

MOPS VIDEOS 2016: SELF CARE



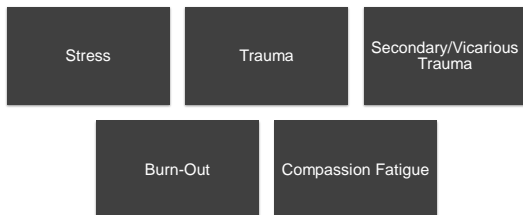
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OBJECTIVES



- Understand the importance of self care for the helper & the participant
- Identify at least 3 self-care strategies you can utilize

HOW WOULD YOU DEFINE...



STRESS RESPONSE = INABILITY TO:



Relate



Learn



Process

Burn-Out & Compassion Fatigue



Hey, You!

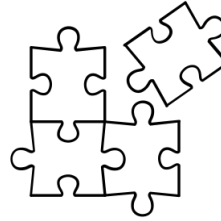


When I take good care of myself, I...

Robust & Resilient People

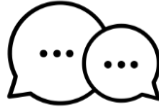
- ▶ Cope well with stressful events and long term strain
- ▶ Maintain good energy and health when under stress
- ▶ Bounce back stronger from setbacks
- ▶ Change approaches when old ways no longer work
- ▶ Do not react in dysfunctional or harmful ways
- ▶ Confront problems directly

It's About Fit!



- Bills
- Budget
- Chores
- Family
- Friends
- Groceries
- Kids
- Love
- Pets
- School
- SELF CARE
- Sleep
- Spirituality/Religion
- Work
- +

Hey, You!



The hardest thing about self care is...

Top 10 Self Care Strategies

Top 10

1. Relax
2. Rejuvenate
3. Eat
4. Sleep
5. Exercise
6. Meditate/Be Mindful
7. Do What Fills You up
8. Transition
9. Practice Emotional Intelligence
10. Practice Realistic Optimism

#1 & #2: Relax & Rejuvenate

Relax

Restore

While awake, unwind, be still

Rejuvenate

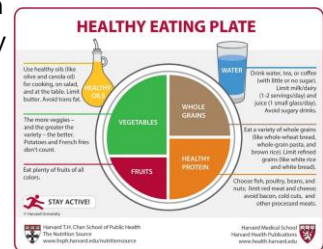
Refuel

Exert energy, be active



#3: Eat

- Be careful with comfort food & drink
- Eat for health (3/4 meals)
- Use moderation
- Know your body
- Eat regularly
- Be mindful
- Drink water



#4: Sleep



#5: Move Your Body



- Follow doctor's recommendations
- **Movement = healing**
Intention is key
- 5-7 hours/week
- Moderate (breathe heavier with sustained regularity, some sweat)
- Cardio
- Strength
- Balance
- Stretch

#6: Calm Your Mind

Meditation

20 minutes or 5x for 5 minutes

Time

Intention

Be kind & gentle

Gentle transition

Mindfulness/Grounding Techniques/Being Present

Head (thoughts)

Heart (feelings)

Hands (body/behavior)

Self compassion, expanded compassion

Compassion: Self & Others



#7: Do What You Want



Take 30 minutes every day
to do what you **WANT** to do
(touches your heart or fills
you up)

Hughes, M. (2014)

#8: Transitions

- Task to Task
- Work to Home
- Home to Work

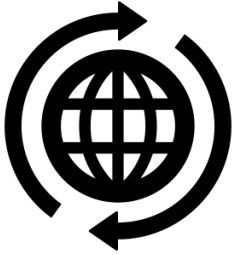


#9: Practice Emotional Intelligence

- Have many feeling words
- Identify feeling(s)
- What do I need to do right now
(deal & put away)?
- Revisit your thoughts, feelings & experience later
 - Gone?
 - Resolution needed?
 - What are my feelings
 - How big/small?
 - Appropriate for the situation?
 - What do I need to do?



#10: Practice Realistic Optimism



- Realistic
 - Grounded in reality, facts
- Optimism
 - 3:1, for every negative thought, think 3 more positive thoughts

Hey, You!



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References & Resources

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