

A better you: A guide to self-care

Self-care is an opportunity to reflect on your feelings and emotions as you experience stressful or traumatic events. As a professional working with families facing challenges or crises, it is important to stay physically and emotionally healthy through self-care.

The following information can help you maintain a healthy balance of mind, body and spirit to stay at your best.

What Self-Care Looks Like - A publication to help you define self-care.

<http://psychcentral.com/blog/archives/2015/03/15/what-self-care-looks-like/>

The Grieving Process: Coping with Death - This 4-minute video shows the stages of grief and reinforces the idea that there is no right or wrong way to grieve.

https://www.youtube.com/watch?v=gsYL4PC0hyk&feature=player_detailpage

Assessment:

Are you feeling fatigued or having a lack of energy?

Are you irritable, impatient and angry with people around you at home or work? Do you feel busy, yet have a sense that you do not accomplish much at all?

Do you have difficulty concentrating or remembering?

Do you think you have to be the one to help everyone in need of something?

Replenish the Well: An Experience in Self-Care (comprehensive self-care assessment worksheets).

https://www.andrews.edu/services/ctcenter/prevention/self-care_ax_worksheet.pdf

Replenish the Well: An Experience in Self-Care (a 'pie of life' exercise).

https://files.counseling.org/wellness_taskforce/PDF/ACA_taskforce_lifepie.pdf

Replenish the Well: An Experience in Self-Care (identify your social supports).

https://files.counseling.org/wellness_taskforce/PDF/ACA_taskforce_socialsupport.pdf

"There can be no rainbow without a cloud and a storm." ~ Unknown

Coping skills:

Breathing exercises

Refocus and reduce your stress level. The exercises are free and only take a few minutes.

<http://healthland.time.com/2012/10/08/6-breathing-exercises-to-relax-in-10-minutes-or-less/>

Deep breathing also is known as diaphragmatic breathing. Learn to breathe through your diaphragm.
<http://psychcentral.com/lib/learning-deep-breathing>

"I've got to keep breathing. It'll be my worst business mistake if I don't." ~ Steve Martin

Meditation

Meditation is the collective term for a number of techniques used to still the mind, relax the body and produce a state of inner harmony.

<http://www.meditationcenter.com/>

"Give your stress wings, and let it fly away." ~ Terri Guillemets

TED talks:

The Adventure of Grief - Discusses how to live with grief and offers potential ways to flourish.

<https://www.youtube.com/watch?v=juET61B1P98>

Trauma, Change, Resilience

<https://www.youtube.com/watch?v=P8nMgY5dkTs>

Self-care resources:

10 simple tips to help manage and reduce your stress level.

<http://www.skillsyouneed.com/ps/stress-tips.html>

Preventing Burnout - Signs, Symptoms, Causes and Coping Strategies.

<http://www.helpguide.org/articles/stress/preventing-burnout.htm>

8 Proven Ways to Manage Stress: Tips from Mayo Clinic.

<http://life.gaiam.com/article/8-proven-ways-manage-stress-tips-mayo-clinic>

What About You? A Workbook for Those Who Work with Others

<http://www.familyhomelessness.org/media/94.pdf>

"I define comfort as self-acceptance. When we finally learn that self-care begins and ends with ourselves, we no longer demand sustenance and happiness from others." ~ Jennifer Louden