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.
List three strategies that will help you integrate this activity into your daily routine

Strategy 1________________________________________________________

Strategy 2________________________________________________________

Strategy 3_________________________________________________________

- Self-Care is essential for managing stress, preventing burnout and combating compassion fatigue. Allow it to be fun, guilt free and nourishing.
- Dose as appropriate for these times
- Self-care is your life vest - and it only works if you put it on.

My takeaway for this session is