

Self-care

- Expect relationship imbalance
- Use the wellness scale to check-in with each other
- Set boundaries in time, space, etc.
- Take your weekends off!
- Make time for supportive relationships (spouse, friends, family)
- Use your support committee and Service Adventure director as resources
- Use EAP (Employee Assistance program) when needed

Some ideas to get you thinking:

Social

- Go out to coffee with a friend
- Call a friend on the phone to chat
- Connect with others in a book club or Bible study

Physical

- Go for a walk, bike ride
- Get plenty of sleep
- Try yoga or stretching

Emotional

Spiritual

- Prayer, meditation
- Practice thankfulness
- Spend time reading God's word

Mental/pleasure

- Do something you enjoy just for fun
- Try something new, visit a new place

- Laugh whenever you can!
- Accept your feelings
- Journal your thoughts/feelings

Reflection

What are your stressors? What things are most life depleting for you?

What things help you cope with stress? What things are most life giving for you?

Make a plan for self-care before you even think you need it!

What things can you put into your routine/schedule right away that will help you take care of yourself before you begin to feel overwhelmed?

Use the self-care inventory on the following pages to help you identify areas you might need to be more intentional in and think through how you can do that.

God,
Grant me the serenity,
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference. Amen.

Self-care inventory

The following worksheet for assessing self-care is not exhaustive, merely suggestive. Feel free to add areas of self-care that are relevant for you and rate yourself on how often and how well you are taking care of yourself these days. When you are finished, look for patterns in your responses. Are you more active in some areas of self-care? Do you tend to ignore others? Are there items on the list that hadn't even occurred to you? Listen to your internal responses and dialogue about self-care and take note of anything you would like to prioritize moving forward.

Rate the following areas according to how well you think you are doing...

3 = I do this well (e.g., frequently)

0 = I never do this

2 = I do this OK (e.g., occasionally)

? = This never occurred to me

1 = I barely or rarely do this

Physical self-care

___ Eat regularly (breakfast, lunch, and dinner)

___ Exercise

___ Get regular medical care for prevention

___ Eat healthily

___ Get medical care when needed

___ Get massages

___ Take time off when sick

___ Take vacations

___ Wear clothes I like

___ Get enough sleep

___ Do some fun physical activity

___ Do some fun artistic activity

___ Think positive thoughts about my body

___ (Other) _____

Psychological self-care

___ Take day trips or mini-vacations

___ Make time for self-reflection

___ Have my own personal psychotherapy

___ Write in a journal

___ Make time away from technology/internet

___ Attend to minimizing life stress

___ Read something unrelated to work

___ Be curious

___ Notice my thoughts, beliefs, attitudes, feelings

___ Say no to extra responsibilities

___ Engage my intelligence in a new way or area

___ Be okay leaving work at work

___ Do something at which I am not expert

___ (Other) _____

Emotional self-care

___ Spend time with people whose company I enjoy

___ Love myself

___ Stay in contact with important people in my life

___ Allow myself to cry

___ Re-read favorite books, re-view favorite movies

___ Give myself affirmation/praise

___ Identify and seek out comforting activities/places

___ Find things that make me laugh

___ Express my outrage in social action or discussion

___ (Other) _____

Spiritual self-care

- Make time for reflection
- Find a spiritual connection or community
- Be aware of non-material aspects of life
- Try at times not to be in charge or the expert
- Identify what is meaningful to me
- Seek out reenergizing or nourishing experiences
- Contribute to causes in which I believe
- Read or listen to something inspirational
- Spend time in nature
- Be open to inspiration
- Cherish my optimism and hope
- Be open to knowing
- Meditate
- Find time for prayer or praise
- Have experiences of awe
- (Other) _____

Relationship self-care

- Schedule regular dates with my partner
- Call, check on, or see my relatives
- Share a fear, hope, or secret with someone I trust
- Stay in contact with faraway friends
- Make time for personal correspondence
- Allow others to do things for me
- Make time to be with friends
- Ask for help when I need it
- Communicate with my family
- Enlarge my social circle
- Spend time with animals
- (Other) _____

Workplace or professional self-care

- Take time to chat with coworkers
- Identify projects/tasks that are exciting
- Balance my load so that nothing is “way too much”
- Arrange workspace to be comfortable
- Get regular supervision or consultation
- Negotiate/advocate for my needs
- Make quiet time to work
- Take a break during the day
- Set limits with my boss/peers
- Have a peer support group
- Identify rewarding tasks
- (Other) _____

Overall balance

- Strive for balance within my work-life and workday
- Strive for balance among my family, friends, and relationships
- Strive for balance between play and rest
- Strive for balance between work/service and personal time
- Strive for balance in looking forward and acknowledging the moment

Areas of self-care that are relevant to you

- (Other) _____
- (Other) _____
- (Other) _____

Adapted from Saakvitne, Pearlman, & Staff of TSI/CAAP (1996). *Transforming the Pain: A Workbook on Vicarious Traumatization*. Norton. Adapted by Lisa D. Butler, PhD.

Develop a self-care plan

1. List the self-care habits you are using now to manage stress and stay healthy:
(ex. I get at least eight hours of sleep at night)

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2. List the self-care habits you would like to use but are not currently practicing:
(ex. I would like to practice yoga regularly)

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-
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3. Identify the obstacles keeping you from practicing these habits:
(ex. I don't practice yoga regularly because I don't know when I would do that)

-
-
-

4. What solutions can you come up with to address the obstacles you listed:
(ex. I could free up time for myself by watching less TV or waking up earlier)

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-
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5. Reread the self-care habits you wrote down for item 2. Select one of the habits you would like to begin practicing and complete the sentences below...

Today, I commit to...

I want to do this because...

I will accomplish this by...

Resilience: Build skills to endure hardship

From Mayo Clinic website

Resilience means being able to adapt to life's misfortunes and setbacks.

Adapting to adversity

Resilience is the ability to roll with the punches. When stress, adversity or trauma strikes, you still experience anger, grief and pain, but you're able to keep functioning — both physically and psychologically. However, resilience isn't about toughing it out, being stoic or going it alone. In fact, being able to reach out to others for support is a key component of being resilient.

Resilience and mental health

Resilience can help protect you from various mental health conditions, such as depression and anxiety. Resilience can also help offset factors that increase the risk of mental health conditions, such as being bullied or previous trauma. If you have an existing mental health condition, being resilient can improve your ability to cope.

Tips to improve your resilience. If you'd like to become more resilient, consider these tips:

Get connected. Building strong, positive relationships with loved ones and friends can provide you with needed support and acceptance in both good times and bad. Establish other important connections by volunteering or joining a faith or spiritual community.

- Even though you'll be living in community, what can you do to build positive relationships so that you have the support you need this year? (Remember: your participants are not your peers!)
- How can you help your participants do that as well?

Make every day meaningful. Do something that gives you a sense of accomplishment and purpose every day. Set goals to help you look toward the future with meaning.

- What goals have you set for yourself this year? Personally and in your Service Adventure leader role?
- How can you help your participants set goals for their year?

Learn from experience. Think of how you've coped with hardships in the past. Consider the skills and strategies that helped you through rough times. You might even write about past experiences in a journal to help you identify positive and negative behavior patterns — and guide your future behavior.

- How'd you do that?
- Remembering God's faithfulness in the past lets us embrace the difficulties of the present and the uncertainties of the future.

Remain hopeful. You can't change the past, but you can always look toward the future. Accepting and even anticipating change makes it easier to adapt and view new challenges with less anxiety.

- Watch A Very Happy Brain with your unit <https://youtu.be/GZZ0zpUQhBQ>
- Cultivate gratitude and compassion in your lives; limit fears over imagined things

Take care of yourself. Tend to your own needs and feelings. Participate in activities and hobbies you enjoy. Include physical activity in your daily routine. Get plenty of sleep. Eat a healthy diet. Practice stress management and relaxation techniques, such as yoga, meditation, guided imagery, deep breathing or prayer.

- Take self-care inventory, make a self-care plan
- How can you encourage your participants to take care of themselves?

Be proactive. Don't ignore your problems. Instead, figure out what needs to be done, make a plan and take action. Although it can take time to recover from a major setback, traumatic event or loss, know that your situation can improve if you work at it.

- Who will you talk to when challenges arise? What/who are your resources?
- How can you help participants think through their challenges and help them problem solve?

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When to seek professional advice

Becoming more resilient takes time and practice. If you don't feel you're making progress — or you don't know where to start — consider talking to a mental health provider. With guidance, you can improve your resiliency and mental well-being.