

Wellness Self-Care During Crisis

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Learning Objectives

After this workshop, you will be able to:

- Identify the importance of self-care to manage stress
- Access resources and tools
- Describe your wellness self-care strengths

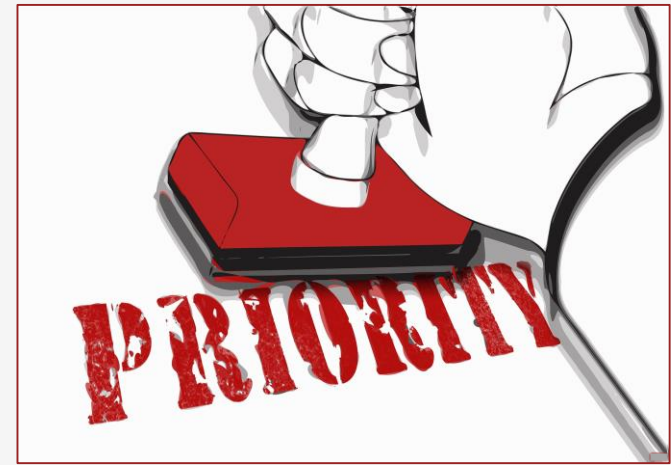
Self-Care: Creating Balance

- Daily actions that help you get well and stay well
- Wellness is self-defined
- Balance is part of wellness

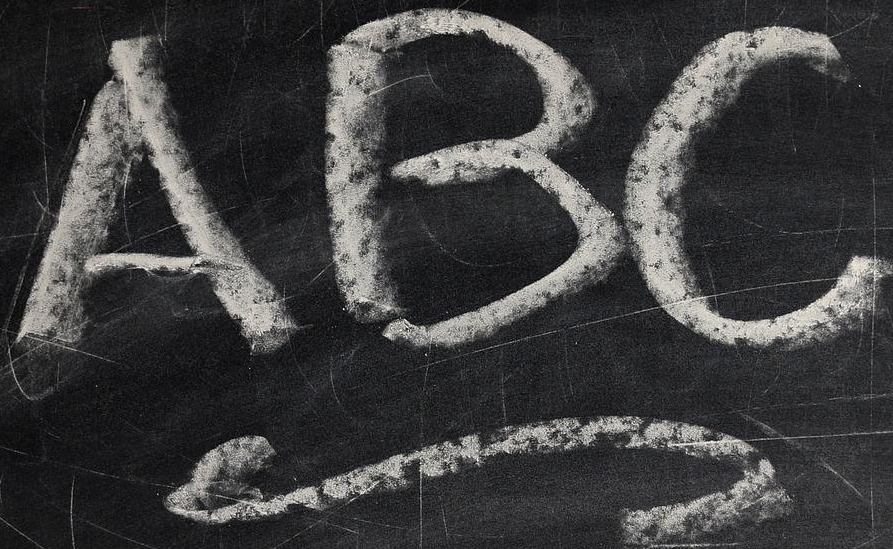
Personal Well-Being ↔ Professional Well-Being



Self-Care is Important



- Personal wellness is essential
 - Appreciate and build on your strengths
 - You make many choices every day
 - Focus on habits
- Pay attention to your needs
 - You are important!
 - Care for yourself to care for others

A chalkboard with the letters 'ABC' written in white chalk. Below the letters is a long, horizontal squiggle, also drawn with white chalk. The chalkboard has a dark, textured surface with some faint scratches and smudges.

ABCs of the Wellness Model



Attitude & Activity

Balance



Control &
Choice

Attitude is the frame in which you view the world, the hue in which people see you, the tone in which they hear you and the mood for all your day's activities.

The most important thing you'll ever wear is your attitude.

Attitude

What Wellness Self-Care
activity are you doing now?

Please write into the chat



Balance

varies from person to person



**Control
&
Choice**

grant me the
Serenity
to accept the things I
cannot change,
Courage
to change the things I
can, and
Wisdom
to know the difference

Stress/Crisis

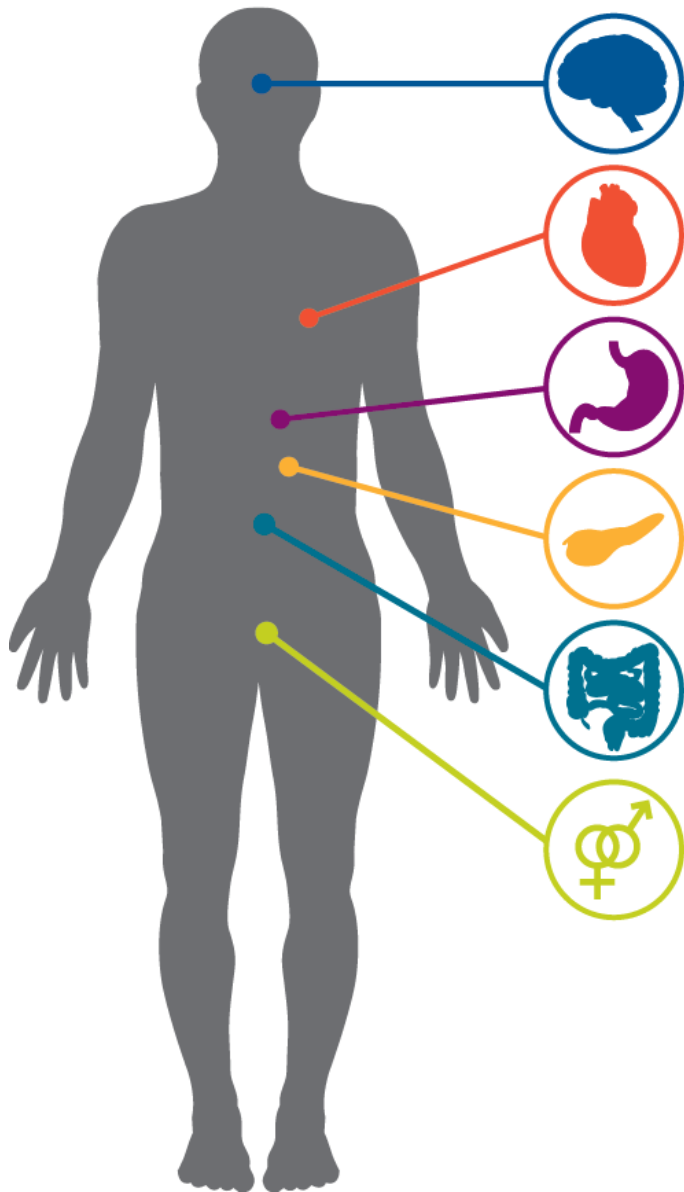
A challenge to self-care

What is **stress**?

- **Stressors** are the events, conditions, changes, and demands in your life
- High stress affects physical and mental well-being and performance in work, school, and other life roles
- Right now, most of us are experiencing high levels of stress due to the current situation

Signs of Stress

- Irritability, anger
- Anxiety
- Depression
- Dissatisfaction
- Insomnia
- Fatigue
- Headaches
- Nervous stomach
- Change in appetite
- Rapid breathing
- Rapid heart rate
- Sweaty palms



Brain and Nerves: Headaches, feelings of despair, lack of energy, sadness, nervousness, anger, irritability, trouble concentrating, memory problems, difficulty sleeping, mental health disorders (anxiety, panic attacks, depression, etc.)

Heart: Faster heartbeat or palpitations, rise in blood pressure, increased risk of high cholesterol and heart attack

Stomach: Nausea, stomach ache, heartburn, weight gain, increased or decreased appetite

Pancreas: Increased risk of diabetes

Intestines: Diarrhea, constipation and other digestive problems

Reproductive Organs: For women-irregular or painful periods, reduced sexual desire. For men-impotence, low sperm production, reduced sexual desire

Other: Acne and other skin problems, muscle aches and tension, increased risk for low bone density and weakened immune system (making it harder to fight off or recover from illnesses)

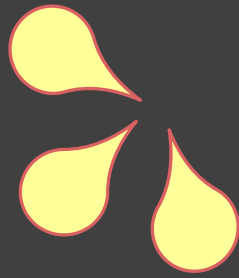
Effects of Stress



Strategies for Stress

Self-care to increase resilience and prevent burnout

Eat well



Move daily

Hydrate often

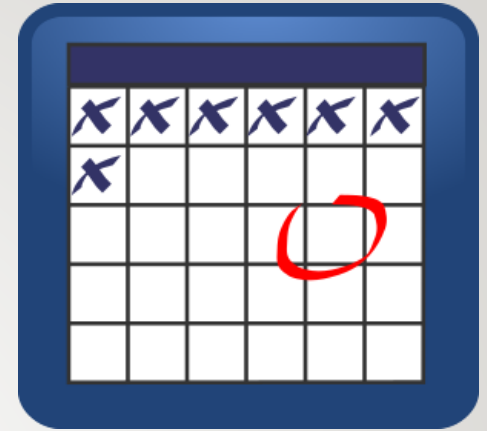
Sleep lots

Love your body

Repeat for *Life*

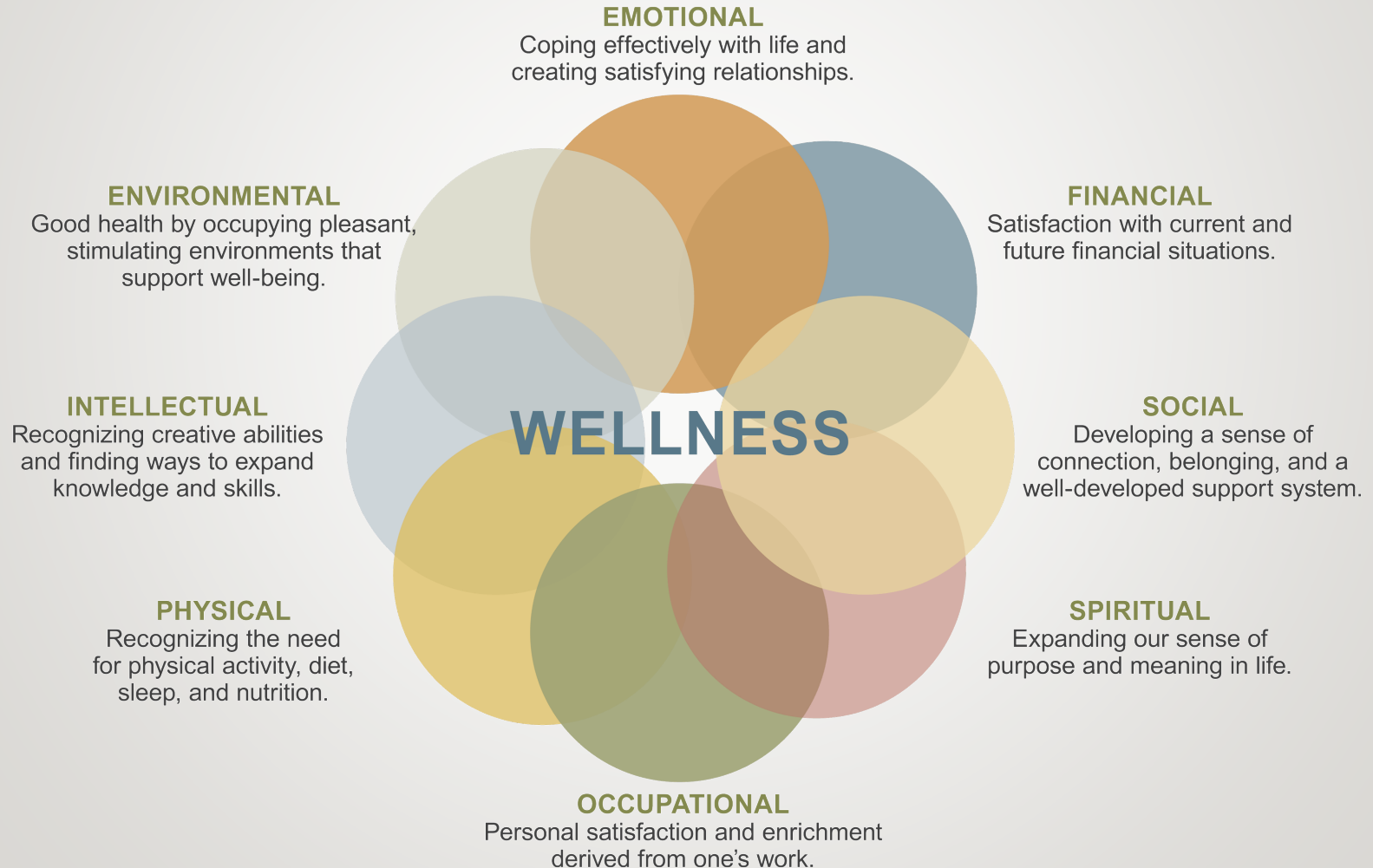
Wellness
Self-Care

Self-care



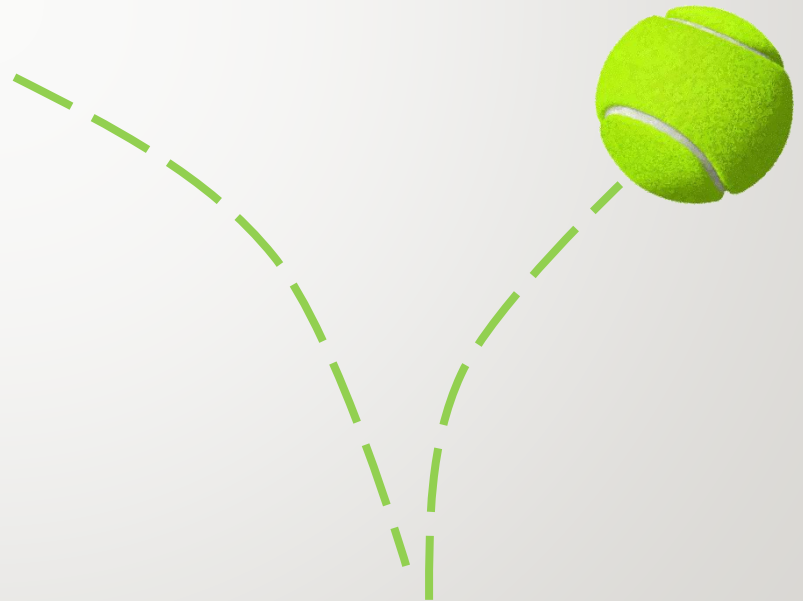
- Planned and deliberate action
 - Activities you do daily/weekly
 - What meets *your* needs?
 - What works to manage *your* stress?
- Actions to get and stay physically healthy
 - A foundation for resilience.
 - Helps you control and manage stress

Focus Holistically: 8 Wellness Dimensions



Self Care Strategies

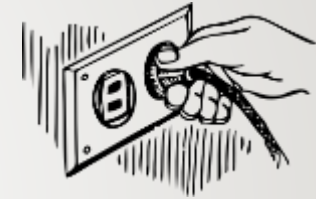
1. Unplug & Breathe
2. Move
3. Sleep
4. Activities you enjoy



Strategy 1

Unplug: Pause and Breathe

- Sit quietly
- Breathe deeply and slowly
- Continue for five or six breaths



It is calming and the extra dose of oxygen increases the brain's thinking ability

Pause



Breathe Practice

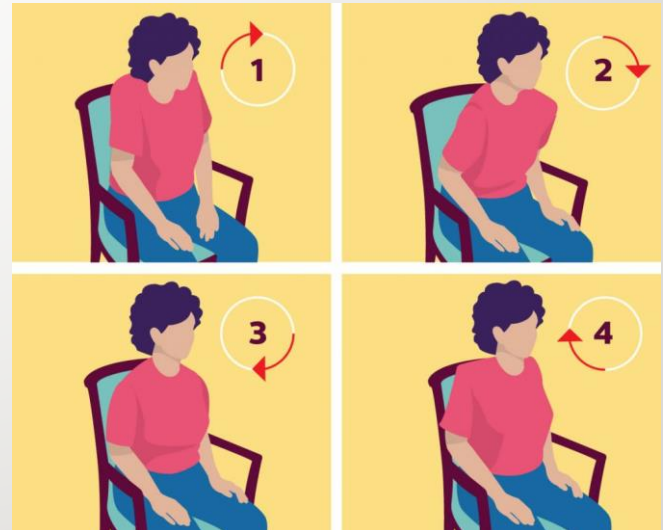


Strategy 2

Move

Remember—it's all in your head (and shoulders)

- ✓ Roll your head loosely (wide circle). Reverse. Repeat.
- ✓ Tighten right shoulder and raise it as far up as possible.
- ✓ Hold, then relax slowly.
- ✓ Repeat with left shoulder.
- ✓ Repeat with both shoulders.





Move

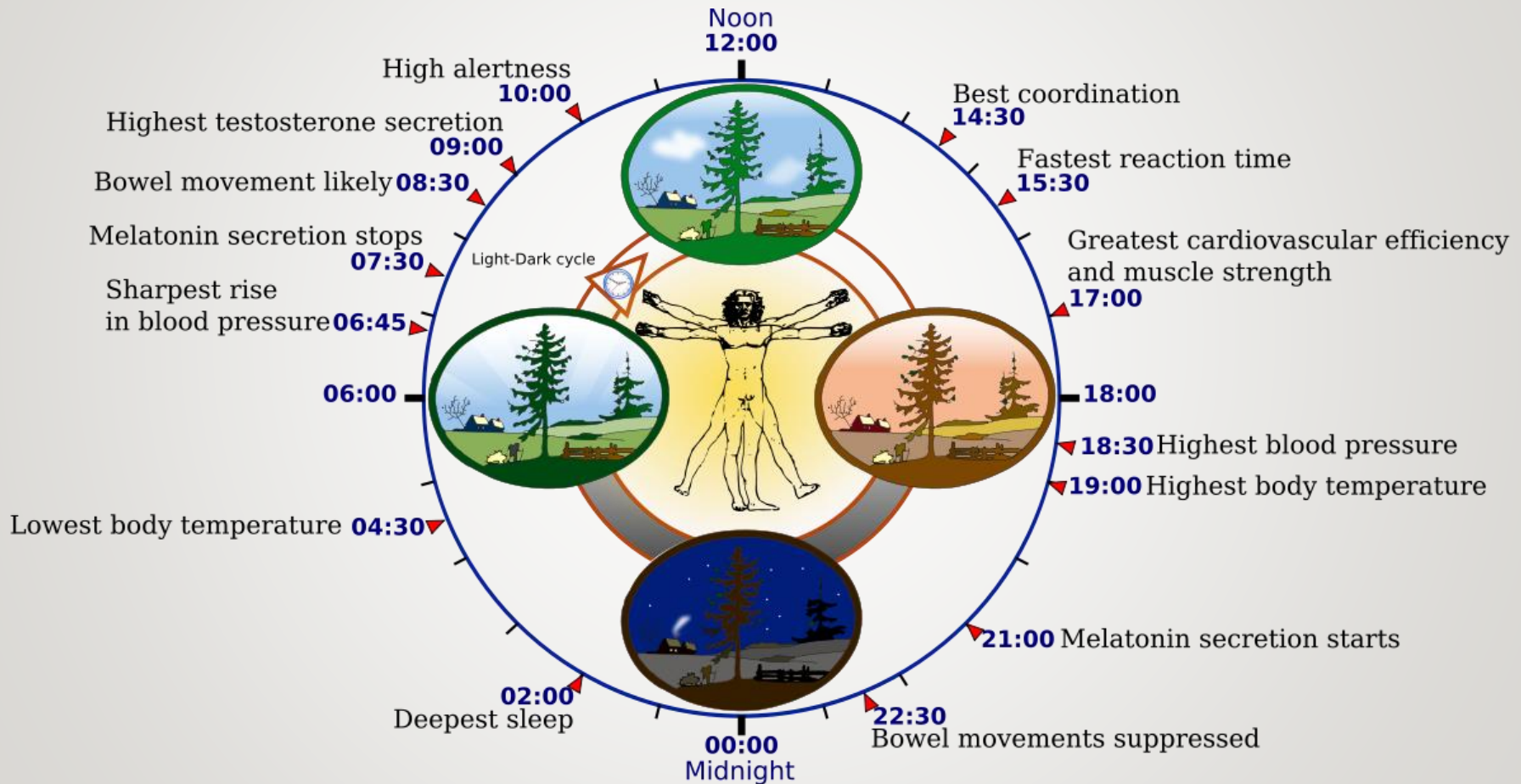
Strategy 3

Re Create Rhythm including Sleep

- The best stress-buster!
- An active state
 - The brain recharges while the body rests
- Important for survival
- Helps healing and recovery
- Prevents illness



The Body's Biological Clock



Sleep Hygiene

- Regular sleep schedule
- Relaxing bedtime routine
- The right sleep environment
- Regular exercise (not too late)
- Avoid caffeine, nicotine, alcohol close to bedtime
- Quit sCreens at least 30 minutes before sleep
- Don't fight to sleep



Strategy 3



walk

cook

journal

create

games

phone

music

poetry

meditate

connect

laugh

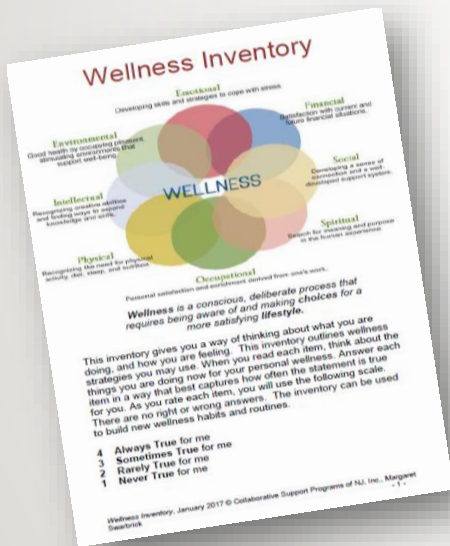
*Words of
Wellness*



Tools and Resources

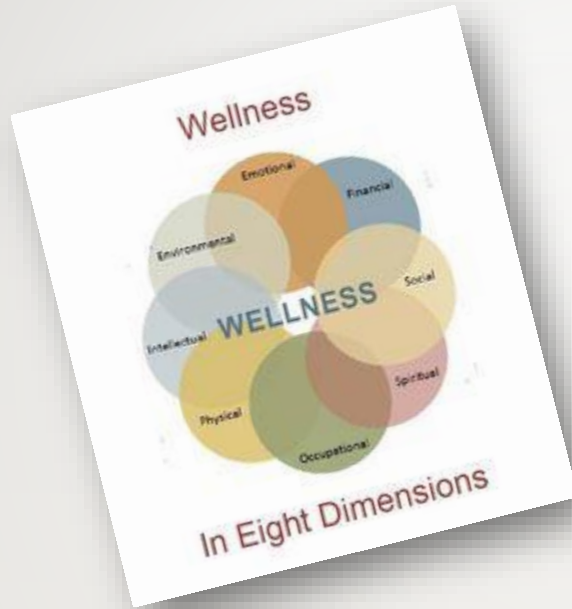
Wellness Tools: www.cspnj.org

Wellness Inventory



Words of Wellness Newsletter

Wellness in 8 Dimensions



Wellness Daily Plan

The worksheet is titled 'Wellness Daily Plan' and includes the subtitle 'Daily activities can help you feel and be well. List activities, habits and routines you can do each day, and then track your success.' The grid has three main sections: Physical, Emotional, and Financial. Each section has a header row for the days of the week: Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, and Sunday. The Physical section has 4 rows, Emotional has 3 rows, and Financial has 4 rows.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Physical							
Emotional							
Financial							

<https://www.center4healthandsdc.org/>

Solutions Suite → Integrated Health....

University of Illinois at Chicago

CENTER ON INTEGRATED HEALTH CARE & SELF-DIRECTED RECOVERY

Dedicated to advancing knowledge and utilization of innovative models to promote health, recovery, and employment for people with mental health conditions.

**Access COVID-19
Wellness Resources**

<https://www.center4healthandsdc.org/>

www.care2caregivers.com/self-care/



What Wellness Self care
Activities will you do
today or within the next
few days?

Write in the chat



Wrap Up



Wellness self-care

is a set of planned and deliberate actions that you do daily or weekly to manage stress, get and stay physically healthy, and create and re-create a feeling of wellness

Unplug

Breathe

Move

Sleep

Rest

Do activities you enjoy



Pause





For more info:
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