



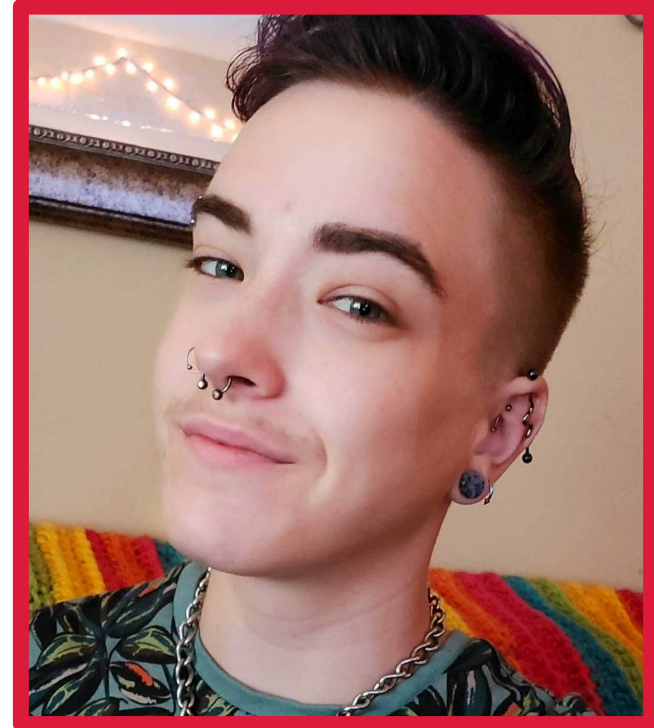
# Filling Your Cup: Self-Care Practice

Youth MOVE National

# Meet Your Presenters!



**Te Jay McGrath**  
**He/Him**  
**Youth Programs**  
**Specialist**



**Shayn McDonald**  
**They/Them**  
**Youth Programs**  
**Specialist**

# Objectives

- 01 Understand indulgent and reflective self-care
- 02 Understand the 8 Dimensions of Wellness
- 03 Identify self-care activities and strategies within each of the 8 Dimension of Wellness
- 04 Learn about creating a self-care plan that appeals to you

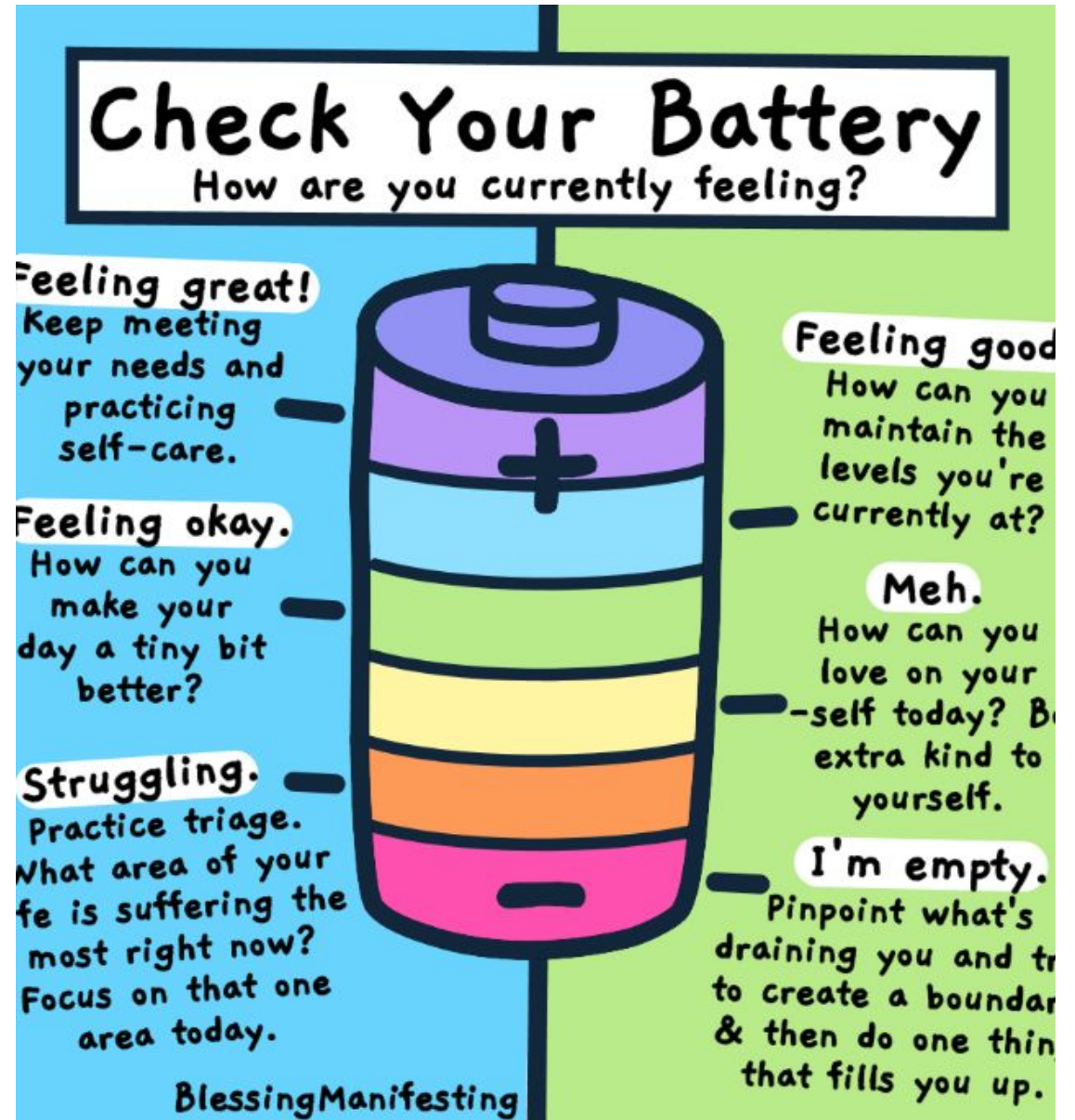


# Introduction

If you search the internet for “what is self-care?” you will get a lot of different responses!

In recent years, the buzz around self-care has really taken off. We hear more and more about it – but do we understand it? Do we practice it? Where do we even begin?

Let’s talk about self-care and then talk about ways you can create self-care practices that make a difference in your own life and work!



# Why Self-Care?

*“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.”*

- Audre Lorde

# What is self-care?

*Self care can be defined in terms of physical or mental well-being, but at its most basic, self-care is comprised of "productive strategies for staying physically, emotionally, psychologically, and spiritually healthy."*







# Aims of Self-Care

- Taking care of physical and psychological health
- Managing and reducing stress
- Honoring emotional and spiritual needs
- Fostering and sustaining relationships
- Achieving an equilibrium across one's personal, school, and work lives







# Balancing Act

- Indulgent vs. reflective
- Reduce stress
- Enhance wellbeing
- Manage challenges
- Recognize limitations
- Balance!



# Practicing self-care will help you...

1

Identify and manage the general challenges mental health professionals face

- Potential stress or burnout

2

Be aware of your own personal vulnerabilities

- Retraumatization
- Vicarious or secondary traumatization
- Compassion fatigue

3

Achieve more balance in your life

# Take-Home Activity 1 (Part 1)

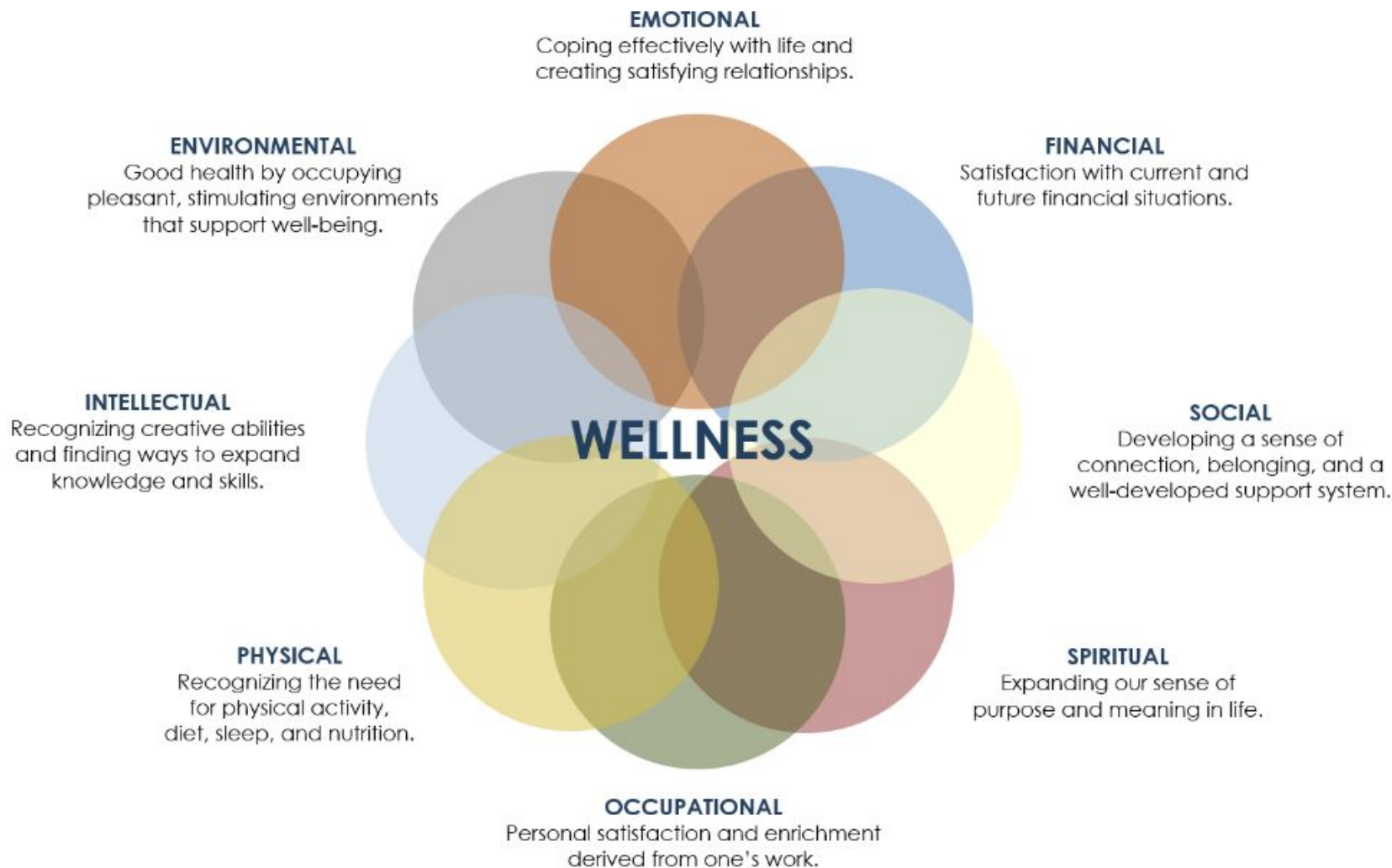
## REFLECTION AND BRAINSTORM

**Using a page in a notebook, journal, or even in your smart phone's notes app, consider:**

- What activities, strategies, or tools do you use to unwind or treat yourself in the moment? Jot these indulgent self-care activities down!
  - Examples: Bath, going for a walk, enjoying a favorite snack, painting your nails, watching a sports game on TV.
- What activities, strategies, or tools do you use to challenge your thinking and help you maintain your overall self-care? Think of reflective self care activities, and jot them down!
  - Examples: Make time for family and friends, journal, take medication, therapy, faith practices.



# 8 Dimensions of Wellness





# Take-Home Activity 1 (Part 2)

Think about your self-care activities and where each of them falls across the 8 Dimensions of Wellness.

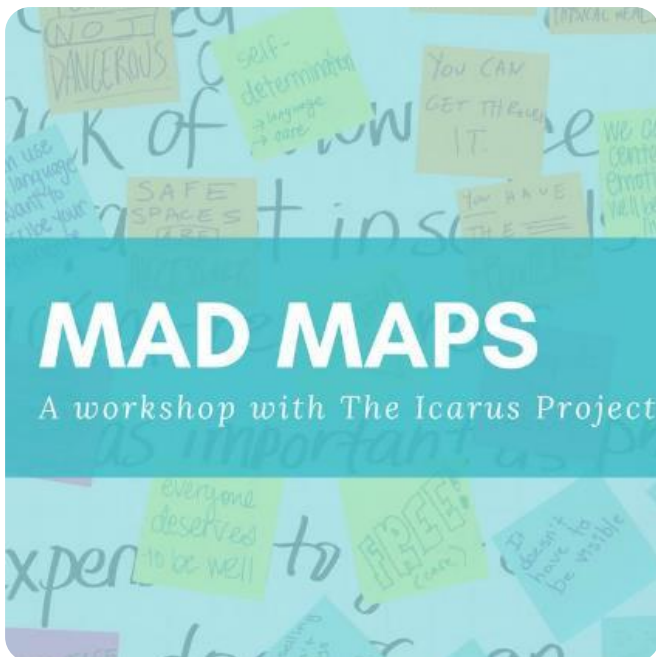
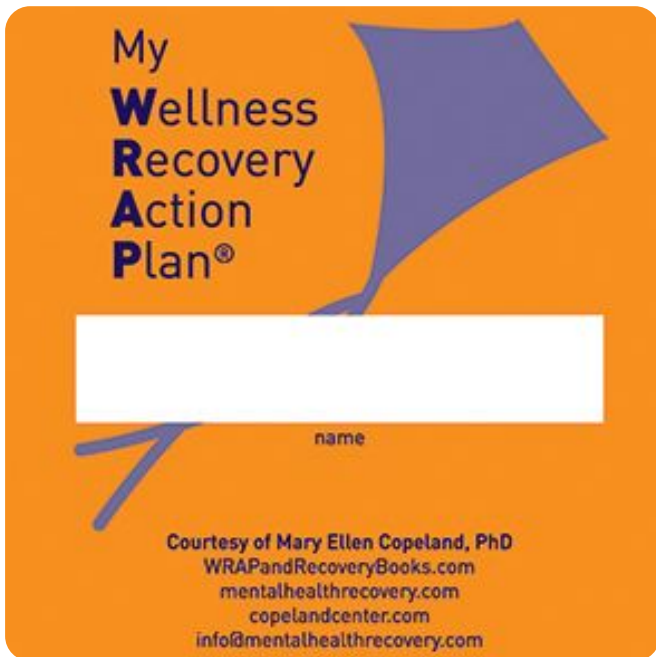
Consider the following:

- In which dimensions do you notice a lot of activities and strategies?
- Which dimensions do you need additional activities, strategies, or tools to practice? Can you think of any now, and add them?



# Developing Your Own Self-care Plan

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# Self-care Plans

- Created while feeling well!
- Concrete and living!
- Addresses
  - Triggers & antecedents
  - Symptoms
  - What has or has not worked
  - Medications
  - Supports
- Resources
  - WRAP
  - Mapping Madness and Oppression
  - Navigating Crisis
  - Mad Map Worksheet

# Developing Your Self-care Plan

- Make a commitment to attend to all the domains in your life
  - Physical and psychological health
  - Emotional and spiritual needs
  - Relationships
  - Work
- Identify what you value as part of your day-to-day life
  - Maintenance self-care
- Identify the strategies you can employ when or if you face a crisis along the way
  - Emergency self-care

# Steps to guide you...

1

Identify what you do **now** to manage stress in your life

2

Assess your current self-care practices- what's working? What needs improving?

3

Add self-care practices and eliminate obstacles

4

Be prepared for emergency self-care

5

Make a commitment to yourself

6

Share your plan

7

Follow your plan



# How To: Create Your Own Self-Care Plan







**Thank you!**