



# Self-Care & Wellness





## **SAMHSA's 8 Dimensions of Wellness**



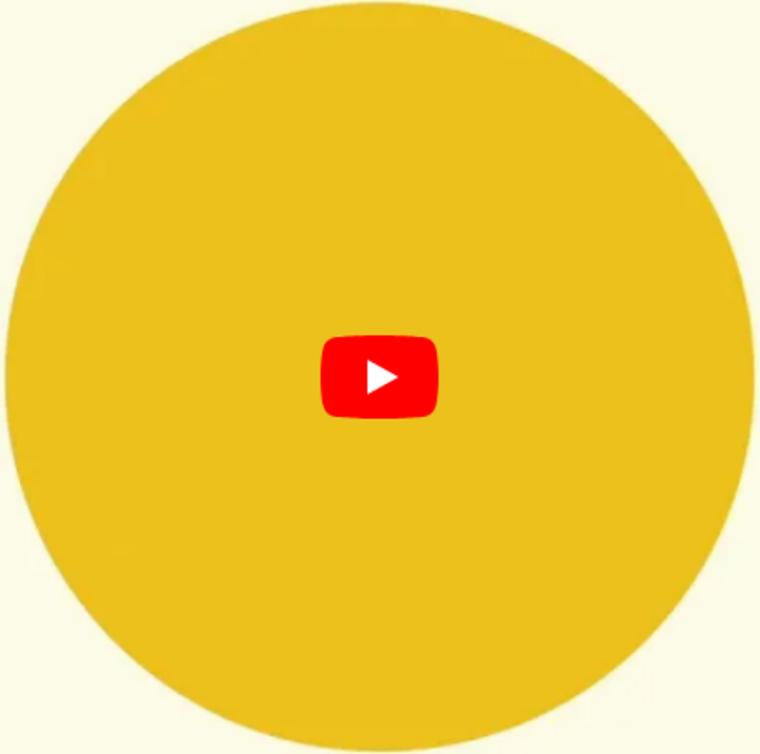
# Self-Care Scavenger Hunt

Present your item or items to the group and tell us:

1. Why did you choose this item? What does it represent in your life?
2. What is your experience with self-care?
3. What would you like to work on? What are your barriers?
4. Tell us of a moment when you were really proud that you overcame something difficult.  
How did you do this? What did you learn?

# Mindful Moment

 3-minute meditation exercise for beginners! Feet, Hands and Forehead - Flow Share



Watch on  YouTube

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# WHAT IS WELLNESS? WHAT IS SELF CARE?



- Actively caring for your health & wellness
- Empowerment to create balance
- Individual to you & at your own pace
- Knowing your worth
- Lifelong practice & changes all the time
- Gratitude for a life to live (not just survival)
- Is NOT selfish & is NOT positivity at all times
- YOUR responsibility

As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.

**MAYA ANGELOU**



# DAILY SELF-CARE CREATING BALANCE



Stress level



Happiness level level



Sadness level



Hunger level

- Areas in life together
- In areas of life individually
- Emotions
- Self-Control & reasoning
- Re-balance from time to time

# DAILY SELF-CARE ROUTINES & HABITS



When you think of  
self-care habits,  
what comes to  
mind first?

- Basic needs
- Very challenging to change but worth it
- Start small
- Huge impact on our brain



Clear is kind. Unclear is unkind.

Compassionate people ask for what they need. They say no when they need to, and when they say yes, they mean it. They're compassionate because their boundaries keep them out of resentment.

**BRENE BROWN**

# DAILY SELF-CARE PROFESSIONAL BOUNDARIES & CARE



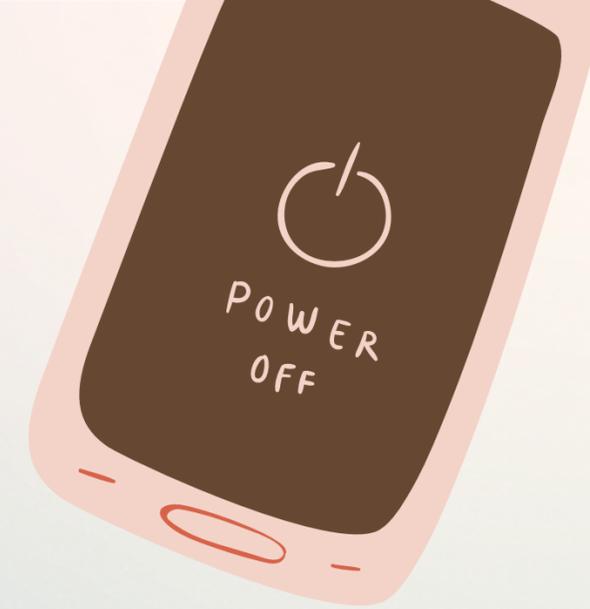
## Visualize and Name Your Limits

- Ask yourself: what is causing me unnecessary stress or discomfort? Who or what gives me energy? What makes me feel safe/supported/valued? What areas of my life do I feel exhausted by?

## Openly Communicate Your Boundaries

- Once you know your boundaries, you have to communicate them. Without clear communication, lines can become blurred. The more direct you communicate your boundaries, the easier it will become to uphold them.
- Boundaries can surround; time, energy, emotions, personal space, mental, material ect.

# DAILY SELF-CARE PROFESSIONAL BOUNDARIES & CARE



## Reiterate and Uphold Your Boundaries

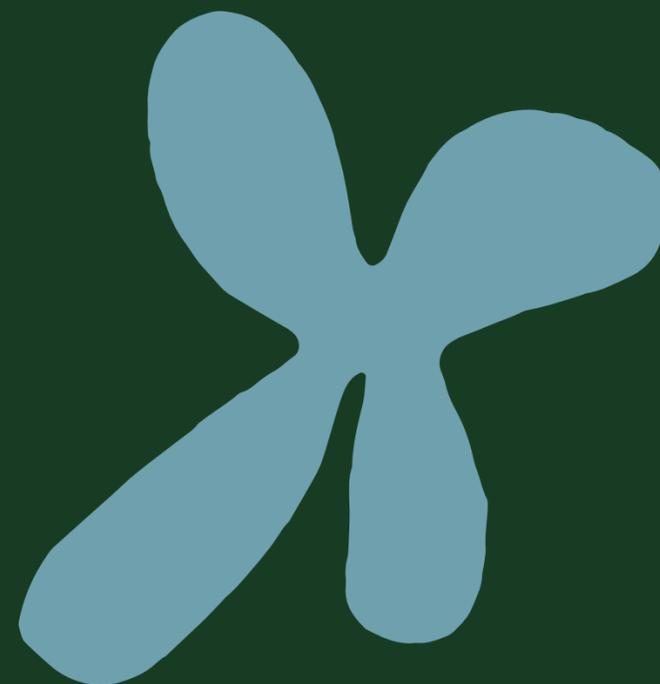
- It is essential to stand firm in your boundaries. It takes time, repetition, AND patience.
- Avoid shifting your boundaries for someone else's comfort!

## Don't Be Afraid to Say "No"

- Saying "no" doesn't have to be rude, but it also doesn't require an apology or explanation.
- "Yes" and "No" shapes your reality. You have the power to decide how you will spend your time and energy.

## Take Time for YOU!

- Take time to reflect on your life and your values - this can bring you more clarity and help you further define your boundaries



Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.

**AUDRE LORDE**

# DAILY SELF-CARE

## **EMBRACING SUPPORT & CARE**

- Create & maintain meaningful relationships
- Accept the support and love that you deserve
- Ask for help when needed
- Communicate your needs & boundaries
- Lead with honesty
- Have meaningful conversations
- Put yourself out there!
- Avoid isolating yourself
- Seek support in professional resources



[https://www.youtube.com/watch?v=t1FM4nExR5c&ab\\_channel=ParksandRecreation](https://www.youtube.com/watch?v=t1FM4nExR5c&ab_channel=ParksandRecreation)

# RESILIENCY

Our ability to endure hardship & difficult life events

## Crisis

- Traumatic event
- Unexpected life event
- Stress or anxiety that builds up overtime
- Leads to an intolerable and overwhelming level of stress that may exceed our coping.

## Resilience

- Ability to adapt to adversity
- Cope with stress in healthy ways
- Recover & endure
- Minimize lasting effects
- Built with self-care & supportive relationships

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# UNHELPFUL COPING & BURNOUT

- Avoiding conflict or conversations, gossiping, humor
  - Isolation
  - Physical or emotional harm to others
  - Jumping to conclusions, acting on emotions, defensiveness, passive aggressiveness
  - Relying on others too much (co-dependency)
  - Toxic positivity
  - Self-harm
- Lack in:
    - Sleep
    - Food
    - Hygiene
    - Communication
  - Overindulgence in:
    - Substances
    - Food
    - Media (doomscrolling)
    - Shopping
    - Work
    - People

# Setting Goals - **BE SMART!**

DON'T FORGET TO AWARD YOURSELF FOR EACH ACCOMPLISHMENT AND  
**ENJOY THE PROCESS, NOT JUST THE OUTCOME!**



**SMART STANDS FOR**  
**SPECIFIC,**  
**MEASURABLE,**  
**ACHIEVABLE,**  
**RELEVANT, AND**  
**TIME-BOUND.**

**Emotional**

**Financial**

**Social**

**Spiritual**

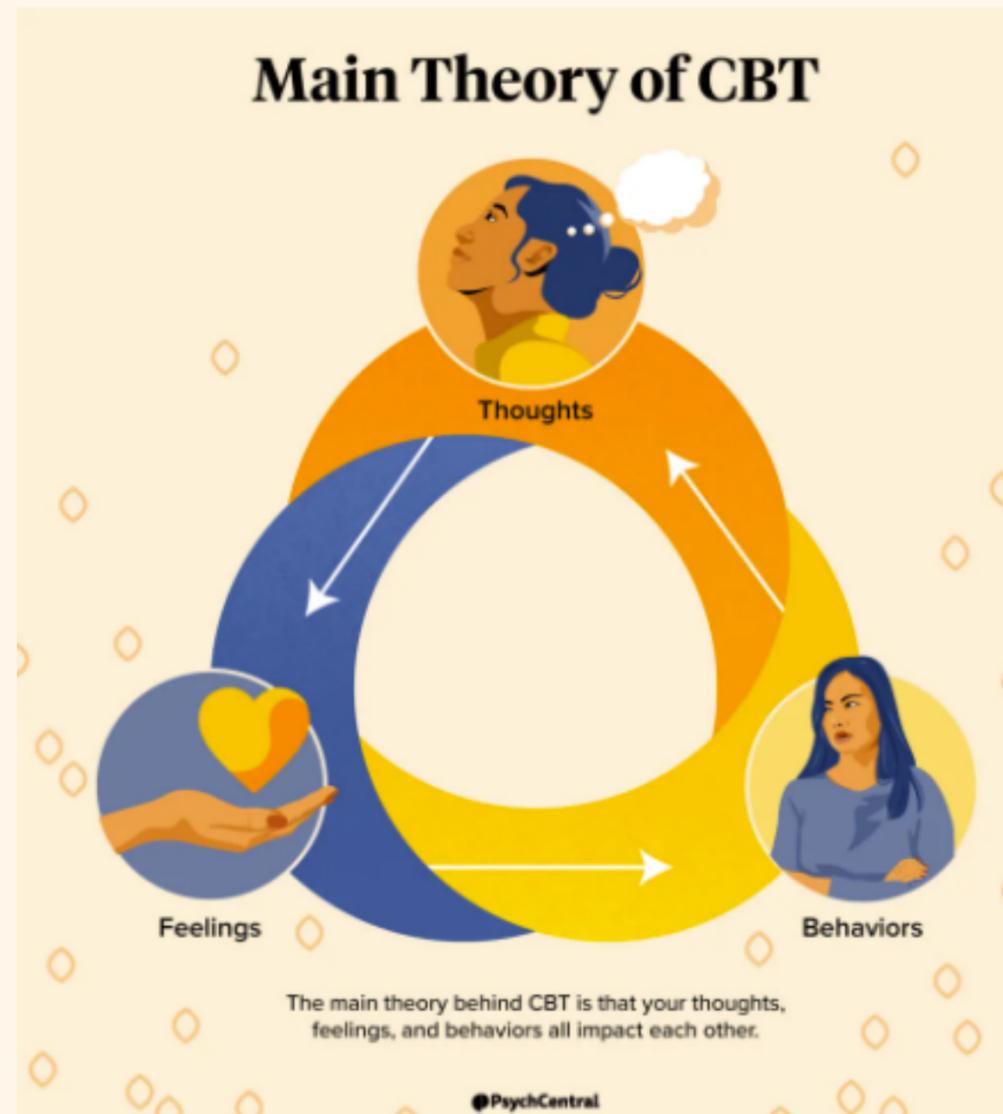
**Occupational**

**Physical**

**Intellectual**

**Environmental**

# DAILY SELF-CARE CARING FOR YOU



### How I feel at the moment

😎	😜	😞
😊	💖	😄
😜	😄	😞

# You're having a bad moment. Now what?

How intense do I  
feel?

Recovery & Care

What do I need?

Pause

Process

Self-affirmations  
Areas of self-care  
Seek support  
Communication