This webinar is being recorded. The recording and presentation slides will be emailed to those that registered. These materials will also be placed on the NCSD website.
Robert George
HIV Program Manager
Denver HIV Resources, Denver Department of Health & Environment
SELF-CARE
Part 2
Your Presenter

Robert George
HIV Program Manager
Denver HIV Resources
Denver Department of Health and Environment

Robert.George2@DenverGov.org
Presentation Structure

1. Presentation Content
2. Ask questions in the chat during the presentation
3. Questions will be answered at the end of the presentation
Training Objectives

• Describe concept from Part 1 including self-care definitions, brain science concepts, self-capacity concepts, and self-regulation concepts
• Describe a process for self-care
• Identify barriers to self-care and strategies to address barriers
REVIEW
What does self-care mean to you?

• How do you want to feel?
• What are your intentions?
• What are your goals?
Self-care refers to activities and practices that we can engage in on a regular basis to reduce stress and maintain and enhance our short- and longer-term health and well-being.

Self-Care Aims

- **Health**: Taking care of physical and psychological health
- **Stress**: Managing and reducing stress
- **Heart & Spirit**: Honoring emotional and spiritual needs
- **Social**: Fostering and sustaining relationships
- **Integrate**: Achieving an equilibrium across one's personal and work lives

Brain Responses

Two Responses:

1. Limbic Brain Response
2. Pre-Frontal Cortex Response
Signs of Burnout

• Anxiety
• Physical Symptoms
• Avoidance
• Guilt
• Exhaustion
Burnout

• What are you feeling?
• What are your feelings telling you?
• What does this mean to you?
• What action should you take?
FACES

Flexible
Adaptive
Coherent
Energized
Stable

Siegel, 2010 & Ogden, Minton, & Pain, 2006
Self Regulation

• Manage emotions and behavior
• Resist highly emotional responses
• Calm self
• Adjust to change
• Handle frustrations

https://csktribes.org/teaching-self-regulation-skills
Self-Care Process

1. Assess where I am
2. Consider what I need
3. Make a plan
4. Check in on my plan
5. Adjust as needed
Assess Where We Are

Questions to ask ourselves:

1. What is happening?
2. How am I feeling?
3. How do I want to feel?
Consider What I Need

• What part of me needs tending?

• What does that tending look like?
Healthy Mind-Body Platter

Adapted from the Health Mind Platter, Rock & Siegel, 2012
Self-Comfort and Self-Care

1. Massage
2. Bubble Bath
3. Taking a walk
4. Taking a nap
5. Drink a cup of tea
Stress Reduction

What can we do to reduce Stress?
1. Keep current with work
2. Take care of personal responsibilities
3. Operate by our values
4. Know our limits
Make a Plan

1. Plan in small time increments
2. Set attainable goals.
3. How will I know it’s working?
Adjust the Plan

1. Is it working? How do I know?
2. Don’t give up!
3. Adjust to what works.
BARRIERS TO SELF-CARE
Barriers to Self-Care

• Lack of time.
• Lack of money.
• Lack of self-compassion.
Compassion - Five Qualities

- Being Aware
- Kindness
- Listening
- Warmth
- Patience

Concepts taken from the work of Joan Halifax and Brené Brown
Self Compassion

• Being open to and moved by one’s own suffering
• Experience feelings of caring and kindness toward oneself
• Taking an understanding, non-judgmental attitude toward one’s inadequacies and failures
• Recognizing that one’s experience is part of the common human experience.
Barriers to Self-Care

• Experience more self-compassion
• Assess what you can do
• Assess what you are doing
• Try out different activities
• Be true to yourself
• Ask for help
Let’s Get Started

What is one thing you think you can do for yourself?
Please Share

• What has worked for you?
• We can learn from others
• Peer support is a trauma informed principle
• Shared experiences are powerful
• We can consider things we may not have thought of
“If you suddenly and unexpectedly feel joy, don’t hesitate, give in to it. “

--Mary Oliver
Questions?

• Robert George: Robert.George2@DenverGov.org
• Please complete the webinar evaluation once the webinar ends.
• The webinar recording and presentation slides will be shared.
Upcoming webinars

• September 9 at 3:15-4:30pm ET – Self Care & Supervision
  – Registration link will be sent via email and placed on the NCSD website: https://ncsd.adobeconnect.com/e5j3t5d30pnb/event/registration.html

• September 30 at 3:15-4:30pm ET – Self Care & Intersectionality
  – Registration link is forthcoming!