



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, especially the loss of an infant or child. As a professional working with families facing challenges or crisis, 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 does self-care look like? This publication will help you define self-care and the importance of it in your life.

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

Coping with death; the grieving process. This four-minute video shows the stages of grief and reinforces the idea 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 lack 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

“There can be no rainbow without a cloud and a storm” ~Unknown

Coping Skills

Breathing exercises refocus and reduce your stress level.

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

Deep breathing is also known as diaphragmatic breathing. Learn to breathe through your diaphragm.

<http://psychcentral.com/lib/learning-deep-breathing>

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. There are numerous meditation apps and websites.

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

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

Social Media: 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 and Resilience.”

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

Self-care resources:

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

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

Preventing Burnout; Recognize the signs, symptoms, causes and coping strategies.

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

Tips to help manage stress:

<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>

“Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort.” ~Deborah Day