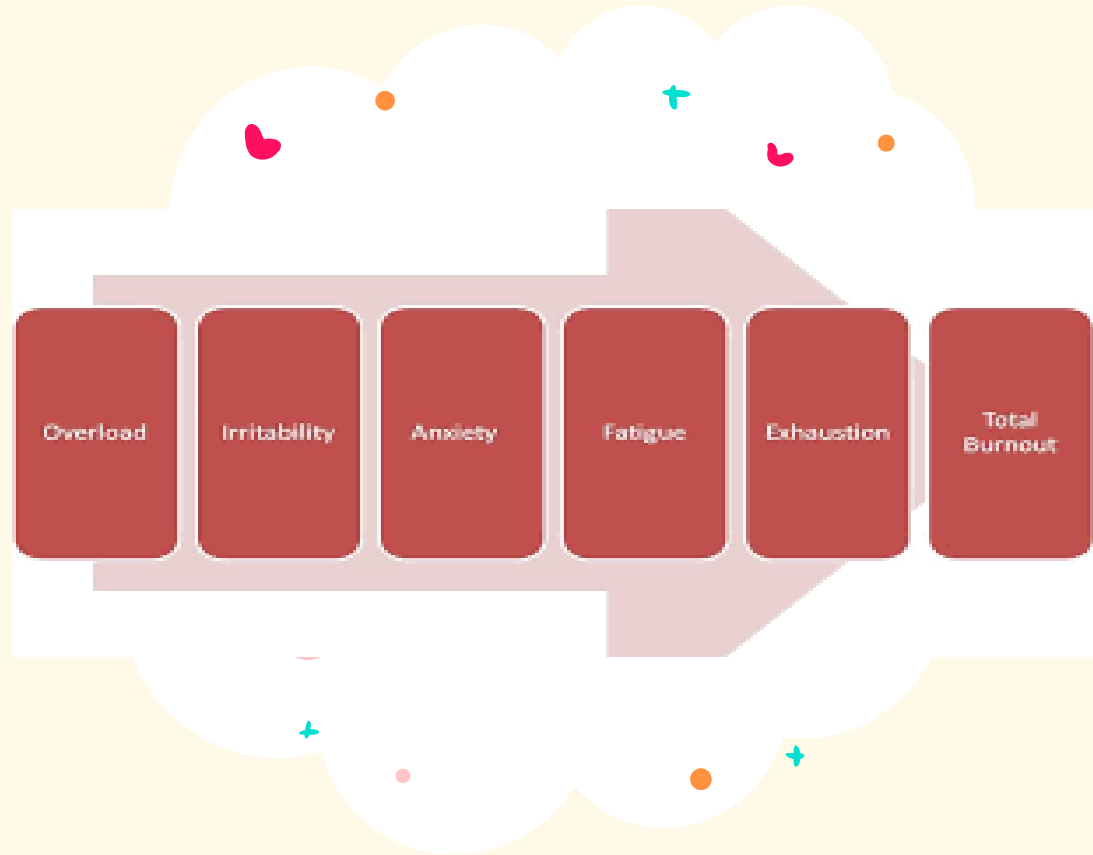
The National Child Traumatic Stress Network defines Secondary Traumatic Stress as the emotional duress that results when an individual hears about the firsthand trauma experiences of another.

Signs that you are experiencing Secondary Trauma:

- Apathy
- Isolation
- Sleeplessness
- Irritability
- Unexplained Anxiety
- Anger
- Headaches
- Stomach Problems
- Fatigue
- Mood Swings

Burnout

- Best described as: emotional exhaustion, depersonalization, and a reduced sense of personal accomplishment (Maslach et al. 2001)
- It refers to feelings of being emotionally and psychologically drained and overextended by one's work. In an organization, it can be when staff become cynical and detached from their work environment and those in need of their services and a reduced sense of personal accomplishment in the work environment.



Compassion Fatigue

Another term for “secondary traumatic stress disorder”

The natural consequence of stress resulting from caring for and helping traumatized people

The lessening of compassion

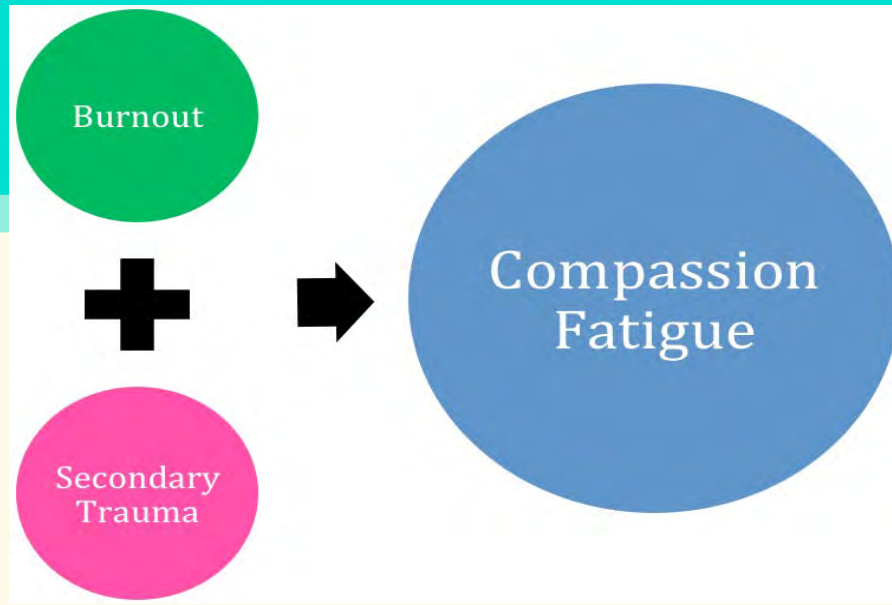
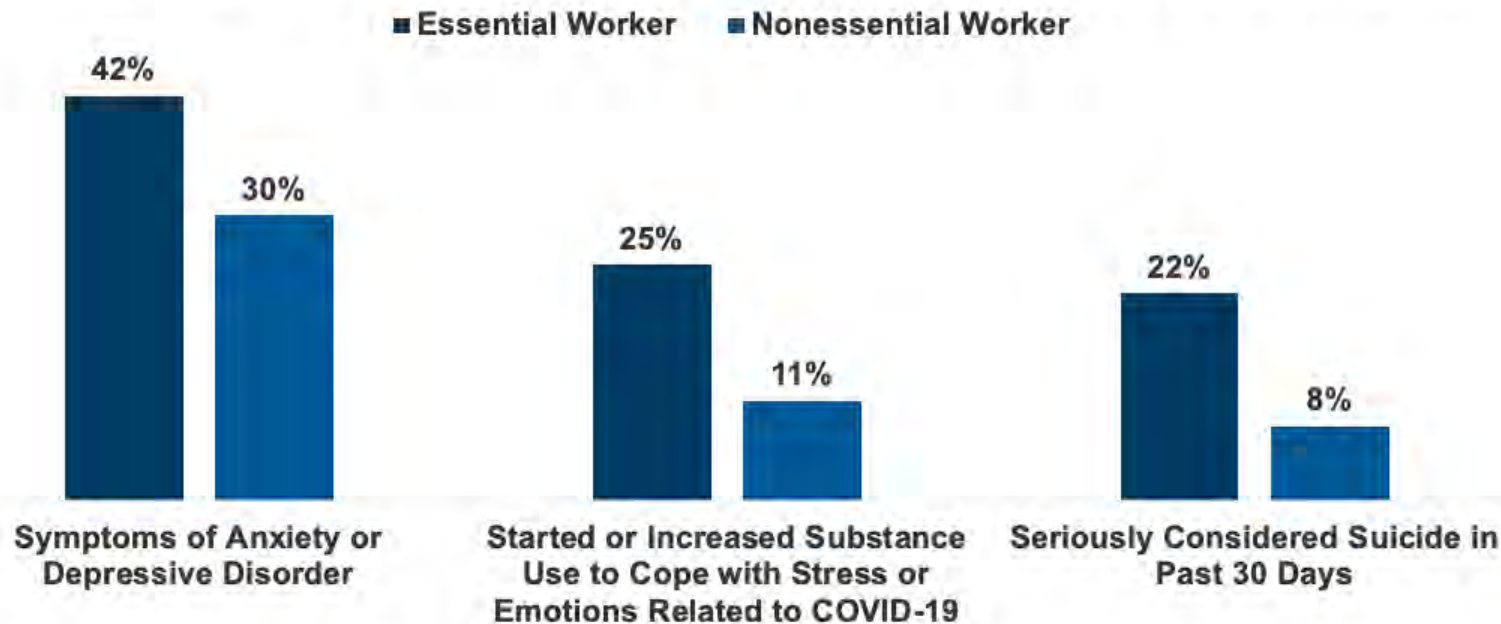


Figure 1

Among Essential and Nonessential Workers, Share of Adults Reporting Mental Distress and Substance Use, June 2020



NOTES: Data is among adults ages 18 and above. Essential worker status was self-reported.

SOURCE: Czeisler MÉ, Lane RI, Petrosky E, et al. Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020. MMWR Morb Mortal Wkly Rep 2020;69:1049–1057. DOI: <http://dx.doi.org/10.15585/mmwr.mm6932a1>

Stretch Break!





**If your compassion
does not include
yourself, it is incomplete.**

~ Buddha

Steps to the self - care process

- Identify *current* coping strategies, both positive and negative
- Review an assessment tool to determine in what areas you may be lacking positive strategies, list things you'd like to do and add things you'd like to try.
- Identify potential barriers
- Make a plan.
- Make a commitment to *yourself*
- Share your intentions
- Follow through

Negative Coping Skills

Things that Cost You in the End

- **Procrastination**
- **Abusing drugs or alcohol**
- **Wasting time on unimportant tasks**
- **Blaming**
- **Isolating/Withdrawing**
- **Mean or hostile joking**
- **Gossiping**
- **Criticizing others**
- **Manipulating others**
- **Refusing help from others**
- **Lying to others**
- **Sabotaging plans**
- **Being late to appointments**
- **Provoking violence from others**
- **Enabling others to take advantage of you**
- **Denying any problem**
- **Stubbornness/Inflexibility**
- **All or nothing/black or white thinking**
- **Catastrophizing**
- **Overgeneralizing**
- **Tantrums**
- **Throwing things at people**
- **Hitting people**
- **Yelling at others**
- **Destroying property**
- **Speeding or driving recklessly**
- **Suicide**
- **Self Harm**
- **Developing illnesses**
- **Making fun of yourself**
- **Self-sabotaging behaviors**
- **Blaming yourself**
- **Spending too much**
- **Gambling**
- **Eating too much**
- **Setting dangerous fires**
- **Continually crying**

TYPES OF COPING SKILLS

Self-Soothing

(Comforting yourself through your five senses)

1. Something to touch
(ex: stuffed animal, stress ball)
2. Something to hear
(ex: music, meditation guides)
3. Something to see
(ex: snowglobe, happy pictures)
4. Something to taste
(ex: mints, tea, sour candy)
5. Something to smell
(ex: lotion, candles, perfume)

Distraction

(Taking your mind off the problem for a while)

Examples:

Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, sudoku, positive websites, music, movies, etc.

Opposite Action

(Doing something the opposite of your impulse that's consistent with a more positive emotion)

1. Affirmations and Inspiration
(ex: looking at or drawing motivational statements or images)
2. Something funny or cheering
(ex: funny movies / TV / books)

Emotional Awareness

(Tools for identifying and expressing your feelings)

Examples:

A list or chart of emotions, a journal, writing supplies, drawing / art supplies

Mindfulness

(Tools for centering and grounding yourself in the present moment)

Examples:

Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises.

Crisis Plan

(Contact info of supports and resources, for when coping skills aren't enough.)

**Family / Friends
Therapist
Psychiatrist
Hotline
Crisis Team / ER
911**

SELF-CARE WHEEL



This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013). Dedicated to all trauma professionals worldwide.

www.OlgaPhoenix.com

What gets
in the
way of
your self
care?

I JUST CANT.



SELF CARE PLAN

NAME

DATE

MY OVERALL GOALS FOR MY WELLBEING

MY SUPPORT SYSTEM

- 1.
- 2.
- 3.
- 4.

PHYSICAL SELF CARE

EMOTIONAL SELF CARE

SPIRITUAL SELF CARE

IGNACIO 's Self Care Plan!

MEDITATE TAKE LOTS OF BREAKS
MUSIC **Mind** FUN! LIFE-LONG LEARNING

TEA NOURISHING FOOD
EXERCISE **Body** SLEEP EIGHT HOURS
EVERYTHING IN MODERATION

Supportive People in My Life:
GRETCHEN MOM MI VIEJO ALBERTO LYNNE CAROLINE REED DEBORAH

MEDITATE HUMAN CONNECTIONS
SELF-REFLECTION **Spirit** FULFILLMENT THOUGH USING MY AWESOME SKILLS

I want to accomplish:
PEACE SERENITY CONTROL HAPPINESS GOOD WORK BE A GOOD PERSON

Self Care Activities



Something for everyone...

Stress relief activities



stressful day TO-DO LIST



Self Care Ideas

...For Busy People

	Get up from your desk		Block time for productivity
Call a friend		Stretch for 10 minutes	Turn your phone off
Journal for 5 minutes	Light a candle		Organize your desk
Eat mindfully	Moisturize your skin	Listen to meditative music	
Sit down for your coffee	Buy a plant for your desk	Be kind to yourself	Look up funny memes



DO ALL THE

SELF-CARE!

memegenerator.net


BUT I DON'T HAVE THE TIME!

2 MINUTE STRATEGIES:

- BREATHE
- PRACTICE SOME STRETCHES FOR DIFFERENT PARTS OF YOUR BODY
- DAYDREAM
- LAUGH/LEARN A NEW JOKE
- DOODLE
- PRACTICE LEARNING 5 WORDS IN A DIFFERENT LANGUAGE
- LOOK OUT THE WINDOW & PEOPLE/NATURE WATCH
- RESPOND TO AN EMAIL



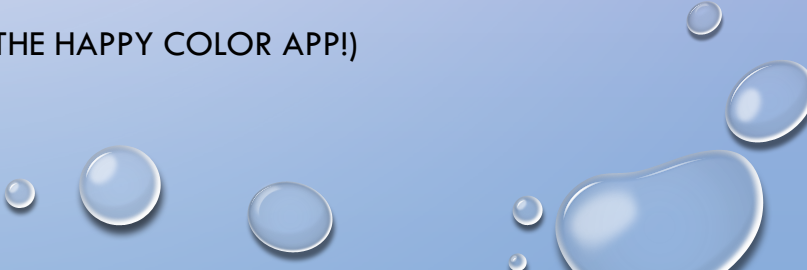
5 MINUTE STRATEGIES

- LISTEN TO YOUR FAVORITE SONG
 - HAVE A GOOD CLEANSING CRY
 - PRACTICE A SHORT, FUN DANCE ROUTINE FROM YOUTUBE/TIKTOK
 - CHAT WITH SOMEONE YOU ENJOY TALKING TO
 - SING OUT LOUD
 - DELETE SOME OLD EMAILS
 - TAKE A SHORT WALK OUTSIDE FOR SOME FRESH AIR
 - ENJOY A SNACK
- 





10 MINUTES!

- WRITE IN A JOURNAL
 - CALL A FRIEND
 - MEDITATE
 - DO A QUICK 10-MIN. CLEANSE OF ONE ROOM IN YOUR HOME
 - DO 10 MIN. OF EXERCISE, QUICK WALK AROUND THE OFFICE
 - READ AN ARTICLE ON A TOPIC OF INTEREST
 - DO A CROSSWORD PUZZLE OR SUDOKU
 - DRAW/COLOR (NO CRAYONS OR COLORING BOOK, GET THE HAPPY COLOR APP!)
- 

A whole 30 minutes!?

30 MIN self-care

I NEED...





CANVAS
by NUMBERS





When you recover or discover something that nourishes your soul
and brings joy, care enough about yourself to make room for it in
your life.

—Jean Shinoda Bolen



When
in Doubt
Dance it
Out



Homework

Help make a
playlist!

- UNIVERSITY AT BUFFALO SCHOOL OF SOCIAL WORK SELF CARE STARTER KIT:
 - [SOCIALWORK.BUFFALO.EDU/RESOURCES/SELF-CARE-STARTER-KIT.HTML](https://socialwork.buffalo.edu/resources/self-care-starter-kit.html)
- STRESS AND COPING AND COVID:
 - [HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/DAILY-LIFE-COPING/MANAGING-STRESS-ANXIETY.HTML](https://www.cdc.gov/coronavirus/2019-nCoV/daily-life-coping/managing-stress-anxiety.html)
- SELF CARE BILL OF RIGHTS
 - [HTTP://WWW.SELFCAREBYAISHA.COM/2014/08/05/THE-SELF-CARE-BILL-OF-RIGHTS/](http://www.selfcarebyaisha.com/2014/08/05/the-self-care-bill-of-rights/)
- SELF CARE WHEEL BY OLGA PHOENIX (BLANK ALSO AVAILABLE)
 - [HTTP://WWW.OLGAPHOENIX.COM/KEY-OFFERINGS/SELF-CARE-WHEEL/](http://www.olgaphoenix.com/key-offerings/self-care-wheel/)

Resources

- 15 SELF-CARE PRACTICES WHEN YOU DON'T KNOW WHAT ELSE TO DO:
[HTTPS://MEDIUM.COM/@TONIBLACKMAN/15-SELF-CARE-PRACTICES-WHEN-YOU-DONT-KNOW-WHAT-ELSE-TO-DO-83F2CACC9226](https://medium.com/@toniblackman/15-self-care-practices-when-you-dont-know-what-else-to-do-83f2cacc9226)
- SELF-CARE MID-QUARANTINE (GIRLS INC.):
[HTTPS://DOCS.GOOGLE.COM/DOCUMENT/D/1EVAL4EJM_J7VPKDDJZ_NIZ9MTFMAKCUX1TDRTYZ633O/EDIT](https://docs.google.com/document/d/1EVAL4EJM_J7VPKDDJZ_NIZ9MTFMAKCUX1TDRTYZ633O/edit)
- 134 ACTIVITIES TO ADD TO YOUR SELF CARE PLAN: [HTTPS://WWW.GOODTHERAPY.ORG/BLOG/134-ACTIVITIES-TO-ADD-TO-YOUR-SELF-CARE-PLAN/](https://www.goodtherapy.org/blog/134-activities-to-add-to-your-self-care-plan/)
- THE ULTIMATE QUARANTINE SELF-CARE GUIDE: [HTTPS://WWW.WIRED.COM/STORY/HOW-TO-GROOM-YOURSELF/](https://www.wired.com/story/how-to-groom-yourself/)
- SELF CARE IS FOR EVERYONE
 - [HTTPS://SELFCAREISFOREVERYONE.COM/PAGES/SELF-CARE-KIT](https://selfcareisforeveryone.com/pages/self-care-kit)

Resources

- NYC AND NYS RESOURCES:
[HTTPS://WP.NYU.EDU/NYUWASHINGTONDC/WELLNESS/](https://wp.nyu.edu/nyuwashingtondc/wellness/)
- PROTECT YOUR FAMILY'S MENTAL HEALTH DURING COVID 19:
[HTTPS://HEALTH.USNEWS.COM/WELLNESS/FOR-PARENTS/ARTICLES/PROTECT-YOUR-FAMILYS-MENTAL-HEALTH-DURING-THE-COVID-19-PANDEMIC](https://health.usnews.com/wellness/for-parents/articles/protect-your-familys-mental-health-during-the-covid-19-pandemic)
- MENTAL WELLNESS ACTION PLAN:
[HTTPS://GUIDES.LIBRARY.KUMC.EDU/LD.PHP?CONTENT_ID=48265547](https://guides.library.kumc.edu/ld.php?content_id=48265547)

Additional Resources

Print Resources and Articles

- 24 SHADES OF COLOR BUSINESS COLORING BOOK [ENTREPRENEURSCOLOR.COM/](https://www.entrepreneurscolor.com/)
- CUTE CRITTERS WITH FOUL MOUTHS BY HEATHER LAND
- STRESSFUL DAY TO-DO LIST PDF
 - [HTTPS://I.PINIMG.COM/ORIGINALS/52/80/B8/5280B82A9D6F8A6712A65822385343F3.JPG](https://i.pinimg.com/originals/52/80/b8/5280b82a9d6f8a6712a65822385343f3.jpg)
- POSITIVELY PRESENT [WWW.POSITIVELYPRESENT.COM/](http://www.positivelypresent.com/)
- COPING SKILLS WORKSHEETS
 - [HTTP://WWW.UNSTRESSYOURSELF.COM/BEST-COPING-SKILLS-WORKSHEETS/](http://www.unstressyourself.com/best-coping-skills-worksheets/)
- HOW TO PRACTICE SELF-CARE DURING COVID-19 AS A BLACK, FEMALE PROFESSIONAL
 - [HTTPS://HEALTHINHERHUE.COM/HEALTH-WELLNESS-1/2020/4/24/HOW-TO-PRACTICE-SELF-CARE-DURING-COVID-19-AS-A-BLACK-FEMALE-PROFESSIONAL](https://healthinherhue.com/health-wellness-1/2020/4/24/how-to-practice-self-care-during-covid-19-as-a-black-female-professional)

Thank You!

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