

DEFINING SELF-CARE

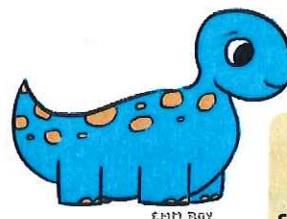
Searching for positive life experiences that lead to zest, peace, excitement, and happiness (Skovholt, 2001).

Self-Care Strategies for Professionals:

1. Value the person
 - A. We are our most valuable tools
 - B. When we spend time attuning to others' needs, we must do the same for ourselves
2. Develop or maintain relationship(s): In/out the office with a trusted person(s) who can hold confidentiality about the "truth" of your life.
3. Refocusing on the Rewards: Privileges, life rewards, career satisfaction, gratitude.
4. Be intentional about engaging in pleasurable activities
 - A. Appreciate beauty in nature, the arts, athletics etc.
 - B. Creativity, spontaneity, and laughter
 - C. Take vacations
 - D. Shared activities with friends and family
5. Physical Needs: sleep, rest, nutrition and hydration, exercise
6. Preserve boundaries
 - A. Assess what you have to give and when you need to conserve your energy.
 - B. Notice what is life-giving and what is life-draining in your life.
 - C. Schedule breaks and be mindful of scheduling

Goal: Clear yet flexible boundaries

7. Environment: your office, your home, and any other areas wherein you dwell can reflect your commitment to nurture yourself
8. Seeking professional help: massage therapy, counseling, nutrition therapy, annual check-ups
9. Cultivating spirituality and mission: Remember your calling; care for others; commitment to growth; spirituality in work



SELF-CARE IS NOT
LAZY OR SELFISH.
SELF-CARE IS HEALTHY.
SELF-CARE IS IMPORTANT.
SELF-CARE IS NECESSARY.