

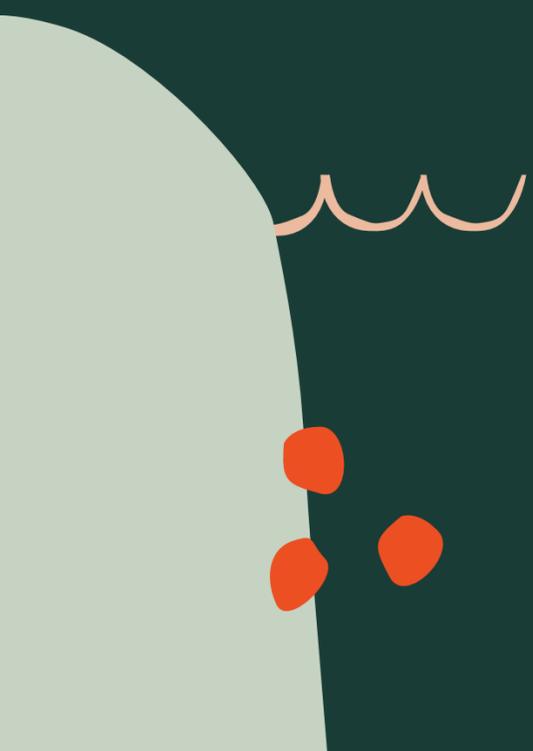
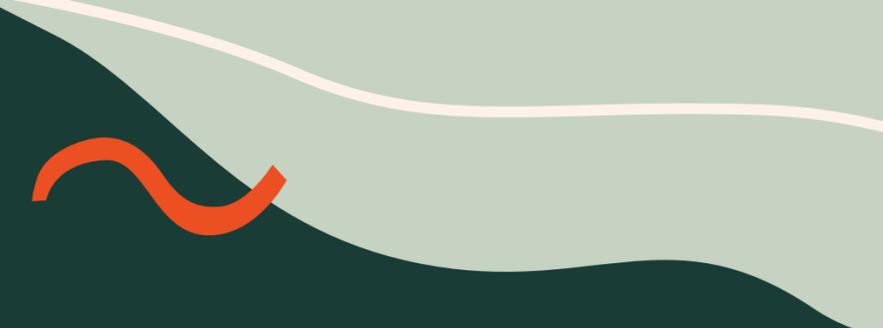
RECONNECT & REINVIGORATE

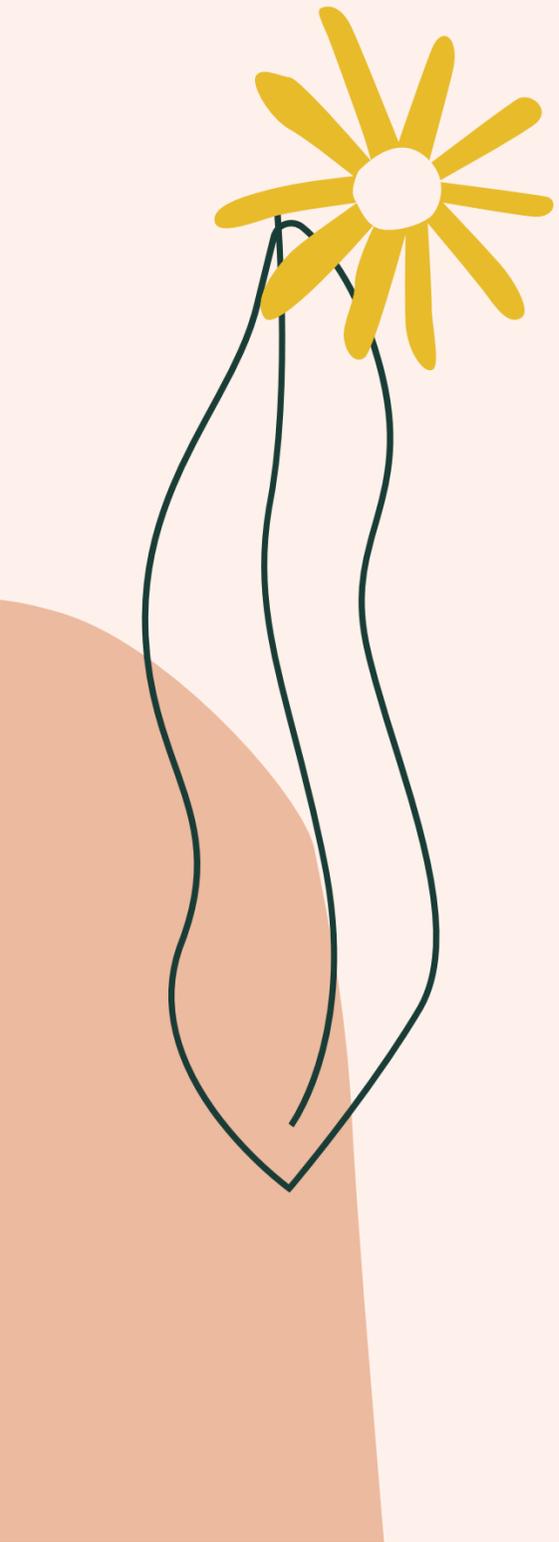
WITH

Holistic self-care

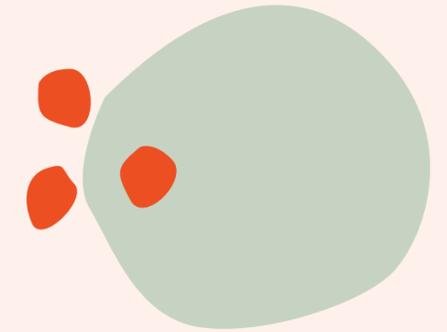
Renée Dell'Acqua, MPH

Health Educator & Certified Health Coach





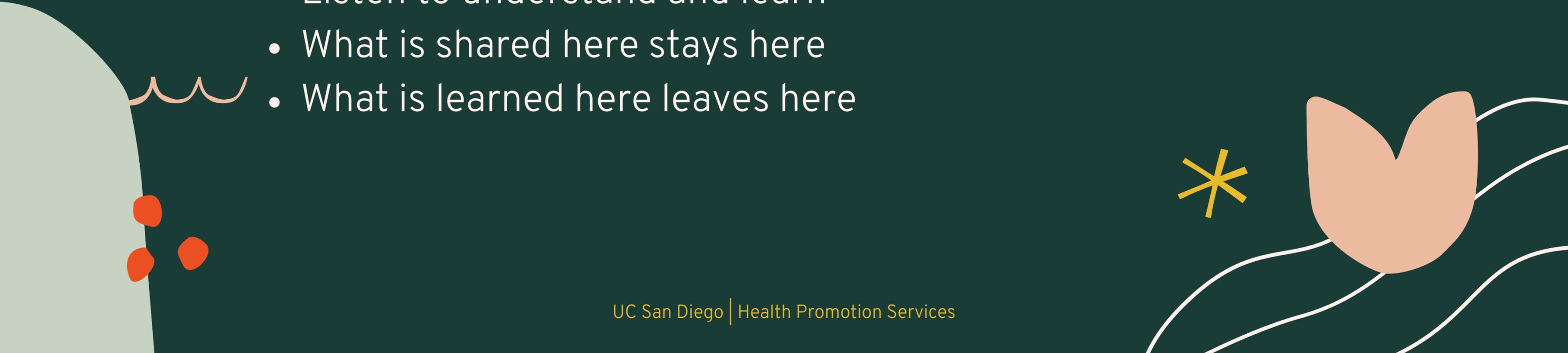
Workshop Objectives

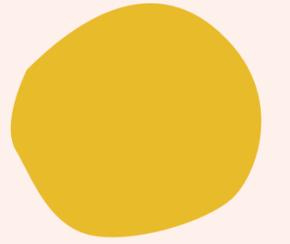
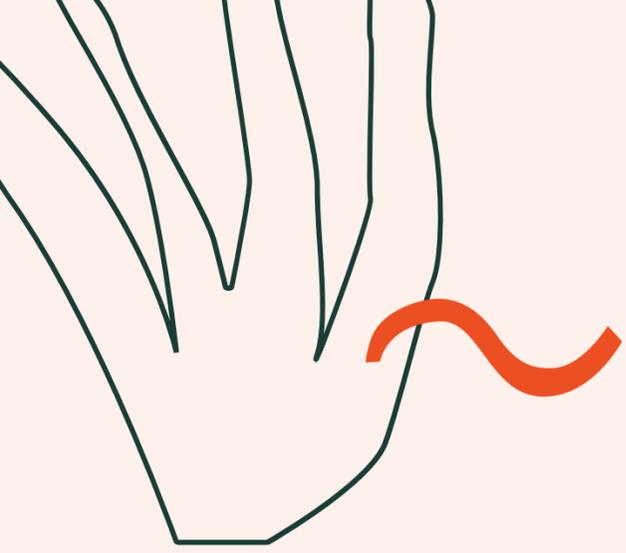


- To bring awareness to the true meaning of self-care
- To gain a deeper understanding of the various elements that make you, you!
- To learn about different types of self-care
- To discuss feasible and realistic strategies for incorporating self-care into our lives



Community Guidelines

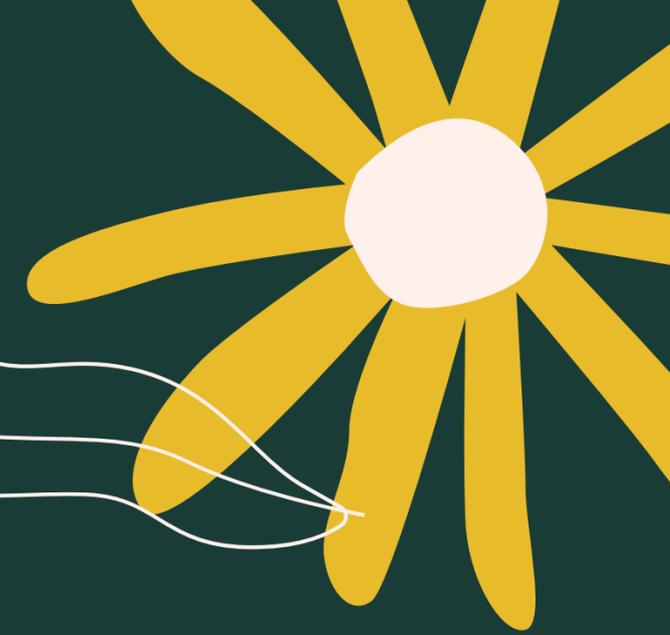
- Respect one another
 - Share the airtime
 - Assume positive intent
 - Listen to understand and learn
 - What is shared here stays here
 - What is learned here leaves here
- 



What does **self-care** look
like to you?



What is self-care?



"Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook. Good self-care is key to improved mood and reduced anxiety. It's also key to a good relationship with oneself and others."

- Psych Central





What self-care isn't...



SELFISH

When we devote time to taking care of ourselves, we give the world and those around us the best of us, not what's left of us.

COSTLY & TIME CONSUMING

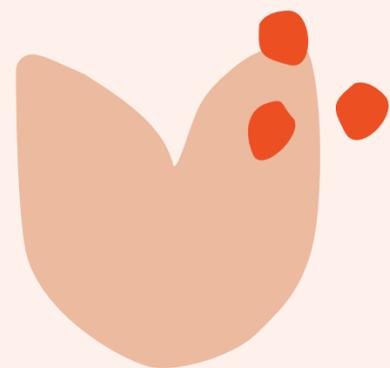
Self-care is often viewed as a luxury that only some can afford and/or can only be practiced occasionally. But really, simple, free, and quick exercises can lead to big impacts!

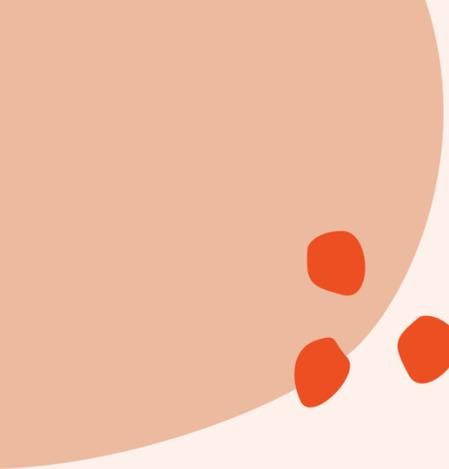
THE SAME FOR EVERYBODY

We are unique human beings with unique set of needs. What might work for one person may not work for another.

EARNED

There's a misconception that only when we have achieved, can we take care of ourselves.





Let's take a holistic perspective



Physical



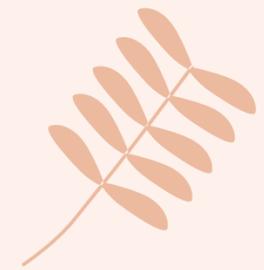
Emotional



Social

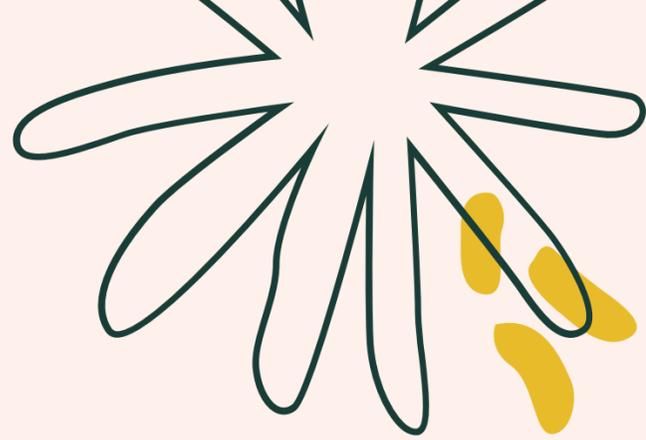


Spiritual



Intellectual





holistic in nature



PHYSICAL

Caring for and nurturing our physical body through nutrition, movement, rest, & medical adherence (if applicable). It also include practicing safer sex and harm reduction strategies related to alcohol and other drugs.

EMOTIONAL

Recognizes awareness and acceptance and healthy expression of one's feelings (e.g., joy, anger, fear, stress, etc.). It includes the capacity to manage feelings and related behaviors including the realistic assessment of limitations, development of autonomy, and ability to cope effectively with stress

SPIRITUAL

Recognizes one's search for meaning and purpose in human existence. It includes the development of a deep appreciation for the depth and expanse of life and natural forces that exist in the universe.

SOCIAL

Recognizes the ability to relate to and connect with other people in the world. The ability to establish and maintain positive relationships with family, friends and co-workers. Social wellness also includes showing respect for others, oneself and other cultures.

INTELLECTUAL

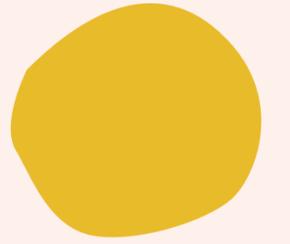
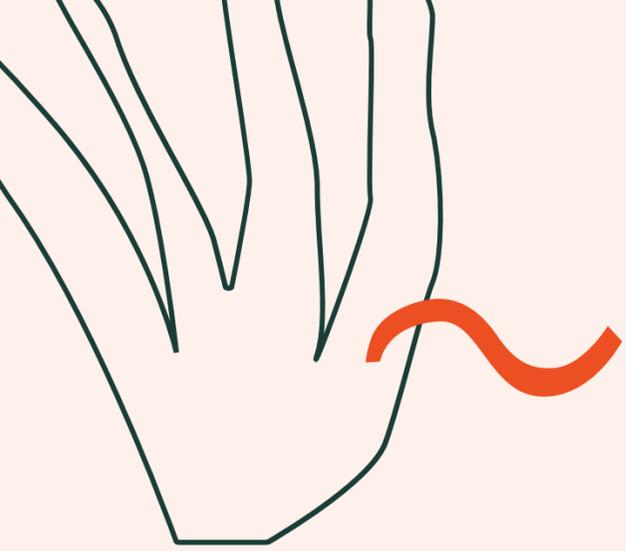
Encourages creative, stimulating mental activities. Explore issues related to problem solving, critical thinking, and adaptation to change



Physical Self-Care

- Prioritize sleep and rest
- Move your bodies in ways that feel right for you!
- Nourish your body with foods it needs and wants (all in moderation)
- Balance work, play, and rest
- Practice safer sex (if you choose to have sex)
- Practice harm reduction strategies if you choose to consume alcohol





What does **physical self-care**
look like to you?



Emotional Self-Care



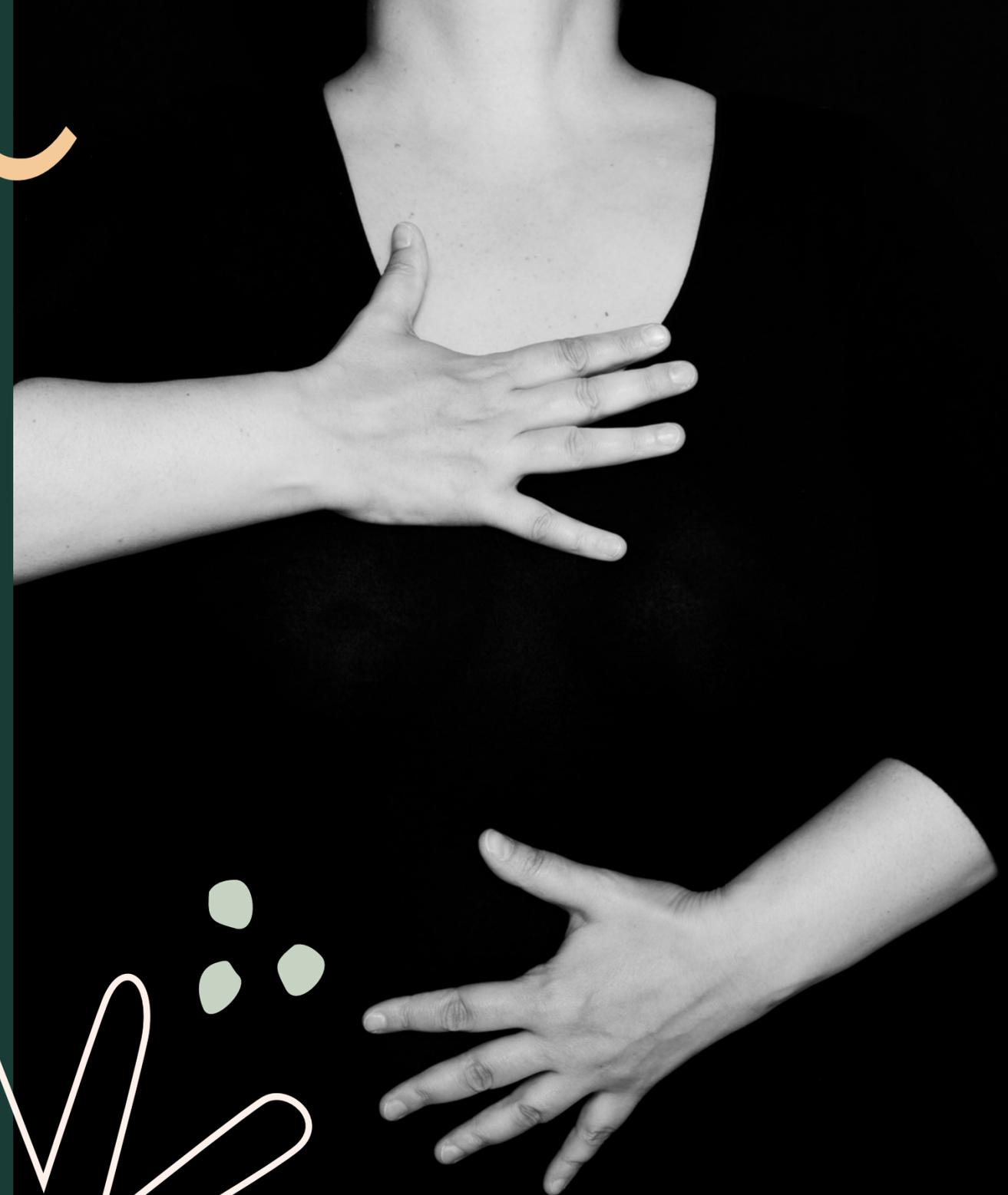
- Tune into your thoughts, emotions and feelings
- Validate your experiences
- Discover healthy ways to cope with stress
- Identify your stressors
- Get help early on if you feel overwhelmed or in need of support
- Practice time management
- Listen to music that soothes you
- Recognize that humor can be a useful respite

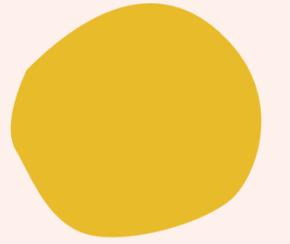
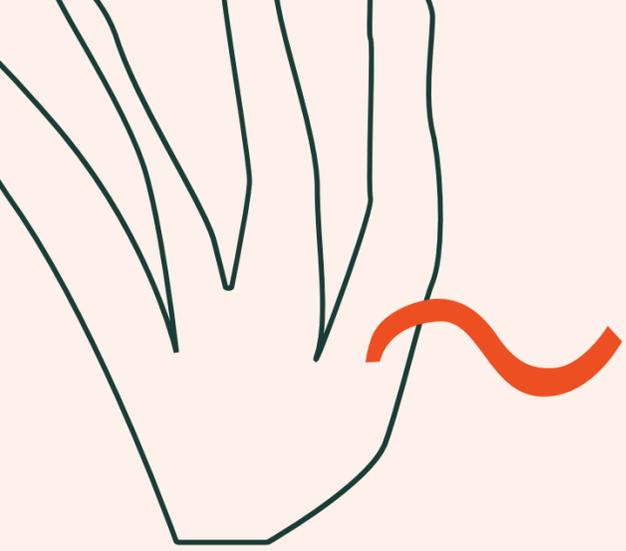
4-7-8 Breathing Exercise

While sitting or lying down in a comfortable position, place one hand on your chest and one hand on your belly. Next...

- 4** Take a slow and deep breath in through your nose as you count to 4 in your head
- 7** Gently hold your breath as you mentally count to 7
- 8** Slowly exhale through your mouth as you mentally count to 8

Repeat this exercise 5-10 times until your mind and body feel calm and at ease.





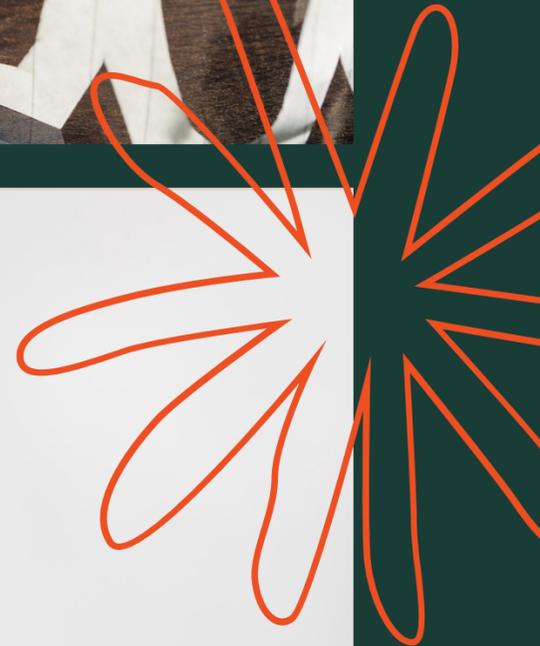
What does **emotional self-care**
look like to you?

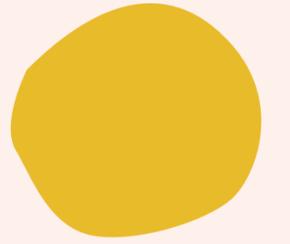
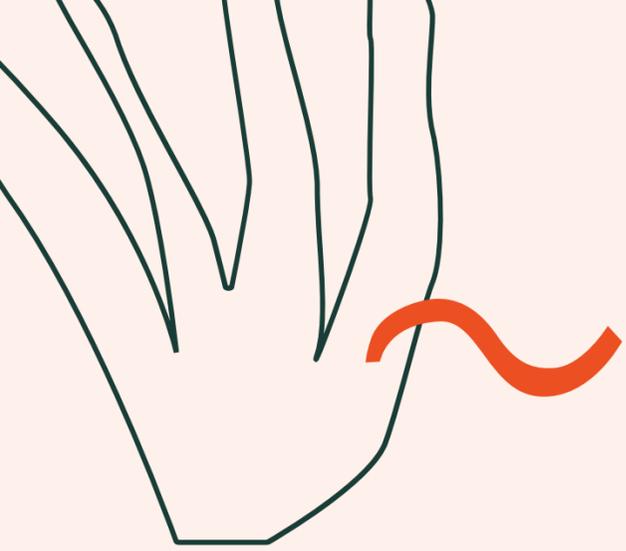




Social Self-Care

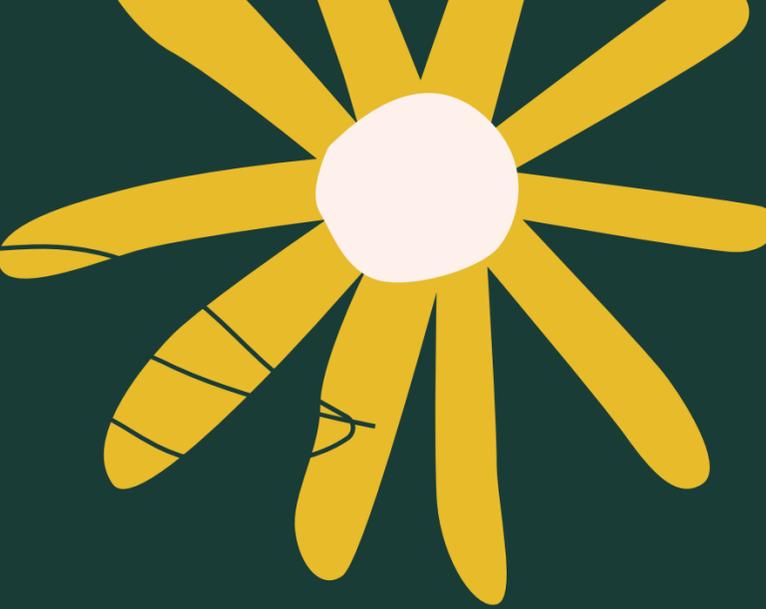
- Be aware of withdrawal and isolation
- Get nurturance/care from loved ones
- Use friends and family and community for support
- Be supportive to others
- Seek out others for social activities
- Establish healthy boundaries, especially when others are too demanding of your time or energy
- Contribute to your community (e.g., volunteer work; mentoring)





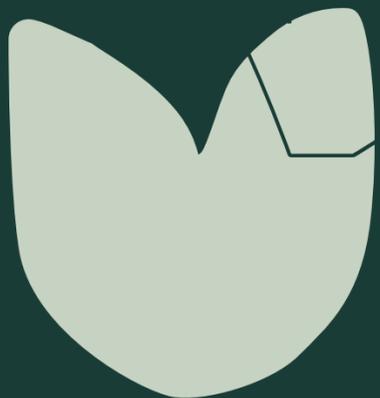
What does **social self-care** look
like to you?

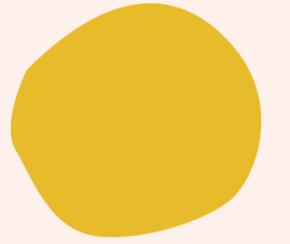
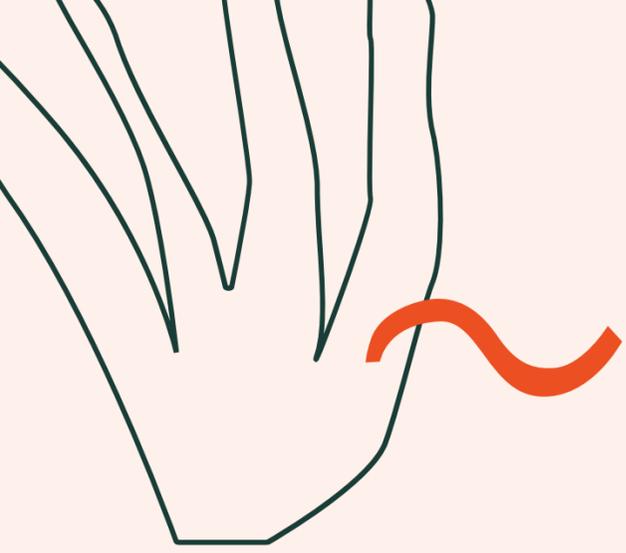




SPIRITUAL SELF-CARE

- Read inspirational works
- Cultivate and express gratitude
- Meditation, prayer
- Practice mindfulness exercises (HPS Mindfulness Consultations)
- Connect with nature
- Find creative ways to express yourself
- Join communities with shared values and missions
- Volunteer for causes that are meaningful to you
- Allow yourself and others to live authentically





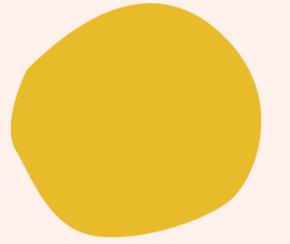
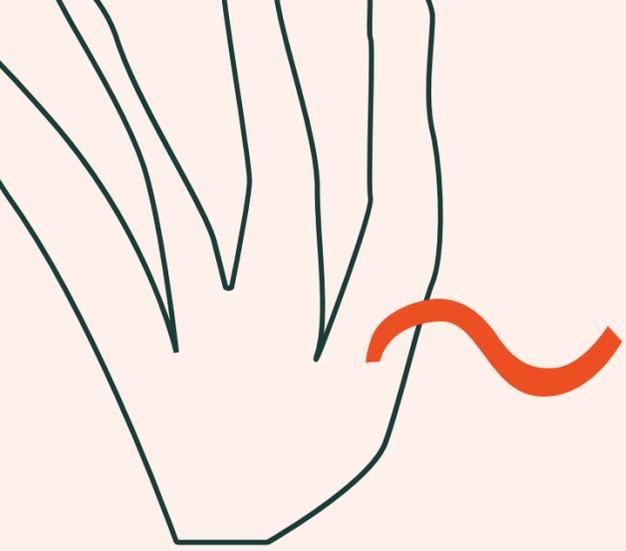
What does **spiritual self-care**
look like to you?



Intellectual Self-Care

- Find new books to read & podcasts to listen to! Explore different genres to expand your knowledge on a topic or area you're unfamiliar with!





What does **intellectual self-care**
look like to you?



SHARE YOUR THOUGHTS
ON THIS WORKSHOP!



<https://bit.ly/3acgPC8>

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