

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



Hello!

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



SELF-CARE

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

GOING TO
THERAPY



NAPPING



EATING WELL
FOR YOUR BODY



MEDITATING

TAKING
OWNERSHIP
OF YOUR
FINANCES



GETTING
MEDICAL CARE

EXERCISE



saying
YES and **NO**
when you really
mean it

YOGA



SETTING -
& KEEPING! -
BOUNDARIES

@deannazandt

Self-Care

True or False?

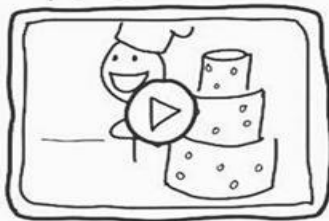
Self-Care is easier said than done?

)

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



EXERCISE



FRESH
FLOWERS

@deannazandi

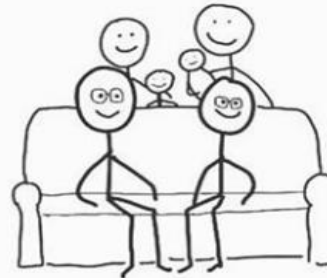
STRUCTURAL CARE

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



COMPREHENSIVE
UNIVERSAL
HEALTHCARE

ENVIRONMENTAL
PROTECTION

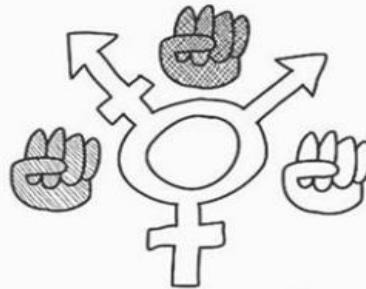
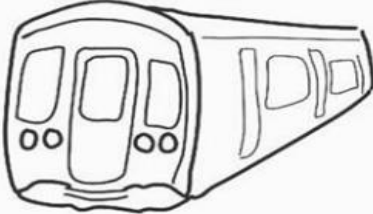


CHILD- & ELDERCARE
FOR ALL

LIVING
WAGE



EFFICIENT PUBLIC
TRANSPORTATION



IDENTITY
FREEDOM



PAID
FAMILY
LEAVE



@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



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



<https://www.surveygizmo.com/s3/5191689/Austin-Public-Health-Motivational-Interviewing-and-Self-Care-Training>

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