Self care in time of pandemic

FALL WORKSHOP VIA ZOOM

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About me

- Licensed Psychologist
- Health and Wellness Center at SAC
- Provide Psychological Counseling
- Workshops and Invited Lectures
- Clinical Supervisor at the Family Assessment Counseling Education Services.
- Private Practice
CUT MY OWN DAMN HAIR!

THANKS COVID-19
Why self care?
Self care is one of the most important step in managing your life.

* Reduce Stress and Beat Burnout
* A vaccine for stress (prevent) and also medicine (cure) for stress at the same time.
* Boosts your immunity, prevent illness and reduce sick time.
* Energy and productive.
* Raise quality of life.
* It’s a necessity.
Learning Objectives

You will learn:
* What self care is
* Psychology of self care and why we don’t
* Practical ways to self care
When you hear the word self care, what image pops in your mind?

* Self care is __________

* Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health.

* It gives your mind and body time to rest, reset, and renew. Imagine a car being driven day by day without rest. How long can it last for without maintenance?

* Reflects our self-worth
Areas of Self Care

* Physical
* Psychological
* Emotional
* Spiritual
Physical Self Care

Questions to ask:
Q. How’s my posture?
Q. Drank enough water today?
Q. How do I feel? Tired, sleepy, energetic?
Q. Am I getting adequate sleep?
Q. Is my diet fueling your body well?
Q. Am I taking charge of my health?
Q. Do I move around enough?
Q. Am I taking enough safety measures to protect myself from virus?
Psychological Self Care

Questions to ask:
Q. How well am I coping with daily life?
Q. Am I stimulating my mind with new things and expressing my creativity?
Q. Am I balancing thoughts with rest?
Q. Do I overthink?
Emotional Self Care

Questions to ask:
Q. What emotional needs are not being met today?
Q. Can I identify the uncomfortable emotions like anger, anxiety, sadness, or guilt in my life?
Q. Can I acknowledge and express my feelings on a regular basis?
Q. Do I use addictive behavior to deal with them?
Q. Do I have healthy ways to process them?
Q. Do I have activities that help me feel recharged?
Questions to ask:
Q. What questions do I have about my life and experience?
Q. Do I have spiritual practices that I find fulfilling?
Q. Do I make time for reflection in my life?
Q. Do I read spiritual literature periodically?
Q. Do I have a spiritual mentor or support?
Q. Do I have people I have not forgiven or angry at?
Q. Do I pray and meditate?
Q. Am I grateful for life?
Q. Do I spend time in nature regularly?
When you don’t self care

- Low energy
- Feeling hopeless
- Less patience / increased risk for fights
- Increased physical symptoms of stress
- Difficulty falling and staying asleep
- Worsening mental health symptoms like depression or anxiety.
- Feeling “burnout”
- Difficulty concentrating
- Reduced performance at work
- Less motivation to engage in social activities
Why we don’t self care

* #1: We think self-care isn’t that important. Not priority.
* #2 Too busy: Don’t have time for self-care but have time for everyone and everything else.
* #3 Don’t have money
* #4 Attachment to unhealthy behavior.
* #5 Thinking it’s selfish.
EVERY VIDEO CALL

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Self Neglect Behavior

- Treating yourself like a *robot* rather than a person.
- Eating food without really looking at it or skipping meals.
- Being emotionally stingy. Shutting out your feelings.
- Not setting appropriate boundaries at work or at home, doing other people’s work.
- Not taking vacations or breaks when you’re working.
- Using food, alcohol, sex, drugs, or internet to *zone out*.
- Not getting enough sleep.
Pause
Imagine
Let’s begin

1. List the self-care habits you are using now to manage stress and stay healthy:
2. List the self-care habits you would like to practice
Step 1

* Start with where you are. Find your self care activity you want to work on.
* Add that to your life. Schedule that in.
* Helpful questions:
  Q. How can I drink more water today?
  Q. How can I add a little more movement to my life?
  Q. How can I find 2 minutes of stillness today?
* Ask yourself the question every day.
* Post them.
Step 2

Pause and Check in regularly with your intentions.

- Find a quiet place where you can be undisturbed.
- Take three deep slow breaths.
- Notice sensations in the body.
- Ask yourself internally: “how am I right now?” and “what do I need?”
- Keep breathing deeply as you listen to the response from your inner voice. May write in journal.
- Decide on any action you need to take for yourself.
Step 3

- Start Small Try just 5 or 10 minutes a day, or one extra glass of water, for example. Your first steps should feel almost effortless.
“This for That”.
Sub out unhealthy choice for a healthier one. You really don’t need more time for self-care. You just need to swap something out for it. And these power-ups can make all of the difference.
Create a SELF CARE TOOLKIT

* Touch: Soft blanket or stuffed animal, ice packs, weighted blanket, rock
* Smell: Lavender or eucalyptus oil, Hot tea
* Vision: Vacation photos, water colors, painting
* Taste: Mint gum, lemon water, tea, healthy smoothie, dark chocolate, fruits.
* Hearing: Comforting music, sound of nature.
* Body movement: Small swing or rocking chair

Multi sense:
* Journal
* Inspirational book
* Mandala coloring book
* Blowing bubbles
* Bath
“Accept yourself. Love yourself as you are. Your finest work, your best movements, your joy, peace, and healing comes when you love yourself.”

----Melodie Beattie