

Self-Care 101: Part 2

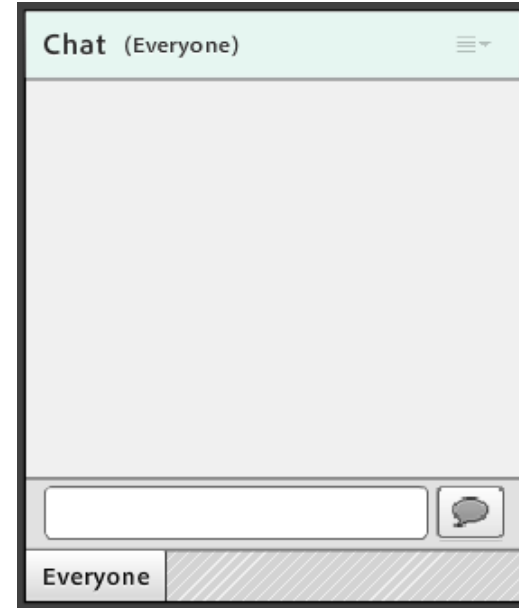
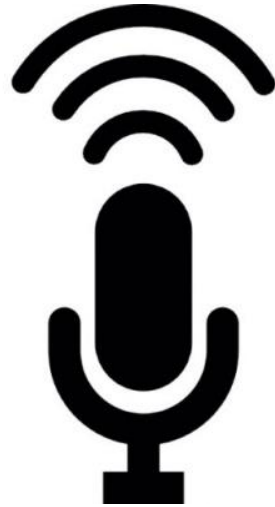
August 26, 2020
3:15PM – 4:30PM ET



NCS D

National Coalition
of STD Directors

Logistics



This webinar is being recorded. The recording and presentation slides will be emailed to those that registered. These materials will also be placed on the NCSD website.



Robert George

HIV Program Manager

Denver HIV Resources, Denver Department of Health & Environment

The background features several overlapping, wavy, translucent blue lines that create a sense of movement and depth. These lines are positioned primarily in the lower half of the frame, with some extending towards the top. The overall aesthetic is clean and modern.

SELF-CARE

Part 2

Your Presenter

Robert George

HIV Program Manager

Denver HIV Resources

Denver Department of Health and Environment

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Presentation Structure

1. Presentation Content
2. Ask questions in the chat during the presentation
3. Questions will be answered at the end of the presentation



Training Objectives

- Describe concept from Part 1 including self-care definitions, brain science concepts, self-capacity concepts, and self-regulation concepts
- Describe a process for self-care
- Identify barriers to self-care and strategies to address barriers



The image features a light blue background with several overlapping, semi-transparent, wavy blue lines that create a sense of motion and depth. These lines are positioned primarily in the upper and lower portions of the frame, leaving a large white space in the center. The word "REVIEW" is printed in a bold, black, sans-serif font in the lower-left area of this white space.

REVIEW

What does self-care mean to you?

- How do you want to feel?
- What are your intentions?
- What are your goals?

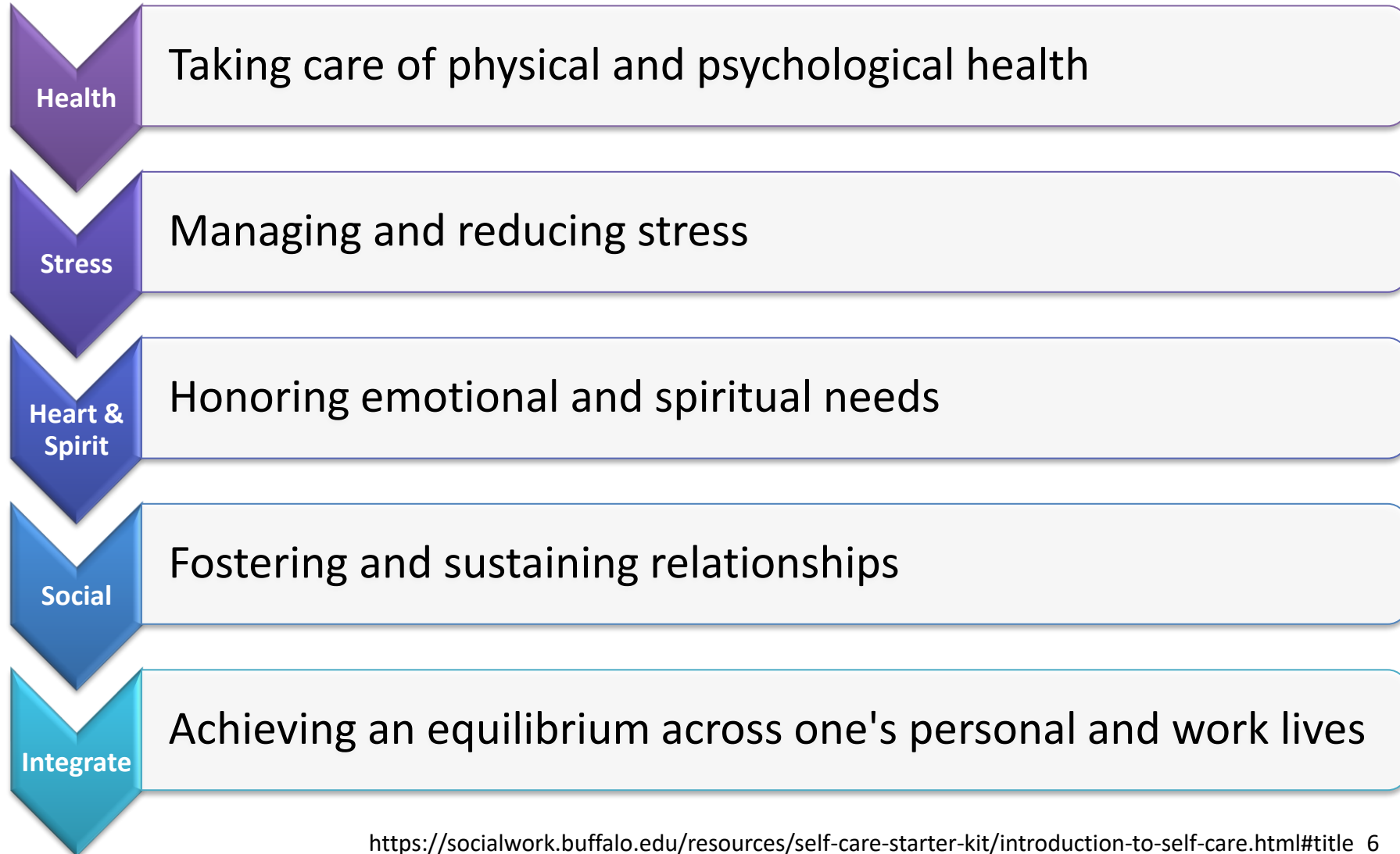


Self-Care



Self-care refers to activities and practices that we can engage in on a regular basis to **reduce stress and maintain and enhance our short- and longer-term health and well-being**

Self-Care Aims




Brain Responses

Two Responses:


1. Limbic Brain Response
2. Pre-Frontal Cortex Response



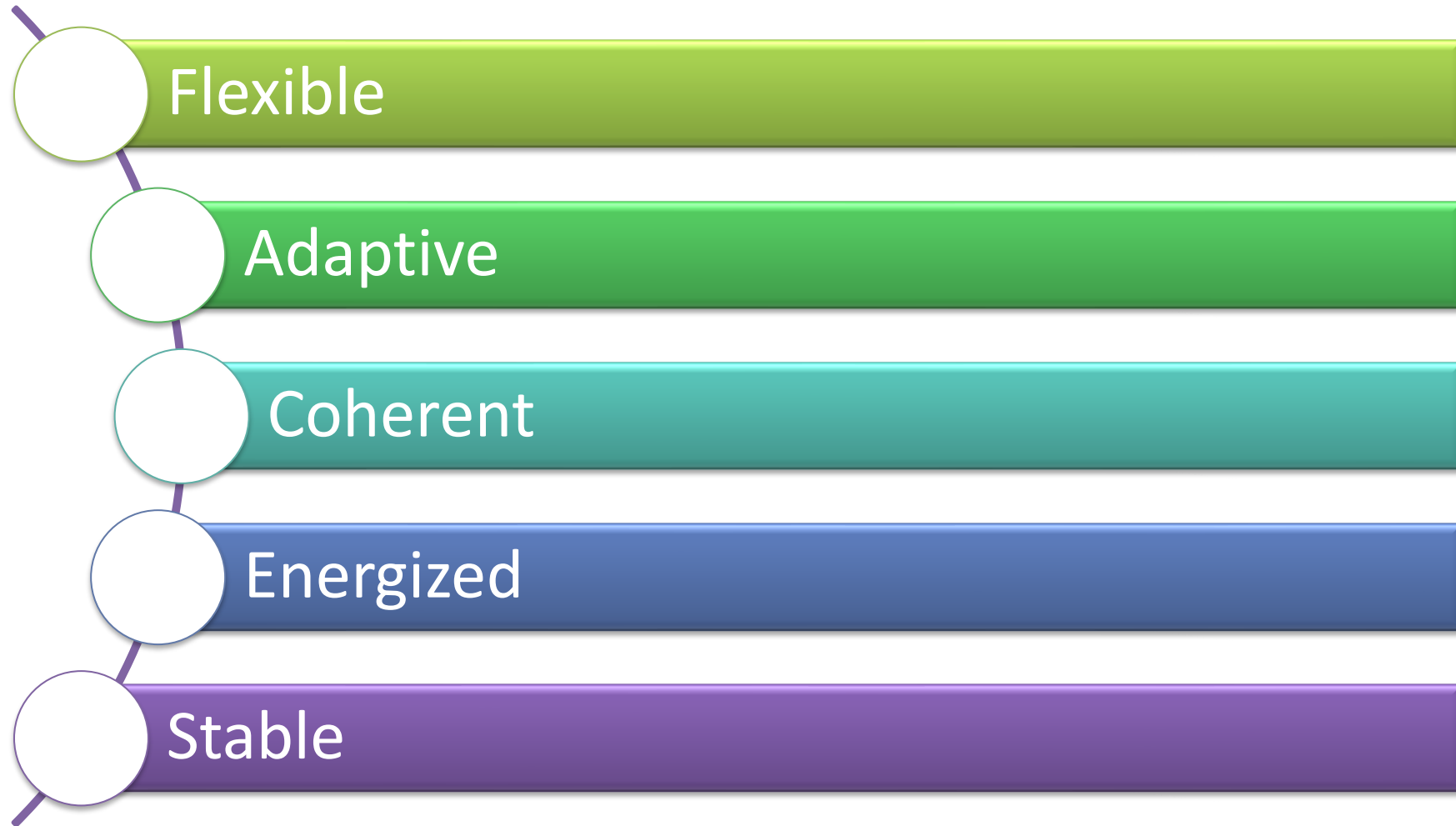
Signs of Burnout

- Anxiety
 - Physical Symptoms
 - Avoidance
 - Guilt
 - Exhaustion
- 

Burnout

- What are you feeling?
 - What are your feelings telling you?
 - What does this mean to you?
 - What action should you take?
- 

FACES



Self Regulation

- Manage emotions and behavior
- Resist highly emotional responses
- Calm self
- Adjust to change
- Handle frustrations

The background features several overlapping, semi-transparent blue wavy lines that flow across the frame, creating a sense of movement and depth. The lines vary in opacity and color intensity, ranging from a pale sky blue to a deeper cerulean. The overall composition is clean and modern, with a focus on fluid, organic shapes.

SELF-CARE DEVELOPMENT PROCESS

Self-Care Process

1. Assess where I am
2. Consider what I need
3. Make a plan
4. Check in on my plan
5. Adjust as needed



Assess Where We Are

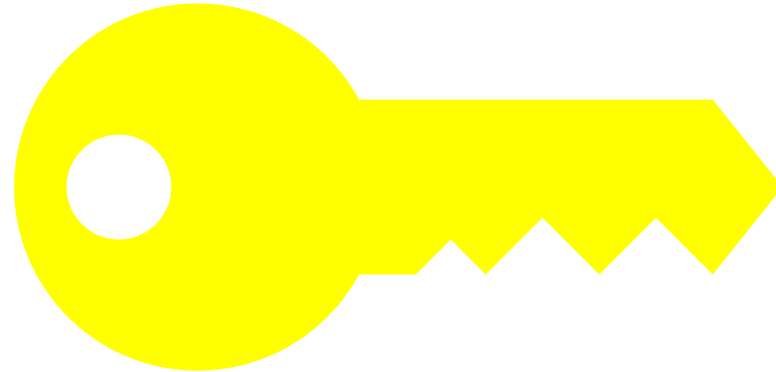
Questions to ask
ourselves:

1. What is happening?
2. How am I feeling?
3. How do I want to feel?



Consider What I Need

- What part of me needs tending?
- What does that tending look like?



Healthy Mind-Body Platter



Adapted from the Health Mind Platter, Rock & Siegel, 2012


Self-Comfort and Self-Care

1. Massage
2. Bubble Bath
3. Taking a walk
4. Taking a nap
5. Drink a cup of tea

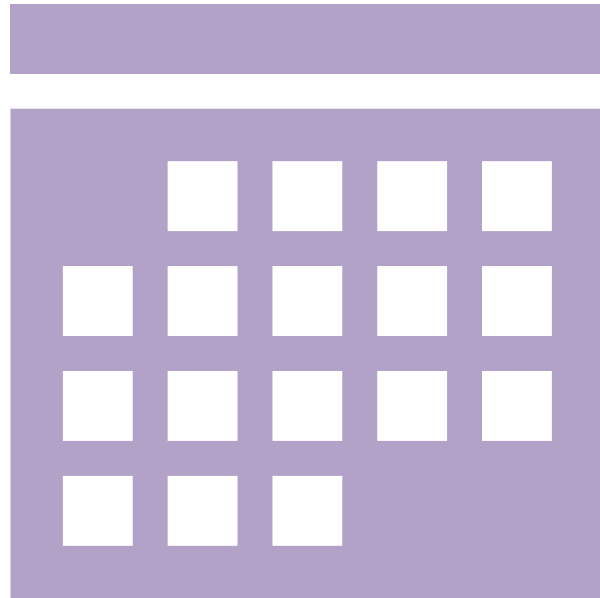


Stress Reduction

What can we do to reduce Stress?

1. Keep current with work
 2. Take care of personal responsibilities
 3. Operate by our values
 4. Know our limits
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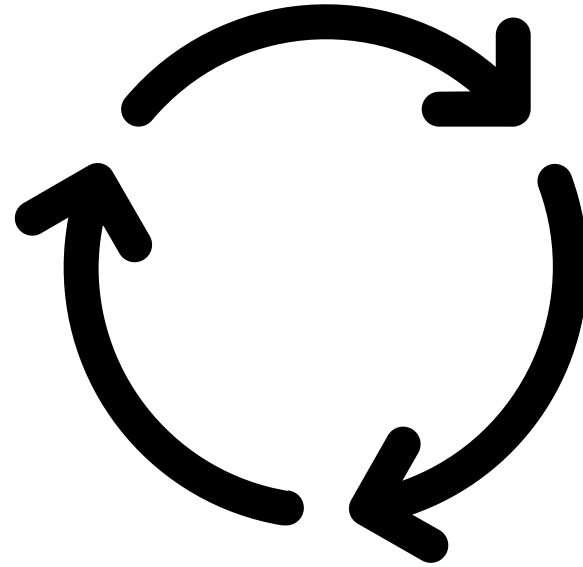
Make a Plan



1. Plan in small time increments
2. Set attainable goals.
3. How will I know it's working?

Adjust the Plan

1. Is it working? How do I know?
2. Don't give up!
3. Adjust to what works.

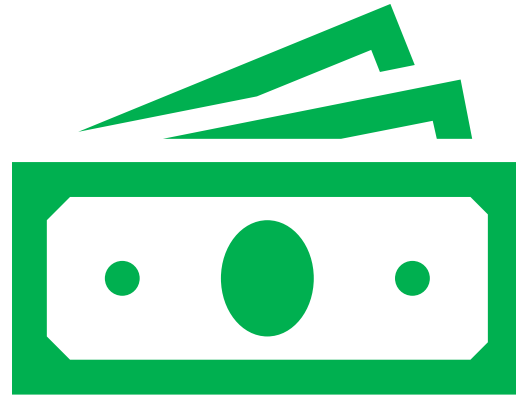


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BARRIERS TO SELF-CARE

Barriers to Self-Care

- Lack of time.
- Lack of money.
- Lack of self-compassion.



Compassion- Five Qualities




Self Compassion

- Being open to and moved by one's own suffering
- Experience feelings of caring and kindness toward oneself
- Taking an understanding, non-judgmental attitude toward one's inadequacies and failures
- Recognizing that one's experience is part of the common human experience.



Barriers to Self-Care

- Experience more self-compassion
 - Assess what you can do
 - Assess what you are doing
 - Try out different activities
 - Be true to yourself
 - Ask for help
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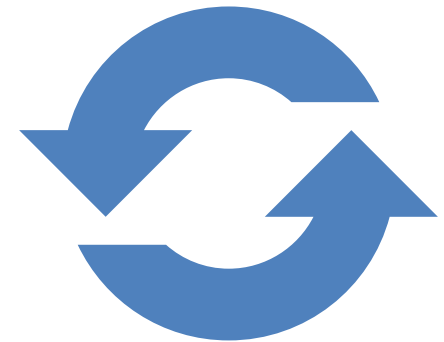
Let's Get Started

What is one thing you
think you can do for
yourself?



Please Share

- What has worked for you?
- We can learn from others
- Peer support is a trauma informed principle
- Shared experiences are powerful
- We can consider things we may not have thought of

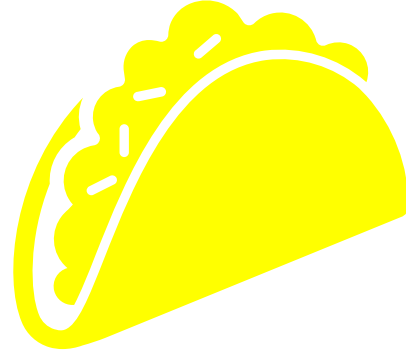
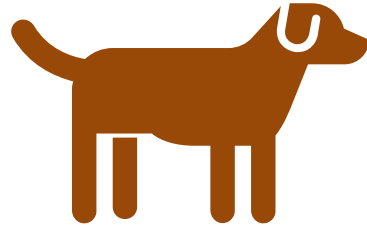


“If you suddenly and unexpectedly feel joy, don’t hesitate, give in to it. “

--Mary Oliver



Questions?



- Robert George: Robert.George2@DenverGov.org
- Please complete the webinar evaluation once the webinar ends.
- The webinar recording and presentation slides will be shared.

Upcoming webinars

- **September 9 at 3:15-4:30pm ET – Self Care & Supervision**
 - Registration link will be sent via email and placed on the NCSD website:
<https://ncsd.adobeconnect.com/e5j3t5d30pnb/event/registration.html>
- **September 30 at 3:15-4:30pm ET – Self Care & Intersectionality**
 - *Registration link is forthcoming!*