



Note to Self- Take Care of You

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Self-Care

- ▶ Introduction to Self-Care
- ▶ Types of Self-Care
- ▶ Self-Care Check-In
- ▶ Breaking Down Self-Care
- ▶ Self-Care Activities

Self-Care Includes

- ▶ Taking care of physical and psychological health
- ▶ Managing and reducing stress
- ▶ Honoring emotional and spiritual needs
- ▶ Fostering and sustaining relationships
- ▶ Achieving equilibrium across one's personal, social, and professional life

Benefits of Self-Care

- ▶ Being at your best
- ▶ Maximizing your potential
- ▶ Improving your quality of life and overall well-being
- ▶ Increasing your physical and mental resources to deal with stressors

Areas of Self-Care

- ▶ Professional/Occupational
- ▶ Physical
- ▶ Environmental
- ▶ Intellectual
- ▶ Spiritual
- ▶ Emotional
- ▶ Financial
- ▶ Social

Work, Life, & Responsibilities

- ▶ Jobs, bills, kids, spouse, school, etc.
- ▶ The more responsibilities you have, the more energy you expend, and the less time you're taking care of yourself
- ▶ Can result in stress, exhaustion, and even burnout
- ▶ Learn ways to identify when you are stressed, gain perspective, and set boundaries

The Effects of Stress

- ▶ Body
 - ▶ Headache, muscle tension, chest pain, fatigue, upset stomach, sleep problems
- ▶ Mood
 - ▶ Anxiety, restlessness, lack of motivation or focus, feeling overwhelmed, irritability or anger, sadness or depression
- ▶ Behavior
 - ▶ Overeating or undereating, angry outbursts, social withdrawal, exercising less often

Stress

- ▶ Everyone feels stressed from time to time
- ▶ It can give you a rush of energy when it's needed most, and lower levels of stress can help boost brain power
- ▶ If you experience stress that lasts a long time, known as chronic stress, those high alert changes become harmful rather than helpful

Burnout

- ▶ A state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed and unable to meet constant demands. As the stress continues, you begin to lose the motivation or interest that led you to take on certain roles in the first place.
- ▶ Symptoms of Burnout
 - ▶ Psychological
 - ▶ Anger
 - ▶ Anxiety
 - ▶ Feelings of hopelessness

Three Stages of Burnout

- ▶ Stage 1: Stress Arousal
- ▶ Symptoms:
 - ▶ Persistent irritability
 - ▶ Persistent anxiety
 - ▶ Periods of high blood pressure
 - ▶ Grinding your teeth at night
 - ▶ Insomnia
 - ▶ Forgetfulness
 - ▶ Inability to concentrate
 - ▶ Headaches

Three Stages of Burnout

- ▶ Stage 2: Energy Conservation
- ▶ Symptoms:
 - ▶ Lateness for work
 - ▶ Procrastination
 - ▶ Needed three-day weekends
 - ▶ Persistent tiredness in the mornings
 - ▶ Turning work in late
 - ▶ Social withdrawal (from friends and/or family)
 - ▶ Resentfulness
 - ▶ Increased caffeine consumption
 - ▶ Increased alcohol consumption

Three Stages of Burnout

- ▶ Stage 3: Exhaustion (Many of us know when we reach this stage)
- ▶ Symptoms:
 - ▶ Chronic:
 - ▶ Sadness or depression
 - ▶ Stomach problems
 - ▶ Mental fatigue
 - ▶ Physical fatigue
 - ▶ Headaches
 - ▶ The desire to move away from friends, work, and maybe even family
 - ▶ Thoughts of suicide or not wanting to live anymore

Burnout and Self-Care: A Video

- ▶ <https://www.youtube.com/watch?v=Zsaorjlo1Yc>



Mindfulness is Self Care

Mindfulness is Self Care

Mindfulness is the beauty of being here and now, accepting and exploring everything within you and everything around you

Mindfulness tips for self care:

- ▶ Try getting out of your comfort zone
- ▶ Notice what makes you happy
- ▶ Gratitude list

Why is Self Care Important

- ▶ Self care is a preventative measure
- ▶ Takes away the guesswork
- ▶ Helps you stay the course

Self Care Practices for Everyday

- ▶ Incorporate a daily meditation practice
- ▶ Maintain contact virtually-create a schedule
- ▶ Get outdoors-spend time in nature
- ▶ Be of service to others without depleting yourself

Self Care of the Whole Person

Your physical, spiritual, and emotional health are all connected-that's why it's important to take care of the whole person

- ▶ Stress relief-stress can damage the body
 - ▶ It's important to find things that work for you to relieve stress
 - ▶ Meditation
 - ▶ Deep breathing
 - ▶ Gardening
 - ▶ Talking to a friend

Self Care of the Whole Person

- ▶ Nutrition-both good and bad moods come from food
- ▶ Sleep-one of the most important elements of self care
 - ▶ Too little sleep causes:
 - ▶ Difficulties making decisions
 - ▶ More difficult solving problems
 - ▶ Difficulties controlling your emotions and behavior

Self Care of the Whole Person

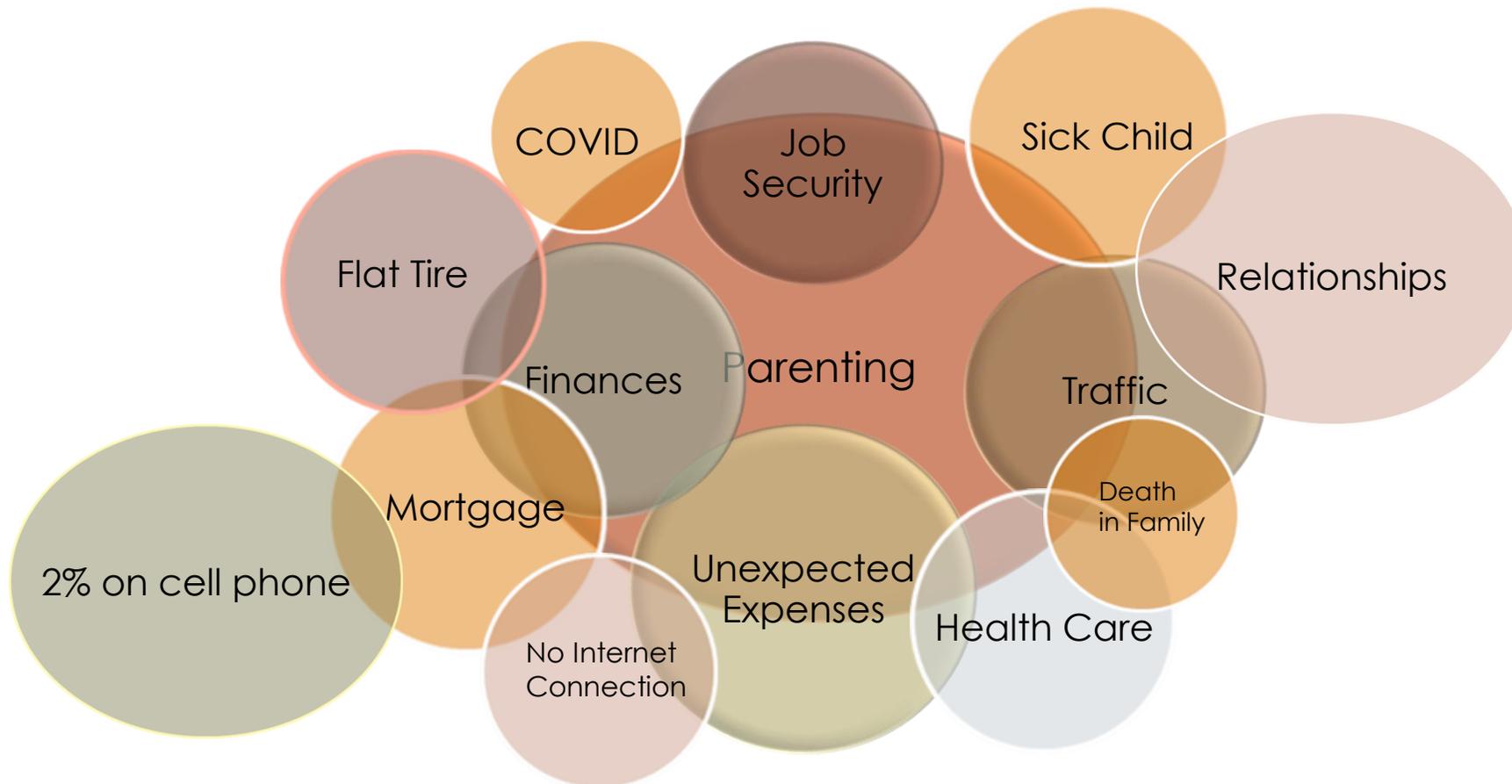
- ▶ Connection-Humans are social animals
 - ▶ Try to take the initiative to reach out to others
- ▶ Physical activity-hiking, gardening, walking, swimming, running, cycling
- ▶ Be kind-self care isn't selfish. Self care is important for our health
- ▶ Spirituality-invites awareness to our existence and the meaning of our moments
 - ▶ It can be hard to call on our spiritual practices in difficult times
 - ▶ Practicing gratitude, meditation, prayer, creative expression, and community service help to strengthen our spiritual connections and our inner coping resources

*All of these practices support other wellness and self care practices and help us manage stress and



The Reality and Necessity of Self-Care

Our Life



Consequences of Poor Self-Care

- ▶ Mental Health
 - Frustration, irritability, anxiety/fear, confusion, poor concentration, helplessness, hopelessness, depression, low morale, pessimism, compassion fatigue, guilt, etc.
- ▶ Physical Health
 - Stress-related illness (hypertension, ulcers, acid reflux/heartburn, skin rash, etc.)
- ▶ Relationships (personal and professional)
 - Conflict, tension, misunderstanding, anger, emotional or physical abuse.
- ▶ Organizational Health
 - Increased absenteeism, diminished productivity, team conflict, turnover.

Practicing Self-Care



Ways To Practice Self Care

- ▶ Try meditation
- ▶ Listen to music
- ▶ Do a face mask
- ▶ Squeeze a stress ball
- ▶ Get enough sleep

Ways To Practice Self Care (cont.)

- ▶ Unplug
- ▶ Get active
- ▶ Eat healthy
- ▶ Get a massage
- ▶ Start a gratitude journal

Create Your Own Self-Care Plan



Steps to Your Self-Care Plan

- ▶ Learn the importance of self-care
- ▶ Determine your stress level
- ▶ Identify your stressors
- ▶ Identify how you cope with stress
- ▶ Create your plan

Determine Your Stress Level

Physical Effects

Increased frequency of:

- fatigue
- headaches
- sleeplessness
- problems concentrating
- muscle tension
- hypertension

Psychological/ Emotional Effects

Feeling:

- general uneasiness
- depressed
- negative, cynical
- nervous, anxious
- helpless, not good enough
- overworked, out of control
- underappreciated

Behavioral Effects

Showing signs of:

- procrastination
- impatience, short-temper
- low productivity, taking work home
- withdrawal, being preoccupied
- complaining frequently about work

Identify Your Stressors

General Stressors

- Overload (too much to do)
- Pressure (too many demands, obligations, and responsibilities)
- Inadequate rewards (too few satisfactions)
- Interpersonal concerns with coworkers, children, spouse, or other family members



Specific Stressors

- personal health issues
- isolating work situations
- lack of administrator support
- lack of time
- money problems
- accelerated change
- unrealistic workloads or demands
- pressure to perform without resources
- others

Identify How You Cope

Healthy Strategies

- be physically active
- eat healthy food
- practice relaxation exercises, get enough rest
- make time for fun/hobbies
- change/manage the conditions causing stress, be assertive
- see a counselor, ask for help
- follow faith/spiritual beliefs
- other



Unhealthy Strategies

- live a sedentary lifestyle
- overeat
- try to do it all
- lash out
- take stress-relief medications
- smoke, overdrink
- isolate yourself
- other

Remember.....



**don't forget
to take
care of
yourself!**

Here For YOU!!

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