

A person is standing on a rocky riverbank, looking out over a wide, shallow river with white water rapids. The river is surrounded by dense evergreen forests on steep, rocky slopes. The overall scene is misty and atmospheric, with a dark, moody color palette. A solid teal vertical bar is on the left side of the image.

Self-Care

MYTHS, STRATEGIES, AND THE MIND

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In this presentation we will explore the myths of Self-Care, implementing strategies that truly work, and how our mind and our thinking are the greatest Self-Care attributes we possess.

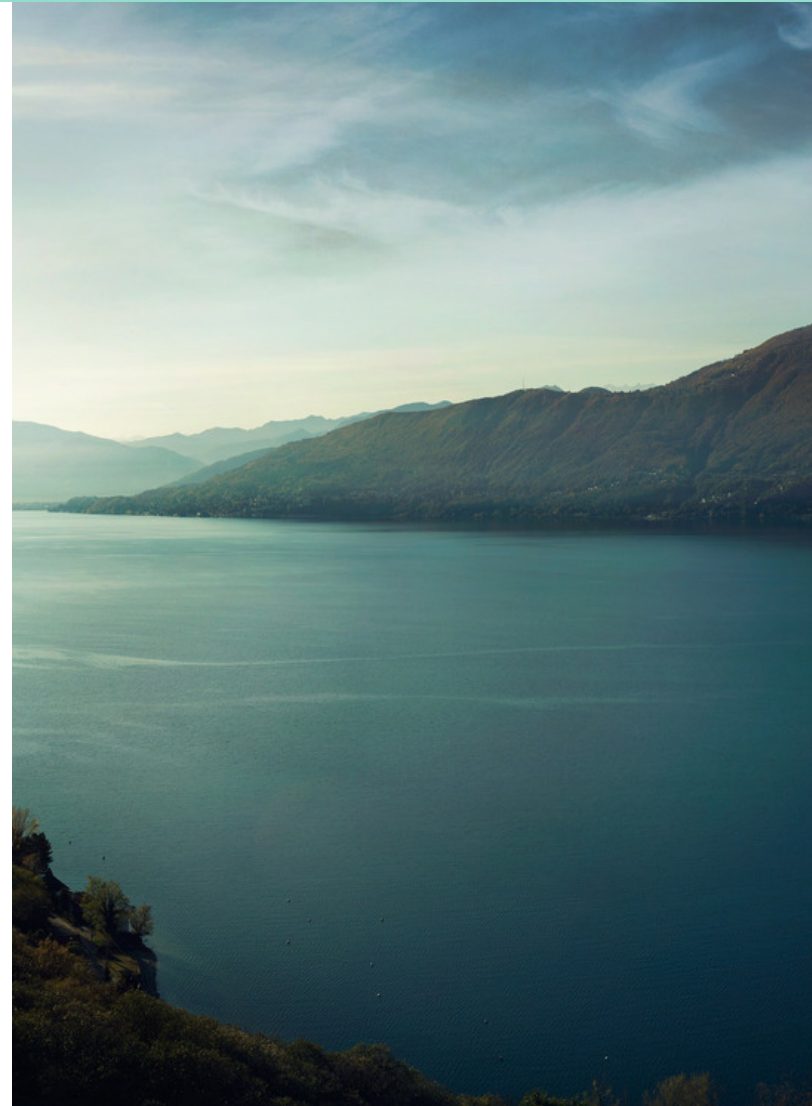
self-care
/ˌselfˈkeɪr/

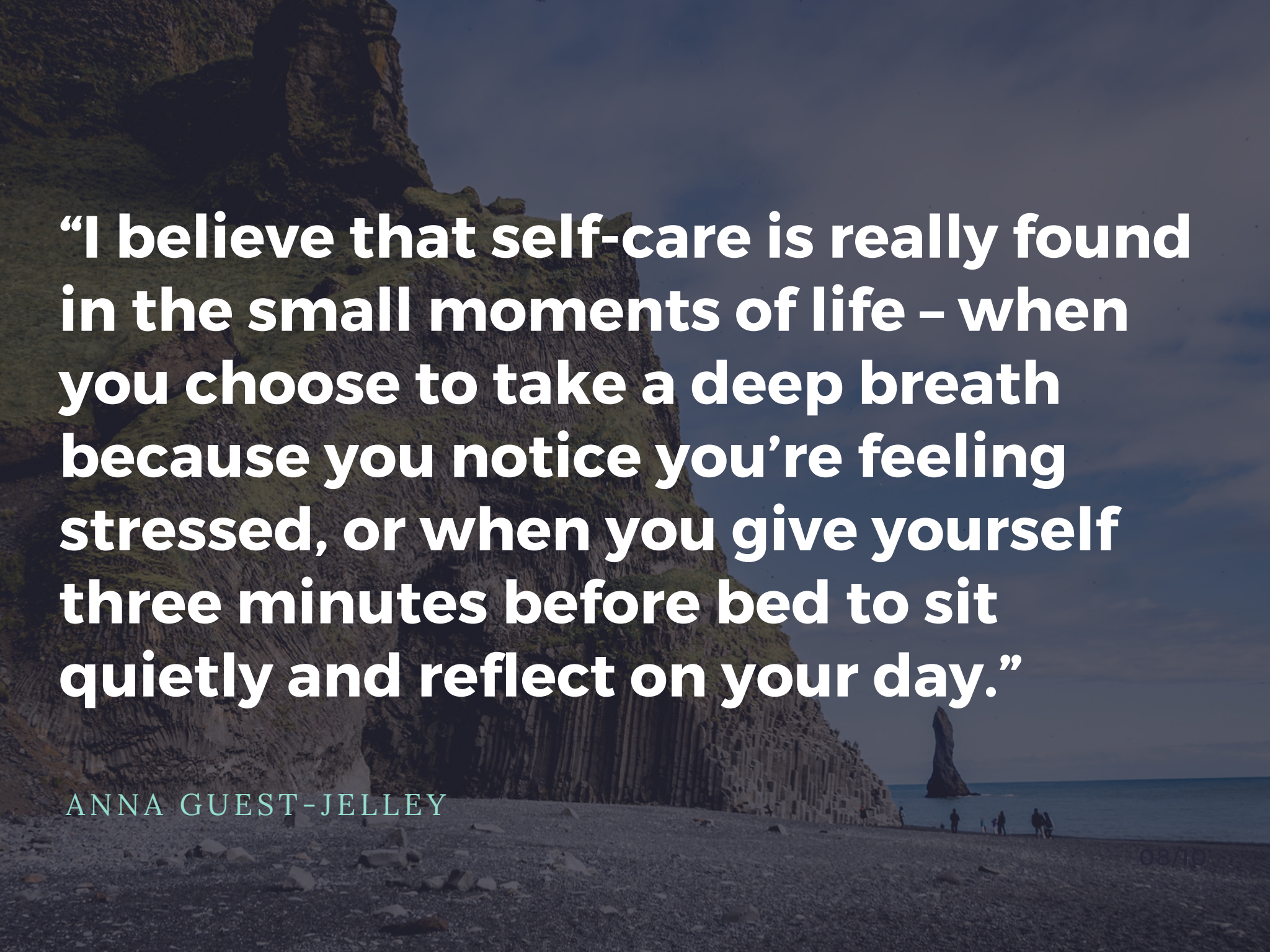
noun: self-care; noun: selfcare
the practice of taking action to preserve or improve one's own health.

the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.

Myths

- Time
- Money
- Child Care
- Self-Worth
- Anything that soothes
- Same for everyone





“I believe that self-care is really found in the small moments of life – when you choose to take a deep breath because you notice you’re feeling stressed, or when you give yourself three minutes before bed to sit quietly and reflect on your day.”

ANNA GUEST-JELLEY

Basic Needs

- Sleep
- Nutrition
- Safety
- Physical Health

Emotional Needs

- Intimate Relationships
- Friendships
- Feelings of Accomplishment

Spiritual Needs

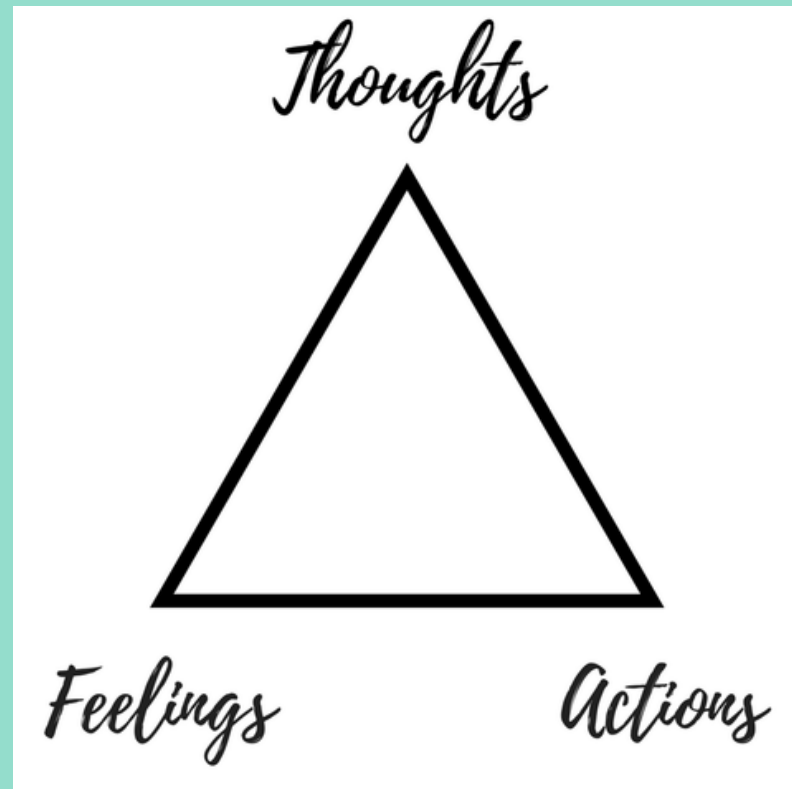
- Faith
- Connection to something outside of ourselves
- Purpose in Life
- Values/Beliefs

A person is standing on a rocky riverbank, looking out over a wide, shallow river with white water rapids. The river is surrounded by a dense forest of evergreen trees on a steep, hilly landscape. The scene is captured in a dark, moody tone with a teal overlay on the left side.

**Which of your Needs
needs care?**

The Power of our Thoughts

Thoughts-Feelings-Actions Cycle



The Power of our Thoughts

Negative Thinking



The Power of our Thoughts

Mindfulness



Serenity Prayer

GOD, GRANT ME THE SERENITY TO
ACCEPT THE THINGS I CANNOT
CHANGE,
COURAGE TO CHANGE THE THINGS
I CAN,
AND WISDOM TO KNOW THE
DIFFERENCE.





Strategies

- Health
- Nutrition
- Sleep
- Organize
- Senses
- Physical Activity
- Meditation
- Muscle Relaxation
- Volunteering
- Reading
- Podcasts
- Massage
- Hobbies
- Scheduling



Credits

https://www.huffpost.com/entry/myths-of-self-care_b_5a032631e4b0230facb841b4

<https://psychcentral.com/blog/7-damaging-myths-about-self-care/>

Maslow's Hierarchy of Needs

<https://www.mindbodygreen.com/articles/9-emotional-needs-according-to-maslow-s-hierarchy>

<https://www.takingcharge.csh.umn.edu/create-healthy-lifestyle/life-purpose-and-spirituality/what-life-purpose/seven-spiritual-needs>

<https://mrsmindfulness.com/the-four-keys-to-overcoming-negative-thinkingfor-good/>

Thank You!



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