Self Care Workshop
Cardea

Training – Organizational Development – Research and Evaluation

Improve organizations' abilities to deliver accessible, high quality, culturally proficient, and compassionate services to their clients
Course Goal

To provide Community Health Workers with the knowledge and tools to develop their own self-care plan to reduce stress and maintain better health and well-being.
Objectives

By the end of this workshop CHW’s will be able to:

- Define self-care
- Explain the importance and the need of self-care
- Identify life stressor categories
- Develop a self-care plan
Introductions

- Your name
- Your agency
- How many years as a CHW
- Something interesting about you
Housekeeping

- Class hours
- Materials
- Breaks
AGREEMENTS OF PARTICIPATION

• What rules can we agree upon that will make this training safe and productive?
• For example:
  • When giving feedback, be honest, specific, and kind.
  • All cell phones on vibrate.
What is Self Care

be good to yourself
SELF-CARE

Activities that help you find meaning, and that support your growth & groundedness

- Going to Therapy
- Meditating
- Exercise
- Taking Ownership of Your Finances
- Napping
- Eating Well for Your Body
- Getting Medical Care
- Saying YES and NO when you really mean it
- Yoga
- Setting & Keeping Boundaries
Self-Care

True or False?

Self-Care is easier said than done?
SELF-SOOTHING

Activities that provide distraction and/or comfort in difficult times

- TV bingeing
- Bubble bath
- Fancy beverages
- Singing loudly
- Massage
- Time off from home responsibilities & childcare
- Cuddling
- Fresh flowers
- Exercise
STRUCTURAL CARE

Systems that support community care, self-care AND self-soothing

- Comprehensive Universal Healthcare
- Environmental Protection
- Child & Elder Care for All
- Living Wage
- Efficient Public Transportation
- Identity Freedom

Ahem: Capitalism

@deannazandt
Evaluate Your Self-Care Needs

- Physically/psychologically healthy?
- Honoring your spiritual needs?
- Achieving work-life balance?
- Fostering/sustaining healthy relationships?
Self-Care Assessment Worksheet

*Priority #1
Priority #2
Priority #3
Priority #4
STRESS vs BURNOUT

Overengagement
Reactive or over reactive emotions
Sense of urgency and hyperactivity
Lost or diminished energy
Leads to anxiety
Physically tolling

Disengagement
Blunted or distant emotions
Sense of helplessness
Motivation is lost or diminished
Leads to feeling depressed
Emotionally tolling
Life Stressors
Lifestyle Stress Categories

- Change
- Unrealistic expectations
- Fear and uncertainty
- Attitudes and perception
Stress on Your Mind and Body
Symptoms of Stress

Positive Stress
• Motivation
• Excitement
• Boost memory

Negative Stress
• High blood pressure
• Headaches
• Obesity
• Anxiety
• Sleep problems
Time for a break
What's the plan?
Balancing Life Stressors

• What area is most important for my self-care?
  - Mind, Body, Spirit, Professional and Social

• What barriers do you have to self-care in that area?
  - Coping skills or lifestyle

• How will I address the barriers?
  - Positive or Negative stress
Self-Care Activity
S.M.A.R.T Goals

- Specific
- Measurable
- Achievable
- Realistic
- Timely
Final Thoughts

SELF-CARE IS NOT SELF-INDULGENCE, IT IS SELF-PRESERVATION
Don’t forget to fill out the training feedback form

Contact Information

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