

# The Importance of Self-Care for Everyone

PROMOTING WELL-BEING THROUGH PRACTICAL SELF-CARE  
STRATEGIES

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# Agenda Items

- Understanding Self-Care and Its Value
- The Unique Challenges Faced by Parents and Caregivers
- Barriers & Benefits of Self-Care
- Practical Self-Care Strategies and Tips
- How to Support a Culture of Self-Care for All
- The Self-Care Compass

# Understanding Self-Care and Its Universal Value





Self-care is not indulgence—it's maintenance.

It is both preventive and restorative.

It looks different for everyone.

# Defining Self-Care

The practice of taking action to preserve or improve one's own health.

The practice of taking an active role in protecting one's own well-being and happiness, during periods of stress.





## 7 Pillars of Self-Care

- <https://isfglobal.org/>



# Why Self-Care Matters

## **Burnout Prevention**

Self-care helps to prevent burnout by allowing individuals to recharge and manage stress effectively.

## **Quality of Life Improvement**

Engaging in self-care activities enhances overall quality of life by promoting physical and mental well-being.

## **Supporting Resilience**

Regular self-care builds resilience, helping people adapt and cope with life's challenges across diverse backgrounds.

# **The Unique Challenges Faced by Parents and Caregivers**



# Common Stressors and Burdens of Caregiving

## Emotional Strain

Caregivers frequently experience significant emotional stress from continuous caregiving responsibilities and concern for loved ones.

## Physical Exhaustion

Physical fatigue is common among caregivers due to demanding daily tasks and lack of rest.

## Financial Pressures

Caregivers often face financial burdens from medical expenses and reduced income, impacting their stability.



# Balancing Personal Needs with Caregiving Responsibilities

## Challenges of Caregiving

Caregivers face difficulty meeting personal needs while managing caregiving duties, often leading to stress and exhaustion.

## Importance of Support Systems

Access to support networks and resources helps caregivers maintain balance and improve well-being.

## Self-Care Practices

Implementing regular self-care routines is essential for caregivers to sustain their health and caregiving effectiveness.



# **Barriers & Benefits of Self-Care**



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# Barriers to Self-Care

- Guilt (“others need me more”)
- Lack of time
- Belief that self-care must be expensive or time-consuming
- Emotional exhaustion

“What gets in the way of your self-care?”

## Improved Mental Health and Reduced Risk of Depression

- Regular self-care activities can significantly reduce depression risk and enhance mental well-being.
- It can improve our overall health and lower disease.
- Self-care can increase joy.
- Self-care aides in perspective taking.





## Enhanced Resilience and Coping Skills

Self-care is essential for building emotional resilience and maintaining mental well-being.

Strengthened resilience helps manage daily stress and face challenges effectively.

When self-care is a habit, it becomes second nature strengthening those coping and resilience skills.

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# Positive Impact on Relationships

Caregivers and parents who practice self-care improve their emotional and physical well-being, enabling better support for loved ones.

Self-caring individual fosters stronger, more positive connections with others, enhancing mutual understanding.

You need to put on your own oxygen mask, before helping others.

Self-care IS community.



# **Practical Self-Care Strategies and Tips**

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### **Mental**

Take short brain breaks between tasks  
Learn something new (podcast, article)  
Do a “mind dump” journal session

### **Emotional**

Check in with your mood daily  
Express feelings through art or writing  
Vent safely to a trusted person

### **Physical**

Stretch for 5 minutes in the morning  
Keep a consistent sleep routine  
Drink enough water daily

### **Environmental**

Declutter one small area weekly  
Add plants or flowers to your space  
Open windows for fresh air



### **Spiritual**

Write 3 things you're grateful for

Practice 5 minutes of mindfulness

Take an action that matches your values

### **Recreational**

Play or create just for fun

Try a new place or activity

Block weekly "hobby time"

### **Social**

Message someone you care about

Share a meal, walk, or movie

Join a club, class, or volunteer group

# Your Self-Care Compass

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## 4 directions

### **North: What Grounds Me?**

What brings you back to center? Consider people, routines, spaces, or practices that create a sense of stability.

### **East: What Energizes Me?**

What fills you up with energy or joy? Think about activities, experiences, or environments that give you momentum.

### **South: What Drains Me?**

What exhausts you physically, emotionally, or mentally? Recognize patterns, tasks, or situations that deplete your resources.

### **West: What Nourishes Me?**

What truly feeds your spirit and well-being? Reflect on emotional, creative, or physical nourishment.



## Encouraging Open Conversations About Self-Care

### Normalizing Self-Care Talks

Open conversations help reduce stigma around self-care and promote mental well-being.

Talking openly motivates people to prioritize self-care without feeling guilty or ashamed.

# Let's Share

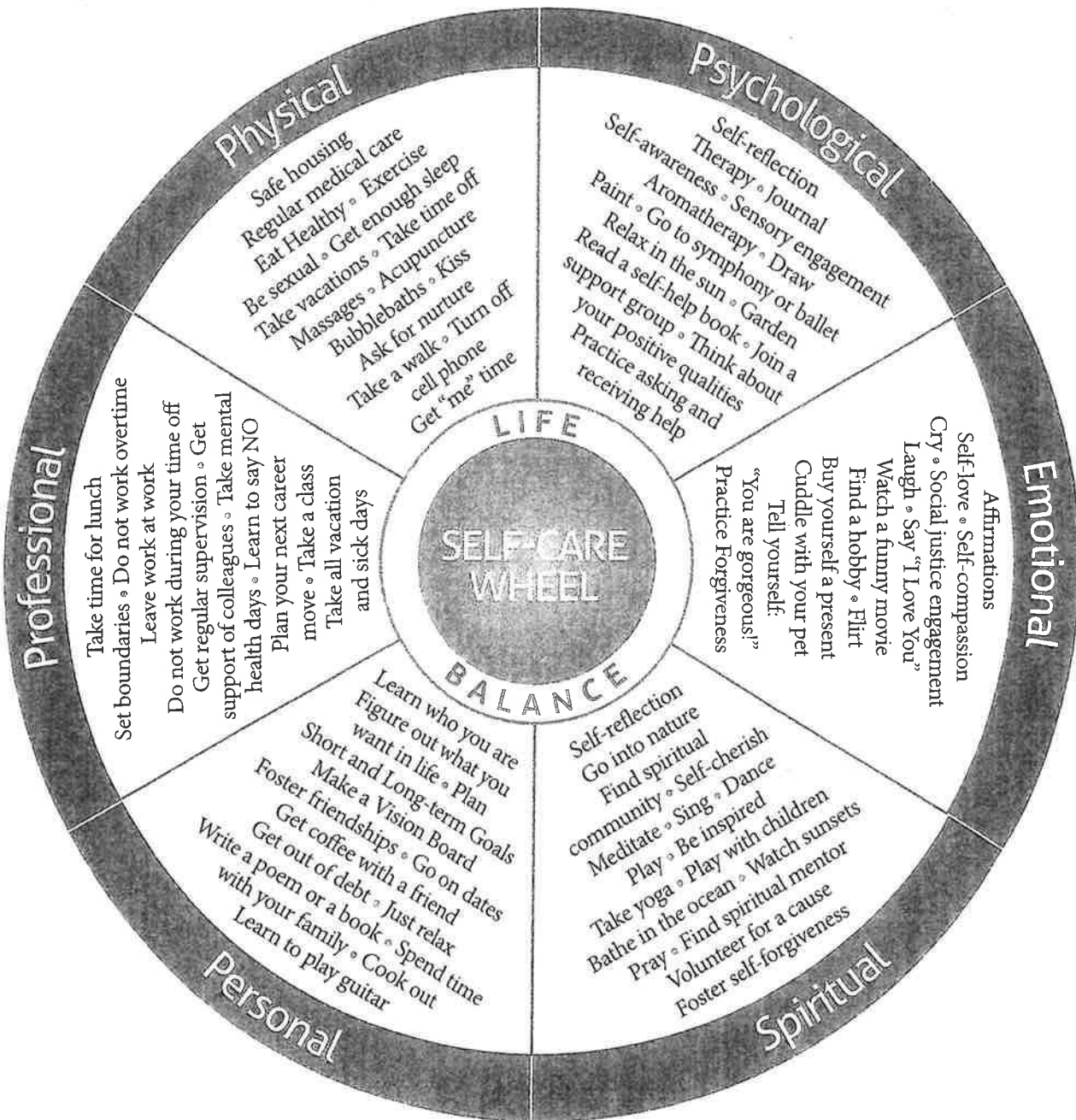


# Conclusion

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“What is one thing you will do to care for yourself this week?”

# SELF-CARE WHEEL

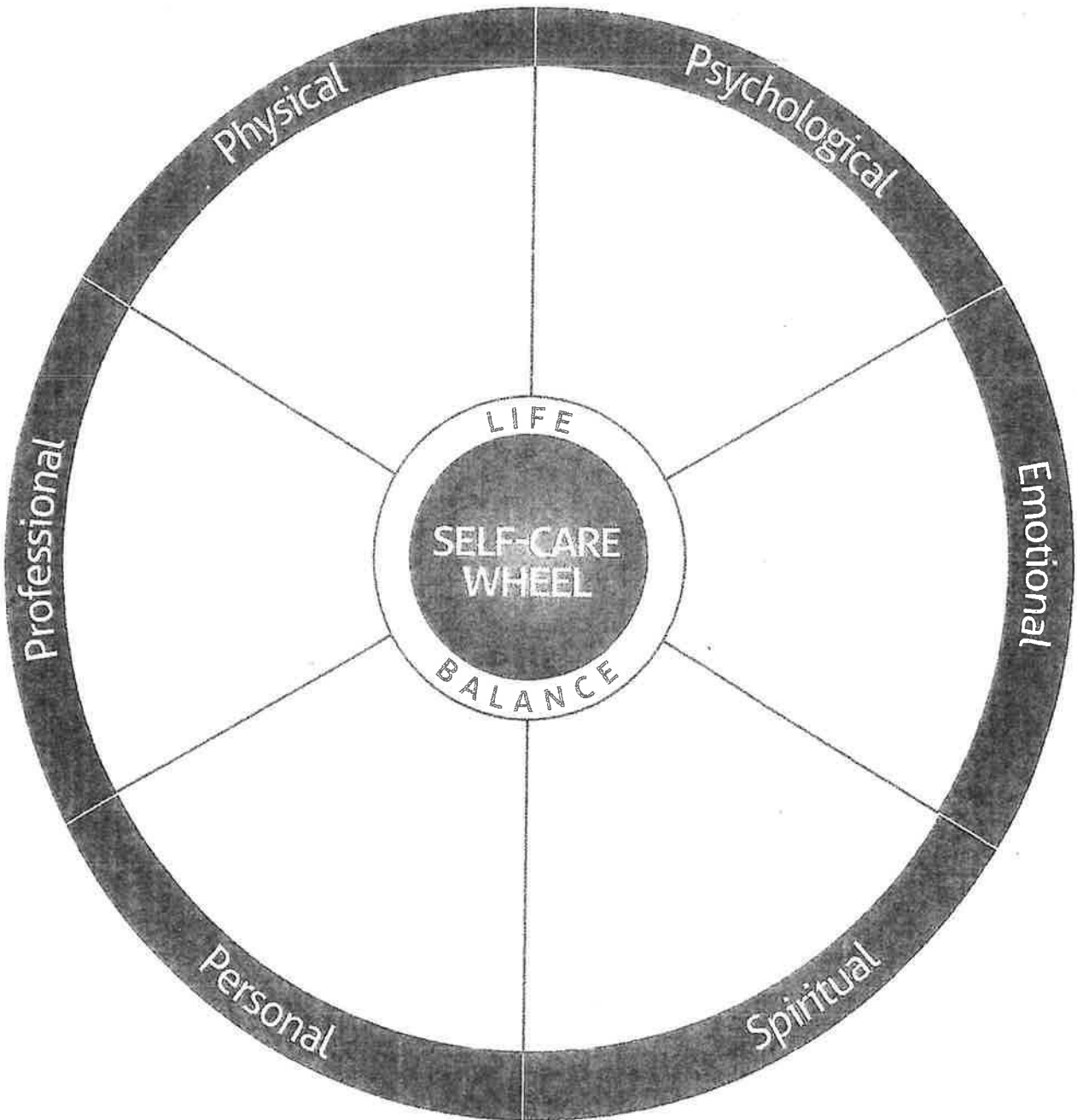


This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013).

Dedicated to all trauma professionals worldwide.

[www.OlgaPhoenix.com](http://www.OlgaPhoenix.com)

# SELF-CARE WHEEL



Identify 2 people who can provide peer support or mentorship in self-care:

1. \_\_\_\_\_
2. \_\_\_\_\_