Taking Care of Yourself

By: RoseMary Spizzirri and Caitlin Travers

What do you see?

What gets in the way?
- Our own trauma and attachment histories
- Stress

What’s the outcome?
- Our past effects our present
- Stress takes its toll
- Mirroring behaviors
- Secondary Trauma

Seeing Reflections

Stress and Burnout

DIS-EASE

Stress and Your Body

- Long-term activation of the stress-response system can disrupt your body's functioning and put you at risk for:
  - Heart Disease
  - Sleep Problems
  - Digestive Problems
  - Depression
  - Obesity
  - Memory Impairment
  - Worsening of skin conditions

Source: Mayo Clinic “Stress: Constant stress puts your health at risk.”
What can you do?

Practice Self-Care!

Why Self-Care?

SUPPORT is a key of SPACE... and can also be the most difficult to do!

“Self-care is more than bubble baths and good books.”

Types of Self-Care

1. Physical
2. Emotional
3. Spiritual
4. Intellectual
5. Social
6. Relational
7. Safety and Security

Source: “Balanced Living Through Self-Care” by Carol Williams-Nickelson, PsyD

Physical Self-Care

- Taking care of your Body!
  - Exercise – get active!
  - Nutrition – eat well!
  - See a doctor
  - Breathing

Emotional Self-Care

- Nutrition
- Take care of your Feelings
  - Identify
  - Accept
  - Express
Spiritual Self-Care
- Exploring and expressing your beliefs and values
- What feels right for YOU
  - Religion
  - Spirituality
  - Nature

Relational Self-Care
- Strengthening relationships with significant others, kids, parents, and family

Intellectual Self-Care
- Critical Thinking
- Interest in Ideas
- Creativity

Safety & Security Self-Care
- Being proactive to ensure personal safety

Social Self-Care
- Nurturing relationships outside of your immediate family

Let’s practice relaxation!
- Stretching
- Progressive Muscle Relaxation
- Mindfulness
- Types of Meditation
Teaching self care to your kids….

* Practice physical activity with them!
* Progressive Muscle Relaxation
* Brain Gym activities

Self-Care Plans
What can you commit to doing for YOU?

Q & A

Resources for Home

Blogs:
- Christine Inge: http://www.christieinge.com/
- Christine Moers: http://www.welcometomybrain.net/
- Lindsay Crago: http://www.affectiveprospects.blogspot.com/

Videos:
- TED Talk on Mindfulness: http://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_minutes.html
- IGetRealTV: http://www.youtube.com/user/igetrealtv?feature=watch
- Relaxation Exercise: https://www.youtube.com/watch?v=aaTDNYjkGw

References

- http://www.youtube.com/watch?v=Xx5Z2lo514
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