



Building Capacity through Self-Care and Conscientious Living

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MASE New Leaders Cohort
January 2020

WHY??

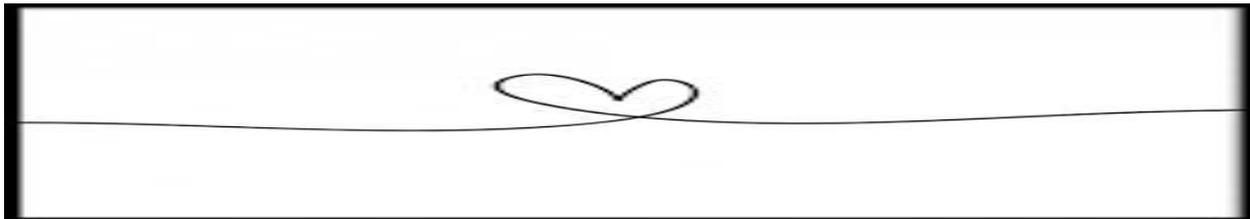
Building Capacity through
Self-Care and
Conscientious Living



Why the Focus?

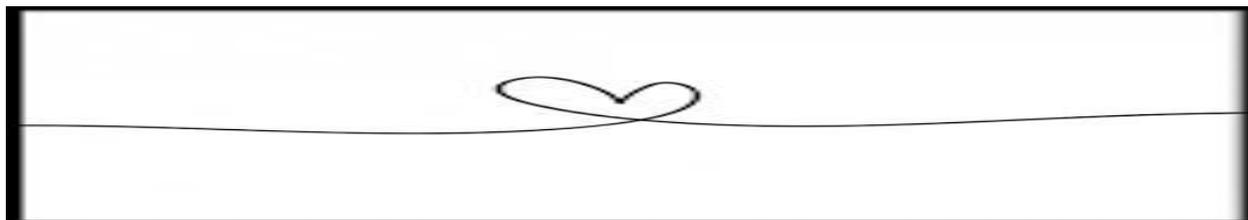
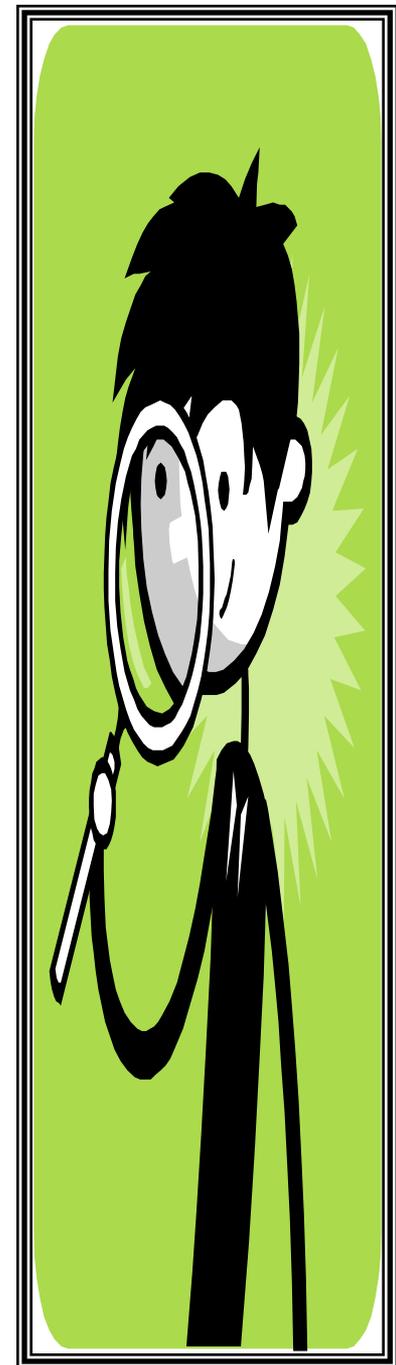
“...pressured to do **more work** of **better quality** in **less time**, with **fewer people**, in **new ways**, using **new technology** and **new methods** on a **reduced budget**.”

~ Al Siebert

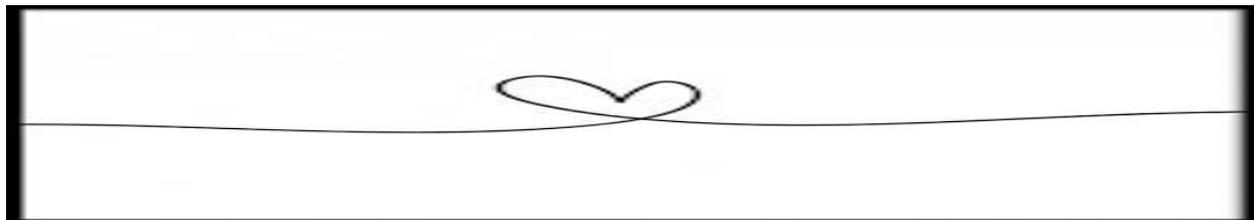


Why the Focus?

- The chaos of change
- The increasing rate of burn-out
- The political unrest we are facing
- Approximately 1.5 million adults are tranquilizer addicts



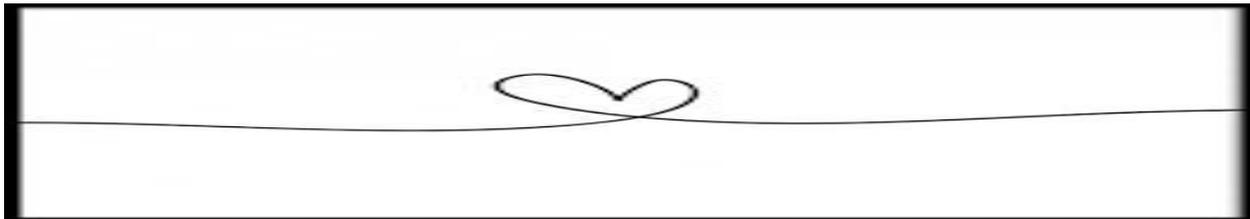
Building capacity through **self-care** and conscientious living is key to **success** at work and satisfaction in life.



WHAT IS SELF-CARE?

“Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health.”

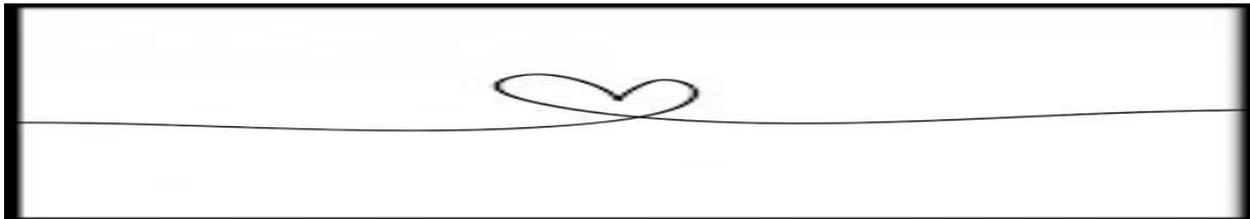
~Raphailia Michael, MA



WHAT IS SELF-CARE?

“Self-care is something that **refuels** us, rather than takes from us.”

~ Agnes Wainman

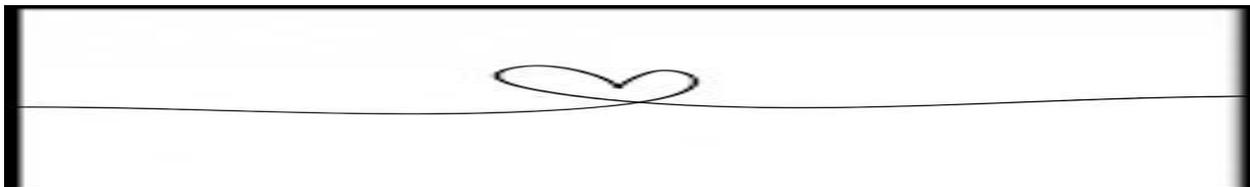


WHAT ISN'T SELF-CARE?

“Knowing what self-care is not might be even more important.

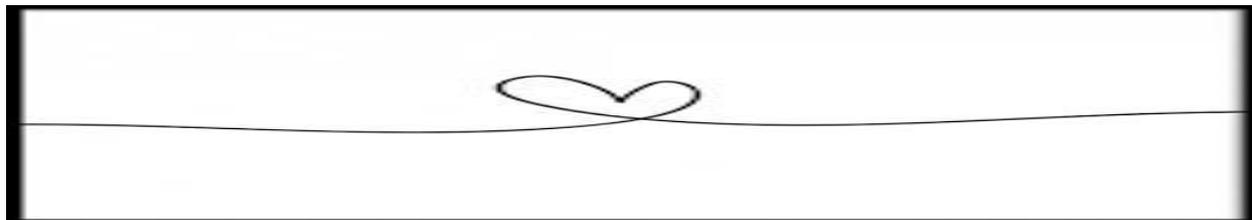
It is **not** something that we **force** ourselves to do, or something we **don't enjoy** doing. Self-care **isn't a selfish** act either. It is not only about considering our needs; it is rather about **knowing what we need** to do in order to take care of ourselves, being subsequently, able to take care of others as well.”

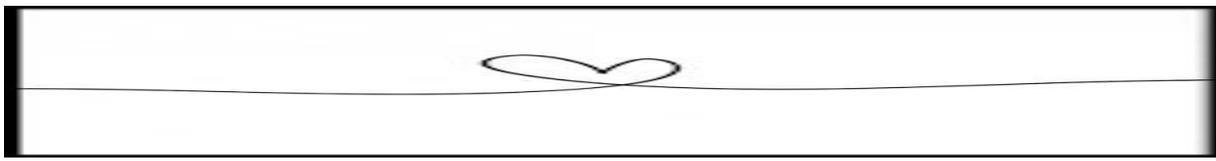
~Raphailia Michael, MA





Building capacity through **self-care** and conscientious living is key to **success** at work and satisfaction in life. It is however, **seldom** **prioritized.**





“Many of us tend to **prioritize** our day to day duties in something similar to the following order: **family, work, chores** (cooking, shopping, laundry, etc), activities or other commitments, and **last** but not least **self-care**.

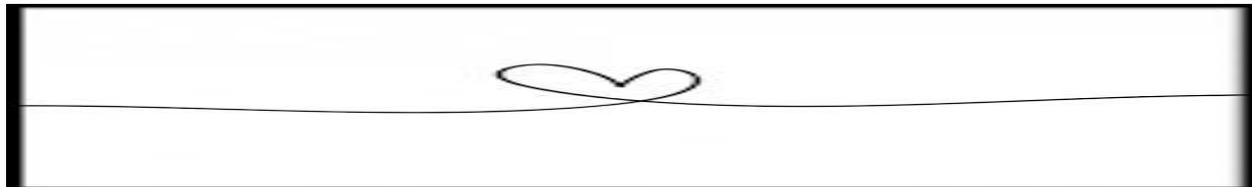
Rinse and **repeat**.

We consistently put **self-care** as our **lowest priority**. When it is last on the list, it is the one that can most easily be skipped entirely if we run out of time.”

~Jacqueline Getchius, MA, LPCC

CONSEQUENCES OF NOT PRACTICING SELF-CARE:

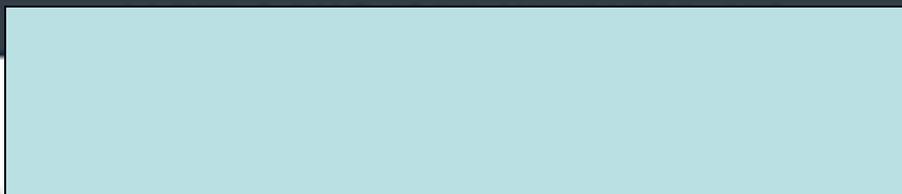
- Low energy
- Feeling hopeless
- Less patience
- Increased headaches, stomach aches, and other physical symptoms of stress
- Difficulty falling and staying asleep
- Challenges in choosing healthy food and urges to eat “comfort” foods
- Worsening mental health symptoms like depression or anxiety
- Feeling “burnout”
- Difficulty concentrating
- Strain or distancing in the relationship with your spouse or partner
- Less patience with your children
- Reduced performance at work
- Less motivation to engage in social activities



Self-Care is a
priority and necessity
- not a luxury -
in the work that we do.



Self-Care Deficit



Self-Care

Involves behaviors, thoughts, and actions that can be learned and developed.



1 RULE





You cannot *drink*
from an empty cup.

FILL YOURSELF UP. YOU'RE WORTH IT.



SIMPLE SELF CARE



5 MINUTE SELF-CARE

@ STACIESWIFT

WRITE DOWN
3 NICE THINGS
ABOUT YOURSELF

STEP OUTSIDE
FOR SOME FRESH
AIR

FIND A
VIDEO OF
CUTE
ANIMALS
ONLINE

DRINK
SOME
WATER

LISTEN
TO A SONG
THAT MAKES
YOU
SMILE

BOOK THE
APPOINTMENT
YOU'VE BEEN
PUTTING OFF

DO A SHORT
MINDFULNESS
BREATHING
EXERCISE



SELF-CARE CHALLENGE

Be inspired by whatever the words
mean to you.

1. Goals
2. Water
3. Forgiveness
4. Breathe
5. Rest
6. Laughter
7. Food
8. Meditation
9. Sweat
10. Socialize
11. Adventure
12. Favorite
13. Inspired
14. Hobby
15. Cook
16. Release
17. Yoga
18. Sleep
19. Movie
20. Movement
21. Stretch
22. Cozy
23. Love
24. Music
25. Journal
26. Sweetness
27. Solitude
28. Expression
29. Pamper
30. Nature

BlessingManifesting

TYPES OF SELF-CARE



PHYSICAL

Sleep
Stretching
Walking
Physical release
Healthy food
Yoga
Rest



EMOTIONAL

Stress management
Emotional maturity
Forgiveness
Compassion
Kindness



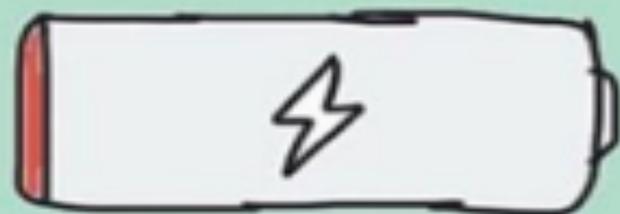
SOCIAL

Boundaries
Support systems
Positive social media
Communication
Time together
Ask for help



SPIRITUAL

Time alone
Meditation
Yoga
Connection
Nature
Journaling
Sacred space



YOU WOULDN'T LET THIS
HAPPEN TO YOUR PHONE.
DON'T LET IT HAPPEN TO
YOU EITHER.

SELF CARE IS A PRIORITY,
NOT A LUXURY.

Yes, but ...how?

@acuity_design

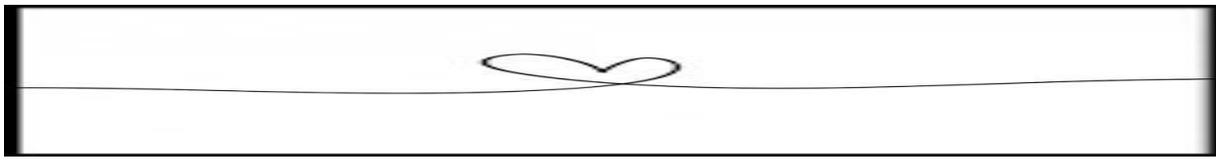
**Be kind.
Be patient.
Be generous.
Be accepting.
Be all of these things
to yourself.
That is where
it begins.**

Seed & Song

“Talk to yourself
like you would to
someone you love.”

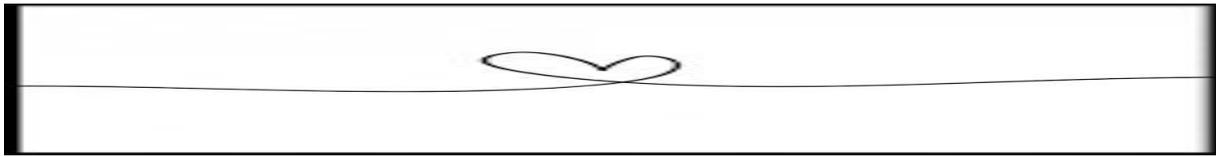
— Brené Brown





- The best way to make any behavior change is to make it as **simple** as possible, **realistic**, and **achievable**.
- What does this mean? It means making sure you're not expecting something that isn't going to be feasible in your day to day life.
- Start small.

~Jacqueline Getchius, MA, LPCC

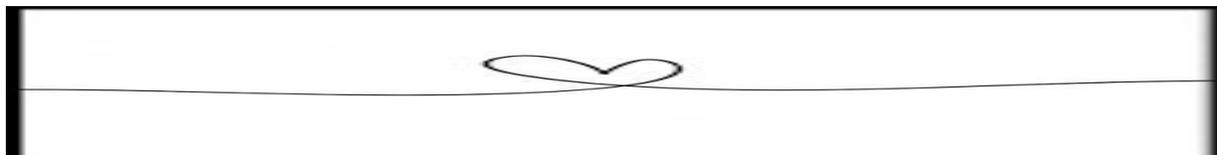


- **Stick to the basics**. Over time you will find your own rhythm and routine. You will be able to implement more and identify more particular forms of self-care that work for you.
- Self-care needs to be something you **actively plan**, rather than something that just happens. It is an active choice and you must treat it as such. Add certain activities to your calendar, announce your plans to others in order to increase your commitment, and actively look for opportunities to practice self-care.
- Keeping a **conscious mind** is what counts. In other words if you don't see something as self-care or don't do something in order to take care of yourself, it won't work as such. Be aware of what you do, why you do it, how it feels, and what the outcomes are.

~Jacqueline Getchius, MA, LPCC

LET'S BEGIN....

- Look back at last year....
 - Create a “Do More of This List”
 - Pull out your calendar
 - Put *at least* one thing from your list on your calendar (in ink!!)
 - Rinse and Repeat that item onto your calendar for the next month



MAKE time
For **YOURSELF**



are IMPORTANT

A photograph of a person sitting on a brown couch, holding a small brown dog. The person is wearing a pink shirt and white pants. The dog is looking towards the camera. The background is slightly blurred, showing a white wall and a window. The text is overlaid on the image in a white, bold, sans-serif font.

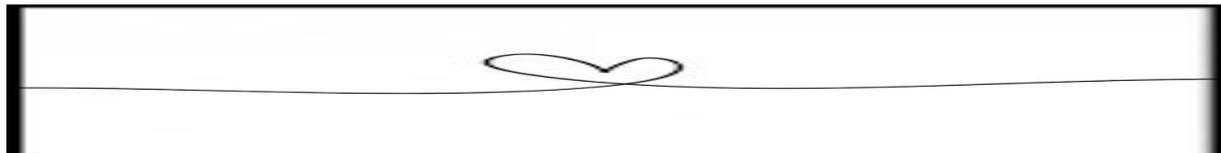
**MAKE PLANS LIKE
AN ADULT, AND
BELIEVE IN THEM
LIKE A CHILD**

JIM ROHN

LET'S BEGIN....

- Look back at last year....
 - Create a “no” list, with things you know you don't like or you no longer want to do. Examples might include: Not checking emails at night, not attending gatherings you don't like, not answering your phone during lunch/dinner.

~Jacqueline Getchius, MA, LPCC

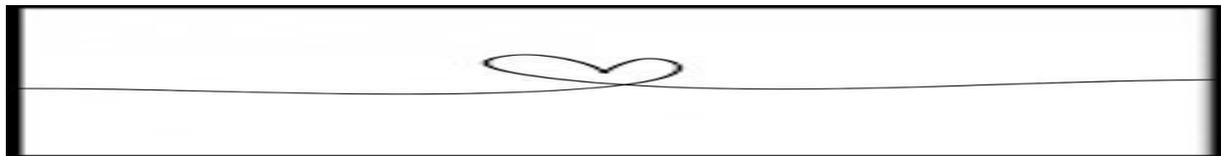


LET'S BEGIN....

- Guard your “yes” and own your “no”.

Every time you say yes to something,
you say no to something else.

You have permission to say no.



The Power of 5

Will it matter in...



minutes



days



weeks



months



years

stressful day TO-DO LIST



Fall in love
with taking
care of
yourself.
Mind.
Body.
Spirit.

*“An empty lantern
provides no light.
Self-care is the fuel
that allows your
light to shine
brightly.”*

UNKNOWN