



The Importance of Self Care

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Today's Focus



What is Self Care



Examples of Self Care



Lack of Self Care



Interrelating with "Others"



Strategies for Staying Healthy



So What Now ? ?

What is Self Care ?

Self care is being willing and committed to refresh yourself, Mind, Body, and Spirit.

Find Your place of Peace and Stability to help You handle the challenges of life.

The greatest act of love to ourselves, and our loved ones, is to be intentional in our self-care practice.

Examples of Self Care

- ❖ Give your Head a Rest every once in a while.
- ❖ Breathe Deep to Release Negativity.
- ❖ Spend time with “*People that bring out the Best in you, NOT the Stress in you.*”
- ❖ Take a Rest from Technology!
(Start with 15 mins and increase to a goal of 1 hour per day.)
- ❖ Move your Body, Stretch, Dance, Walk, Go Outside and enjoy bits of nature, Journal, Meditate, etc.
- ❖ Think Positive Thoughts.
- ❖ Give Gratitude for even small things.
- ❖ Listen to Your Inner Voice.

Self Care is NOT an Indulgence . . . It's a Necessity

- When we are depleted, we more easily become, Angry, Sad, Weepy, Argumentative, etc.
- You want Self Care to be ProActive rather than ReActive.
- Stress grows unless it is addressed, and causes Physical & Emotional problems. *(If we break a leg, people would not tell us to just walk it off. So when people are depressed or stressed, people should not tell us to shake it off; snap out of it; get over yourself.)*
- Regulate your Inner Critic (or other critics) about the importance of Your Self Care being a priority?
- We need to find Peacefulness in our own Chaotic World.
- **Start Small**

Two Things Inevitable in Life . . .

Death
&
Taxes



But . . .

There is a Third Inevitability...

CHANGE !

- ❖ Sometimes Positive
- ❖ Sometimes Negative
- ❖ Sometimes Neutral

Coping with Changes Affects:

- Mental Health
- Physical Health
- Emotional Health
- Psychological Health



Coping with Difficult Behaviors:

“THEY” are not likely to change.

YOU need to

Adapt, Redirect, and/or Defuse.

**Service Coordinators
have a lot to deal with,
including people's emotional issues
that are often beyond the job.**



Physical & Emotional Impacts:

- Irritability, Easily Frustrated
- **Argumentative**
- Moodiness/Mood Swings
- **Feeling Hopeless & Trapped**
- Forgetful / Lack of Concentration
- **Feeling Isolated / Alone**
- Lowered Sexual Desire
- **Feeling Overwhelmed**

Over Time . . .

- Can develop Higher Stress Levels
- High Blood Pressure
- Muscle Aches
- Sleep Disturbances / Anxiety
- Develop feelings of Attachment to clients
- May suffer from Depression
- Likely to have increased Health Problems
- Need to visit your own Doctors regularly
- Cope with Loss & Grief Burnout
- Cope with “Compassion Fatigue”

Depression is Real !

- **You are Not Alone**
 - **There is Help**
- **Depression, Anxiety, & Panic Attacks are NOT a sign of weakness. They are signs of having tried to remain strong for too long.**

Interrelating with “Others”

- Be Reassuring and Calm
- Do NOT Argue, Set the Tone
- Keep Things Simple
- Decide if the behavior is more of a problem for YOU, or more of a problem for the other person
- Some Annoying Behaviors are best accepted, as long as No One’s Safety is at Risk!

Cultural Competencies . . .

- Cultural Competencies contribute to better communication and empathy
- Understanding the History of Others:
 - Socio Economic Status
 - Acculturation
 - Language Proficiency
 - Cultural Values (Yours & Others)
 - Recognize & Respect Beliefs of Others

Clear Communications

- **Speak directly and respectfully to others**
- **Repeat yourself as necessary (avoiding sarcastic tones)**
- **Gain their trust by following up on promises**
- **Ask about their concerns**
- **Offer suggestions or recommendations**
- *Think about how you would want someone to treat your parent or grandparent*

Goals of Most Older Adults

- ✓ Independence
 - ✓ Dignity
 - ✓ Pain Free

Keep in mind . . .

- **Written instructions don't always work due to literacy issues**
- **Show or demonstrate rather than just telling a person what to do**
- **People are often hesitant to admit to lack of understanding**

Some Self Care Concerns

- Work Responsibilities?
- Work Concerns / Anxieties?
- Client Issues?
- Family Issues?
- Personal Issues?
- What keeps you up at night?

Coping Strategies for Self Care

- Create list of concerns
- Group tasks into categories
- Write down YOUR worries
- Make an 'Action Plan'

Recognize that asking for help is a sign of Strength.



Strategies for Self Care & Staying Healthy

- ❖ Get Some Exercise
- ❖ Take Deep Breathes
- ❖ Schedule Time For YOURSELF Everyday
- ❖ Eat Healthy
- ❖ Indulge! (once in a while)
- ❖ Break Tasks Into Smaller Tasks
- ❖ Seek Support / Accept Help



Additional Strategies . . .

- ❖ Nurture Yourself Spiritually
- ❖ Be Mindful of Your Emotions
- ❖ Solve the Right Problems
- ❖ Acknowledge Your Accomplishments
- ❖ Use Humor !
- ❖ Celebrate Small Successes



Make an “Action Plan”

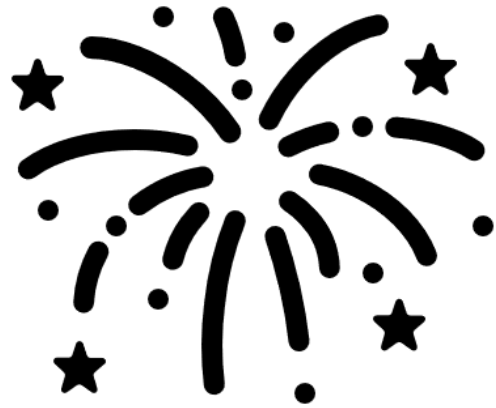
- ✓ Write Down Your Goals !
- ✓ Decide “What” (specific) you want to do
- ✓ Specify “When” you will do it
- ✓ Identify “Where” you will do it
- ✓ Make it a bite-size plan
- ✓ Determine your “confidence level” in getting it done (on a scale of 1-10)
- ✓ **“Just Do It” !!!**

So Now What ?

- Lack of self-care can be detrimental to your health
- Stay aware of signs of stress and seek help when necessary
- Find ways to reduce your stress, and don't be afraid to ask for help!
- Be sure to care for yourself:
 - Mind, Body, & Spirit
- Create YOUR Action Plan
- Get Informed . . . Explore Resources ! !



Questions ?





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