

Welcome!

We'll get started soon. If you'd like, type in the chat:

- From where are you joining the Zoom?
- What's your current EI role? How long have you worked in this role?
- What's a New Year's Resolution you've set?



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We Matter Too

Self Care Strategies for ALL Practitioners

Presented by:
 Patricia "Patty" Eitemiller, M.Ed
 Corey Herd Cassidy, Ph.D, OCC-SLP



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MEET THE PRESENTER

PATRICIA "PATTY" EITEMILLER

Three Ways I Participate in Self

- Practice ^{Care} yoga regularly
- Read for pleasure
- Take a walk in outside

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MEET THE PRESENTER

COREY HERD CASSIDY

Three Ways I Participate in Self Care

- Practice yoga daily
- Walk or run (slowly!) outside as often as possible
- Read excerpts from the 6,000 self-help books sitting on my nightstand



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REMEMBER TAKE CARE OF YOURSELF FIRST



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What is Self Care?

Is it being selfish?


Self-care is not about self-indulgence or being selfish.

The World Health Organization defines self-care as: "the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider."

<https://www.everydayhealth.com/self-care/>



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Why is Self Care Important?

Is it a state of mind?

Self-care promotes positive health outcomes such as:

- Fostering resilience
- Living longer
- Becoming better equipped to manage stress

Self-care can look different for everyone, but to count as self-care, the behavior should promote health and happiness for you.

<https://www.everydayhealth.com/self-care/>

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Radical History of Self Care

- 1950's** Patient-centered medicine led to acts and practices that would improve the health of patients.
- 1960's** Black Panther Party used self care to fight against systemic racism.
- 1970's** Awareness of equitable healthcare and medical racism leads to a pivotal time for the self care movement.
- 1980's** Audre Lorde is a prominent advocate for self care, but his work is only recognized in marginalized communities.



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Self Care is More Than A Hashtag



2000's

The concept of self care was redefined after the events of 9/11 leading to a therapy centered self care approach in an effort to support resiliency nationwide.

2010's

As mental health awareness rose, self care became a viral concept and was encouraged by anyone and everyone following upheaval throughout the world.

 #selfcare was first used on Twitter in 2008

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What the Research Says....

People who take care of others often put their own needs last. Sound familiar?

- Teaching-related stress can be triggered by:
 - Burnout
 - Absorbing secondary trauma conditions
 - Compassion fatigue
- Secondary trauma can happen to anyone.
- Preventing compassion fatigue can be addressed through self care strategies.

<https://www.naeyc.org/resources/pubs/yc/jul2020/preventing-compassion-fatigue>

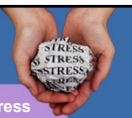
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Why Does Self Care Matter?

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Three Types of Stress



<p>Positive Stress</p> <p>Normal life experiences that are not dangerous or threatening. Often short term and one can cope with the support of loved ones.</p>	<p>Tolerable Stress</p> <p>Longer lasting and more intense but is relieved by supportive relationships.</p>	<p>Toxic Stress</p> <p>Events that continuously activate the stress response system with no protection or comfort.</p>
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Adapted from the Zero to Three, The Growing Brain Curriculum, 2017

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Long Term Effects of Stress

Excessive Elevations in:

- Heart rate
- Blood Pressure
- Stress Hormones

Can Impair:

- Brain Architecture
- Immune Status
- Metabolic Systems
- Cardiovascular Function

Adapted from the Zero to Three, The Growing Brain Curriculum, 2017

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How Does Stress Impact You?

Physically

Behaviorally

Emotionally

Mentally

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How Do You Respond to Stress

There are many ways we can effectively manage our stress.

- Focus on what you CAN do
- Manage your emotions
- Seek out support
- Make a plan
- Distractions
- And more...


DON'T FORGET

Responding to stress can be challenging; look for little things you can do each day to help yourself feel well.

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Identifying Triggers


We all have them.



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What are Your Triggers?

What strategies should you use to address these triggers?



Breakout Rooms | 8 Minutes | Groups of 3-4

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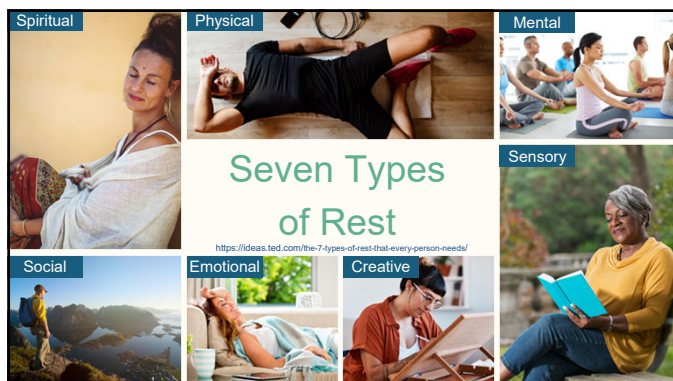


Let's Talk About Self-Care Strategies

Because we all need new ideas.

- Seven Types of Rest
- Emotional Freedom Technique (EFT)
- Belly Breathing
- Progressive Muscle Relaxation
- Mental Health Days

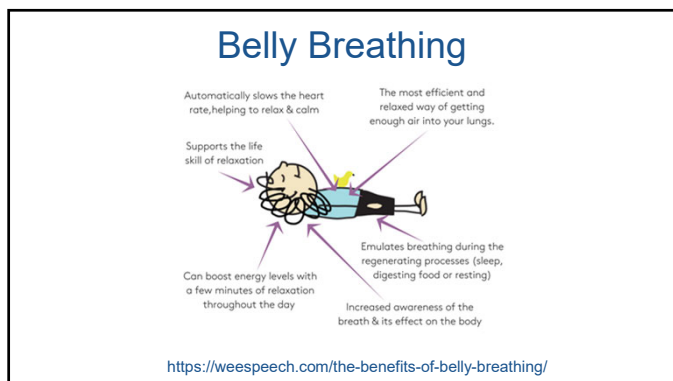
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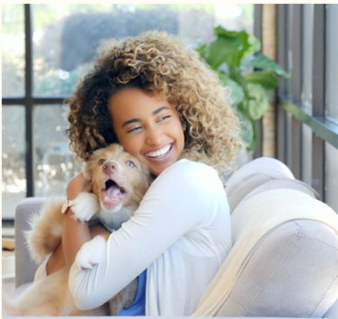
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Self Care at Work



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Self Care Outside of Work

- Connect with family & friends.
- Get outside.
- Snuggle with fur babies.
- Exercise.
- Nap.
- Smell babies.

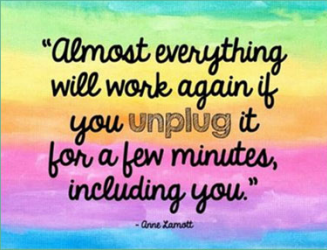
Other ideas?

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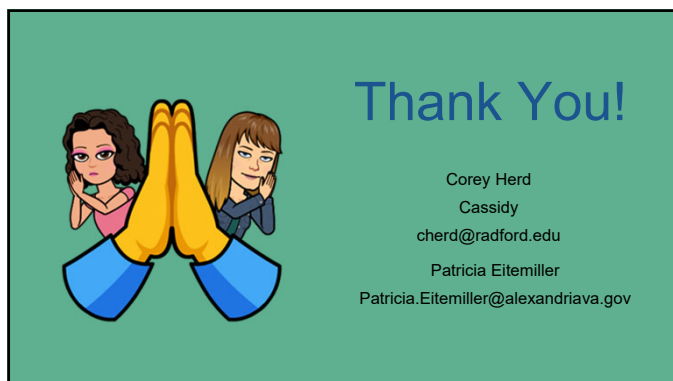


One Self-Care Activity Per Day!

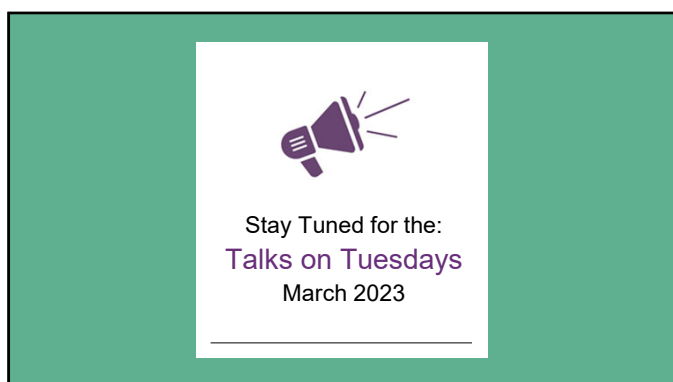
Make a commitment to do one activity per day to focus on your body, your mind and/or your spirit.



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