

Self Care: How to Take Care of Yourself So You Can Take Better Care of Others



Winter/Spring Webinar Series
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Formed Families Forward - who we are...

- A family-led resource center in Northern Virginia supporting foster, adoptive and kinship families who are raising children, youth & young adults with special needs, and professionals who work with our families.
- We offer free training, consultations to families, events, resources, and systems navigation. Also - peer support groups; webinars; virtual trainings; child care program; videos and other resources.
- Family partner to Virginia Tiered Systems of Supports (VTSS; a VDOE project)

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POLL

Who is here?

Mark all that apply:

- Foster Parent
- Adoptive Parent
- Kinship Caregiver
- Birth Parent
- Professional



School's Out.....



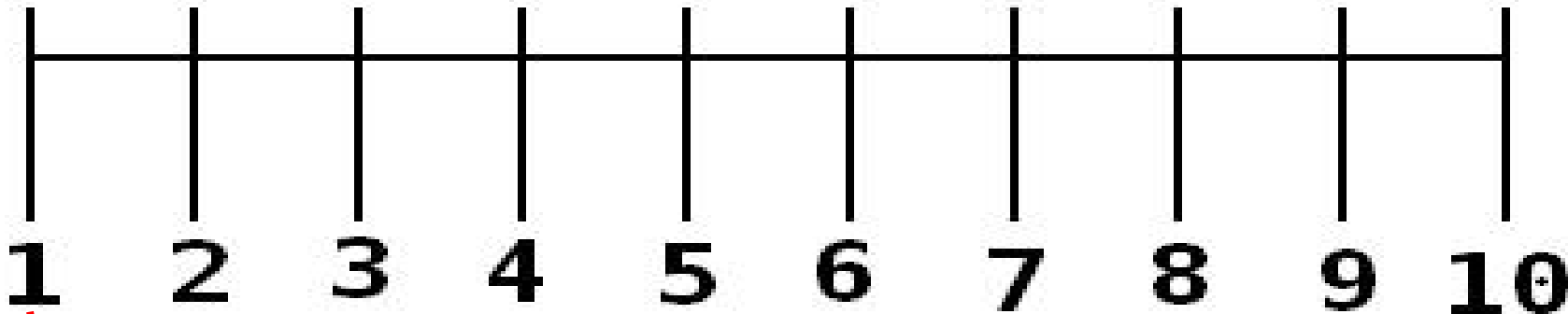
BUMPY ROAD AHEAD!

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Put your oxygen mask on first!



Rate your stress level



Summer break
is a walk in the
park!

Is Labor Day
almost
here?

Learning Objectives:

- ❖ Stress - what is it? What does it do?
- ❖ Resilience & the Resilient Zone
- ❖ What is self-care
- ❖ The road to self-care, i.e., how to do it
- ❖ Barriers to self-care
- ❖ Creating a wellness plan

Let's talk about stress



What is stress and what does it do?

- A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances
- Stress hormones trigger a **fight, flight or freeze** response that helps us to react quickly
- Stress may be positive or negative

Survival Mode Responses



FIGHT

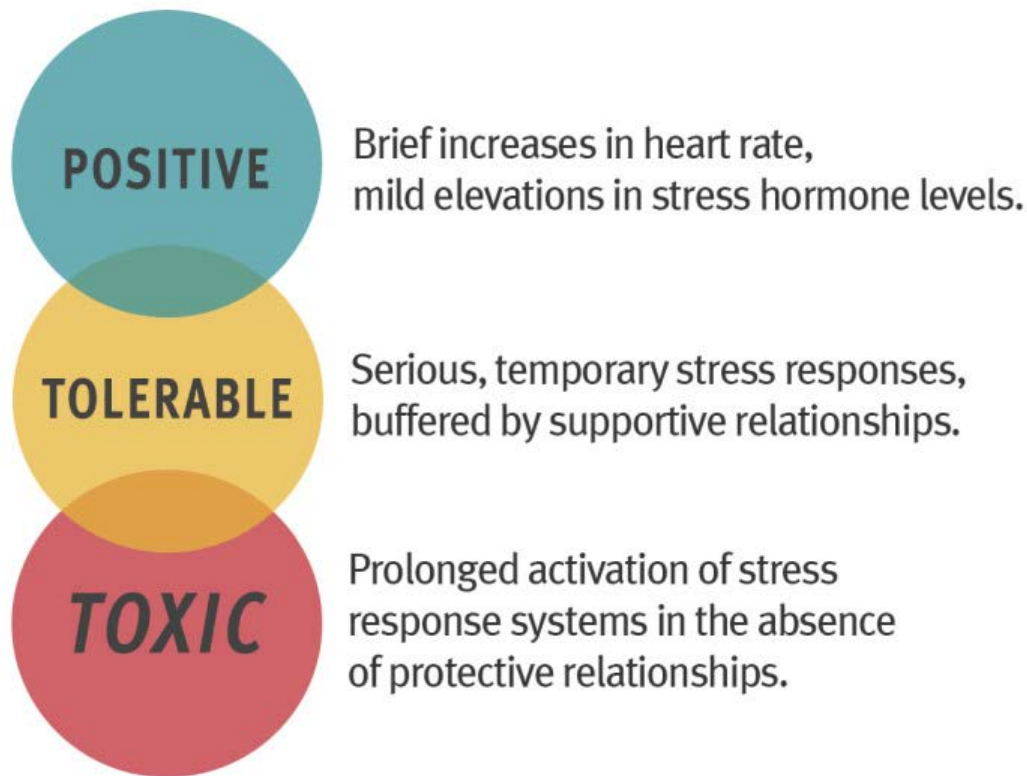


FLIGHT



FREEZE

Types of Stress



Common stress reactions

- Anxiety or nervousness
- Anger or irritability
- Difficulty concentrating or forgetfulness
- Depression, low mood, or crying
- Sleeping too much or too little
- Muscle or headaches
- Withdrawal



*What are your
stress reactions?*

RESILIENCE

is the ability to adapt and thrive despite challenges that arise from adversity, trauma, tragedy, threats, or significant stress



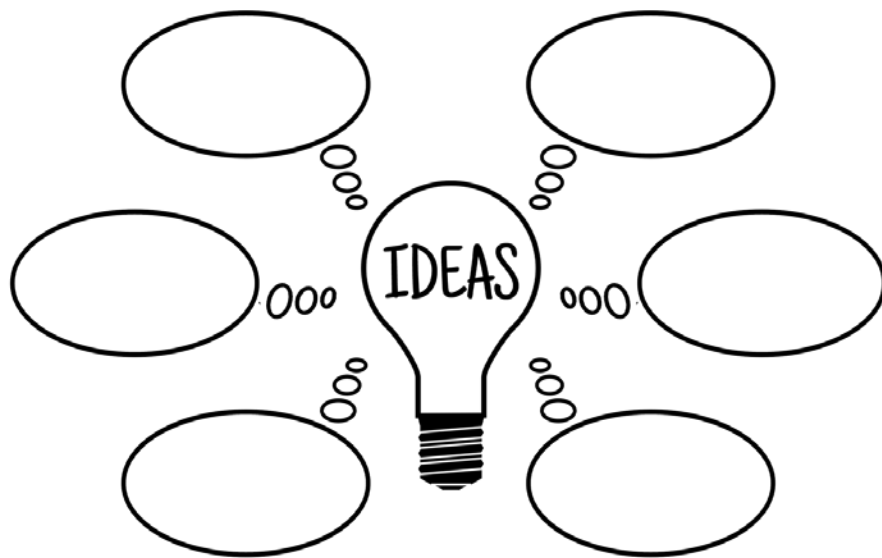
- ★ Resilience lessens the effect of life's stressors
- ★ There are physical, mental, emotional, and social practices that we can integrate into our daily routines to enhance our resilience

Dealing with Stressors - the OK or Resilient Zone

Things happen in life and our thoughts, feelings and reactions move around in the RESILIENT ZONE



What does self care mean to you?



What is self-care?

The North American Council on Adoptable Children (NACAC) defines self-care as a culture of habits, hobbies, and actions that we practice as a way of helping ourselves. Self-care activities keep us balanced; they can help us be better caretakers; and by doing these things ourselves, we model a healthy lifestyle for our children.

Self-care can be....



The Road to Self-Care - Self wellness

1. Give yourself permission
2. Keep it simple; Prioritize; Don't over commit
3. Stop comparing yourself to others
4. Know your triggers & have a plan
5. Schedule down time
6. Express gratitude
7. Have something to look forward to
8. Identify support
9. Get physical
10. Put self-care on your schedule



Source: North American Council on Adoptable Children (NACAC.org)

4) Know your Triggers and Have a Plan



Nurturing vs Depleting Activities

Nurturing Activities - cheer us up, give us energy, improve our well-being, help us better manage stress

Depleting Activities - sap our energy, increase our stress levels, take away from our happiness

Source: Positive Psychology

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Nurturing

Grocery Shopping

Depleting

Nurturing

Walking the dog

Depleting

Nurturing

Cooking dinner

Depleting

Nurturing

Driving to work

Depleting

5. Schedule Down Time/Quiet Time



“Almost everything will work again if you unplug it for a few minutes, including you.”

– Anne Lamott

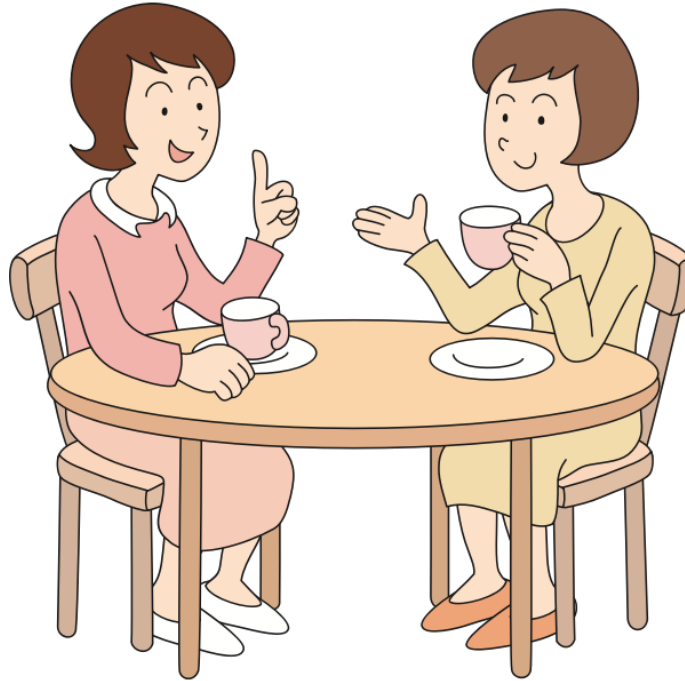
6. Accentuate the positive/Express gratitude



7. Have something to look forward to



8. Have a source of support



9. Get Physical



10. Routines & Schedule

- Keep everyone in the loop - have a mini meeting: “here’s what the week looks like”
- Visual reminders - family calendar, charts, check lists
- Build self-care into the schedule



Wellness Bingo



Ate breakfast	Got a hug	Took a nap	Spent time outside	Had lunch with a friend
Prayed or meditated	Said “no” to a volunteer activity	Spent time on a hobby	Snuggled with a pet	Laughed
Took a walk	Enjoyed a warm (or cool) beverage	Showed up today	Spent time alone	Cooked a meal
Listened to favority music	Left work on time	Called a friend to chat	Expressed gratitude	Exercised
Played	Did something artistic	Planned something to look forward to	Journalled	Asked for help

If we don't take care of ourselves?

- Guilt, resentment, anger
- Fatigue, trouble sleeping
- Drink/eat too much
- Health issues
- Depression, negative self-thoughts, feeling a failure
- Feeling overwhelmed at work, home
- Personal relationships suffer
- Lose our ability to care, connect, and empathize



Barriers to self care

- We are natural caretakers
- We want to do it all, be there
- We often don't know what will help us
- We think we should not need help
- The phrase, “take care of yourself” has lost its meaning



Domains:

- Physical
- Psychological
- Emotional
- Spiritual
- Personal
- Professional

Wellness Plan

Domain	Activity	When	Barrier	Plan	Benefit
Physical	Walk outside 7am for 20 min	Mon, Wed, Fri	Weather	Walk on treadmill	Feel better
Psychological					
Emotional	Journal 2x week, 10 min	Tues, Thurs	Time	Leave journal on desk Do when kids are doing their homework	Identify/proc ess issues
Spiritual					
Personal					
Professional					

Mindfulness

“The practice of maintaining a nonjudgmental state of heightened or complete awareness of one’s thoughts, emotions, or experiences on a moment-to-moment basis.”

<https://www.merriam-webster.com/dictionary>

Practice Activity-Mindfulness

Use your five senses to ground yourself-name 5 things you can see, 4 you can feel, 3 hear, 2 you can smell and 1 you can taste

Mindfulness Videos on YouTube

[2 minute guided meditation](#)



Emotional Emergency Kit

- Food/Water (daily nurturance)
- Flashlight (focus on hope)
- Batteries (get enough sleep)
- Cell Phone (stay socially connected)
- Charger (take time outs to recharge)
- Blankets (do something that makes you feel good)
- Map (set goals - have a plan)



Source: girlsleadership.org

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