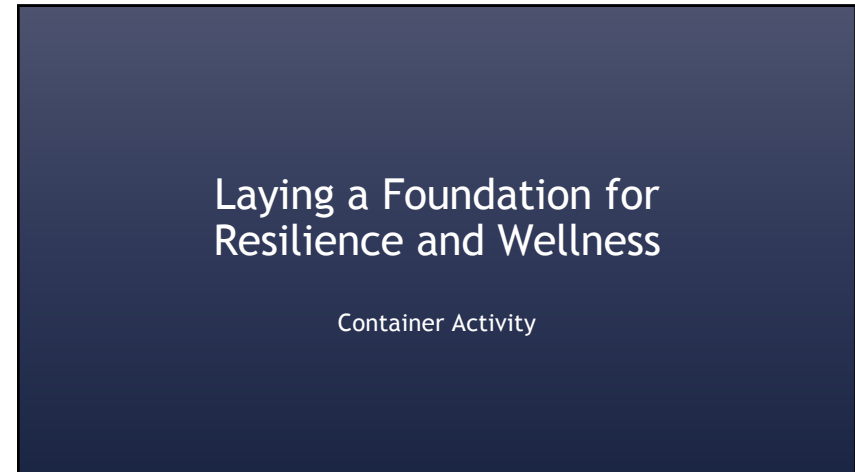


1



2


### Self-Care Myths

<p>Myth 1</p>  <p>Emotions = weakness</p>	<p>Myth 2</p>  <p>Self-care is selfish</p>	<p>Myth 3</p>  <p>Perfection is attainable</p>
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3

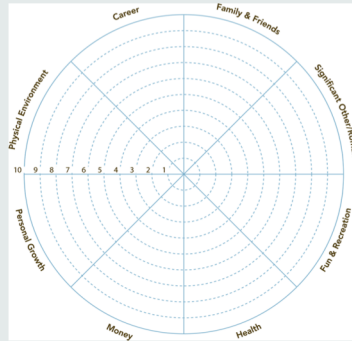
Self-care is never a selfish act - it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others. Anytime we can listen to true self and give the care it requires, we do it not only for ourselves, but for the many others whose lives we touch.

*Parker Palmer*



4

## Activity: The Life Wheel



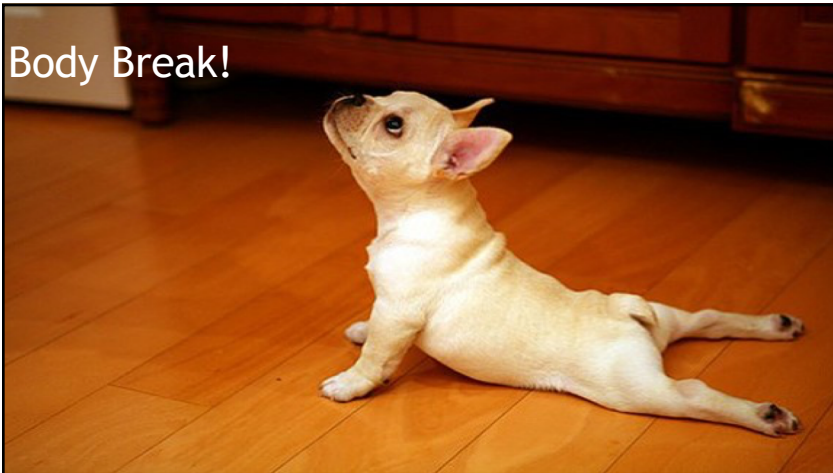
5

## Activity: Healthy Mind Platter



6

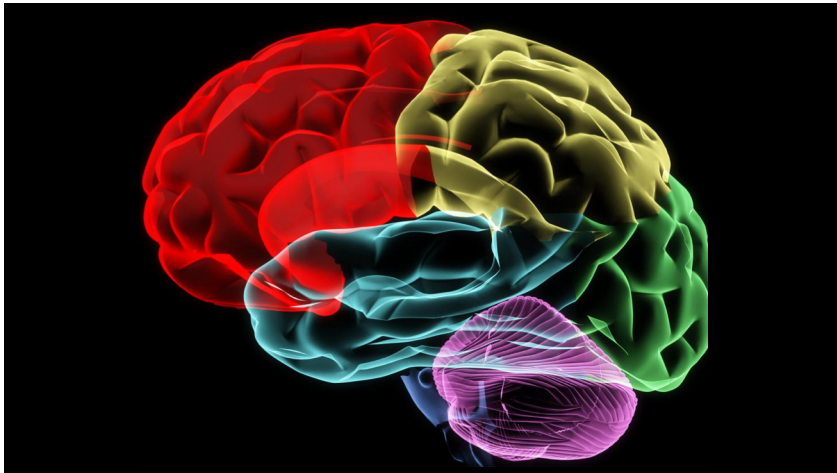
## Body Break!



7

Stress as Fear,  
Stress as Energy

8



9



10



11



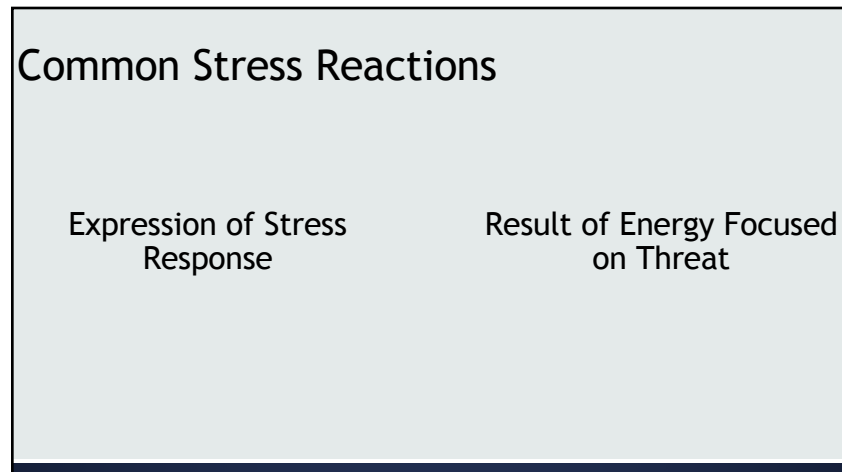
12



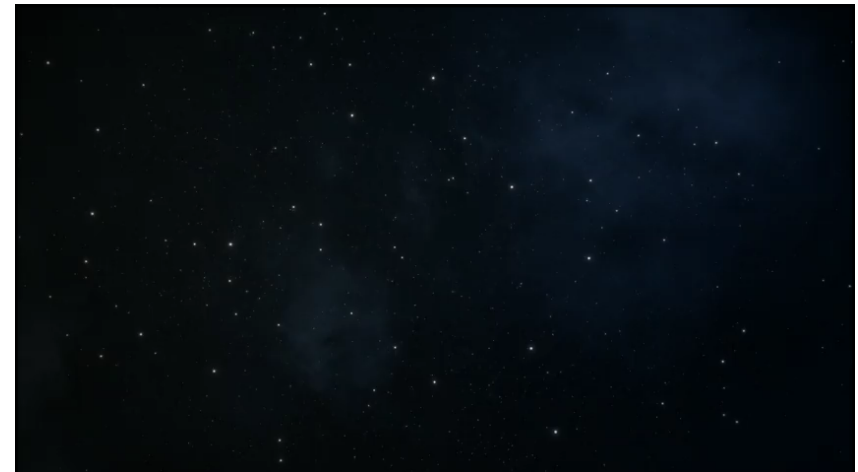
13

Emotional (feel)	Cognitive (think)	Behavioral (do)	Physical (feel)	Spiritual (think)
Fear / anxiety	Confusion	Overwork	Fatigue	Loss of meaning
Sadness / depression	Disoriented	Withdrawal	Nausea	Apathy
Anger / irritability	Difficulty making decisions	Violence	Headaches	Loss of direction
Numbness	Memory problems	Drug use	Chills / sweating	Feeling punished
Courage	Shortened attention span	Caring for others	Thirst / dry mouth	Spiritual growth

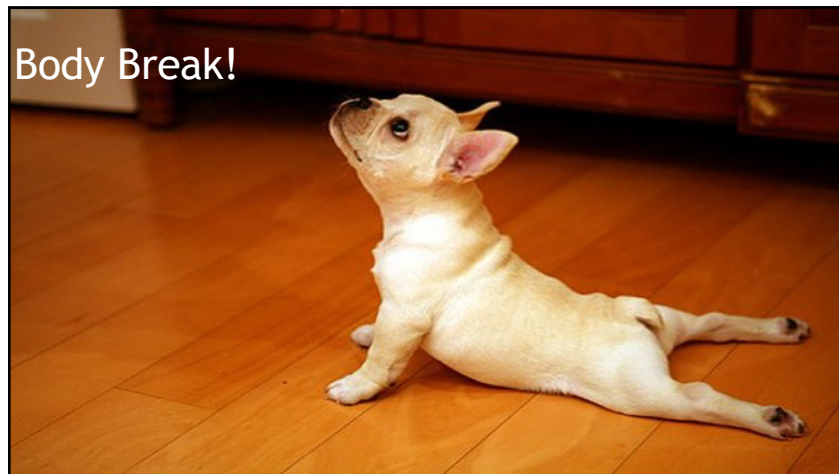
14



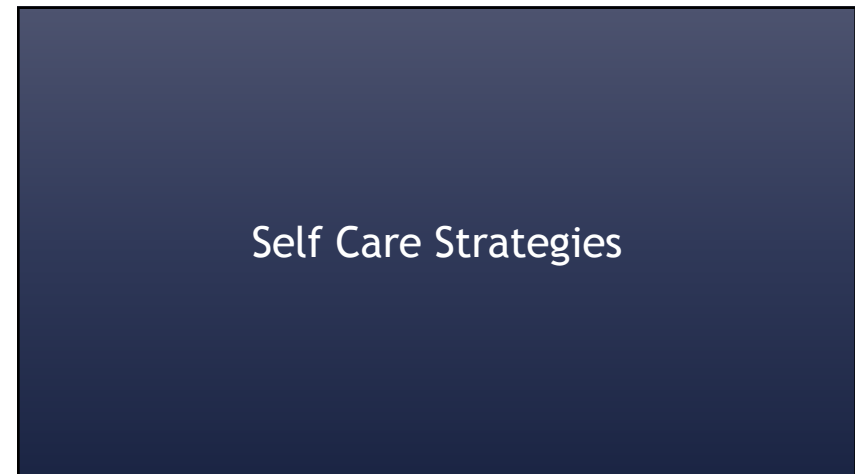
15



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17



18

### Discharge Energy

“The freeze response traps the fight/flight energy in the body, in the nervous system and muscles. If not released, it stays trapped and wreaks havoc on our bodies in the form of stress or trauma reactions....Many typical trauma responses will go away if the trauma is dealt with in ways that allow the interrupted (and blocked) energy to be discharged” - Peter Levine, PhD

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Trauma/Stress Response	Balance	Release/Discharge
Constricted breath	Open, relaxed	Shaking, singing, deep breathing
Rapid heartbeat	Regular heartbeat	Trembling
Tense muscles	Relaxed muscles	Burping, yawning, playing
Pain	Grounded, centered	Heat, warmth, meditation, touch
Numbness	Calmness	Vibration, tingling, massage
Jittery	Peace	Chills, laughter, tears

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## Recharge Energy

“If you neglect to recharge a battery, it dies. And if you run full speed ahead without stopping for water, you lose momentum to finish the race” - Oprah Winfrey

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Emotional (feel)	Cognitive (think)	Behavioral (do)	Physical (feel)	Spiritual (think)
Label your emotions	Write things down	Help others	Drink water	Pray or meditate
Allow yourself to feel	Ask for help	Keep routines	Minimize caffeine	Practice rituals
Journal	Break tasks into smaller ones	Set goals	Exercise in ways that feel good to you	Connect with community
Deep breathing	Make small, daily decisions	Do activities you enjoy	Maintain your sleep schedule	Read spiritual literature
Vent	See a counselor	Practice mindfulness	Eat regular & balanced meals	Discuss your beliefs

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## Accountability & Bringing It Back

One thing I can do for myself



One thing someone else can do for me

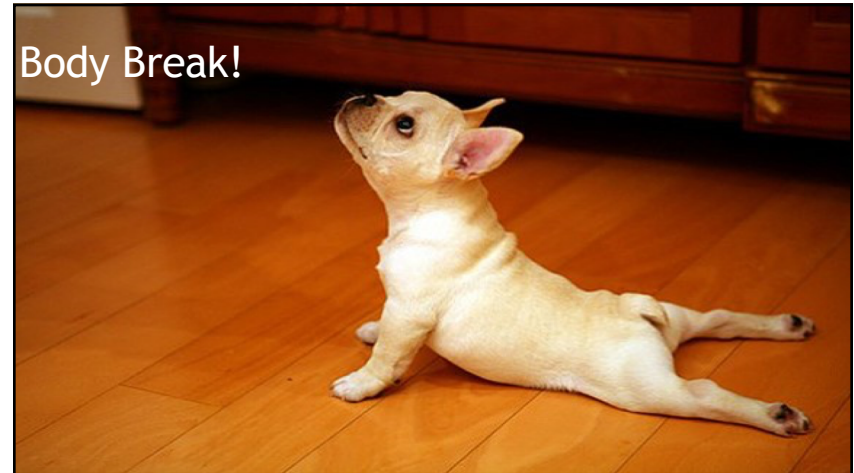


One thing my team can do for each other



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## Body Break!



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## Resources

[Dr. Daniel Siegel's Hand Model of the Brain](#)

Kelly McGonigal's TED Talk "[How to make stress your friend](#)"

Rock & Siegel "[Healthy Mind Platter](#)"

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