

Indiana Center for Nursing Virtual Resiliency Series

Presented by

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Putting on Your Life Vest: Self-Care to Keep You Afloat

What is self-care?

Activities and practices, we engage in on a regular basis to reduce stress and enhance our well-being.

Five Dimensions of self-care

1. **Physical** - encompasses safety, health, nutrition, movement, physical touch, and sexual needs. When you practice activities for your physical well-being, you can increase your energy levels and boost your self-esteem.

➤ **Sleep** – 7-8 hours goal

On Average I get _____ hours of sleep a night

I can ready my brain for sleep by _____

I will add/change _____ to get more sleep

My Physical self-care is _____

I practice this self-care every _____

2. **Mental or Intellectual** - is about finding the balance between stimulating your mind and giving your mind a break, this can help with creativity, innovation and continual learning, this contributes positivity to your overall well-being.

My mental self-care is _____

I practice this self-care every _____

3. **Spiritual** - the beliefs and values that help guide your life. This includes practices that help nourish your soul, seek understanding, and explore your spiritual life. Involves a personal practice that allows you to follow the values and beliefs that give you purpose. Dedicating time to this dimension can help you find more meaning in your life, develop a sense of belonging, and find a connection to something greater than oneself. Can be through organized religion but doesn't have to be.

My spiritual self-care is _____

I practice this self-care every _____

4. **Social**- social connection helps create a sense of belonging and acceptance which we humans need, and it allows us to create and share a common bond with others.

My social self-care is _____

I practice this self-care every _____

5. **Emotional**- helps us understand ourselves more, cope with challenges, and develop and nourish healthy relationships. When we tend to our emotional needs, we cultivate a greater sense of compassion, kindness, and love for ourselves and others.

My emotional self-care is _____

I practice this self-care every _____

Boundaries

A Boundary I want to set is: _____ (name it)

Why it is important to me is: _____

I will communicate this boundary to: _____ by _____

Breakout Exercise

Identify a self-care activity for each dimension. Share with your partner.

Pick one self-care activity (just one) that you would like to integrate into your daily self-care routine.

