



Self Care Workshop

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What you will need for
this workshop....

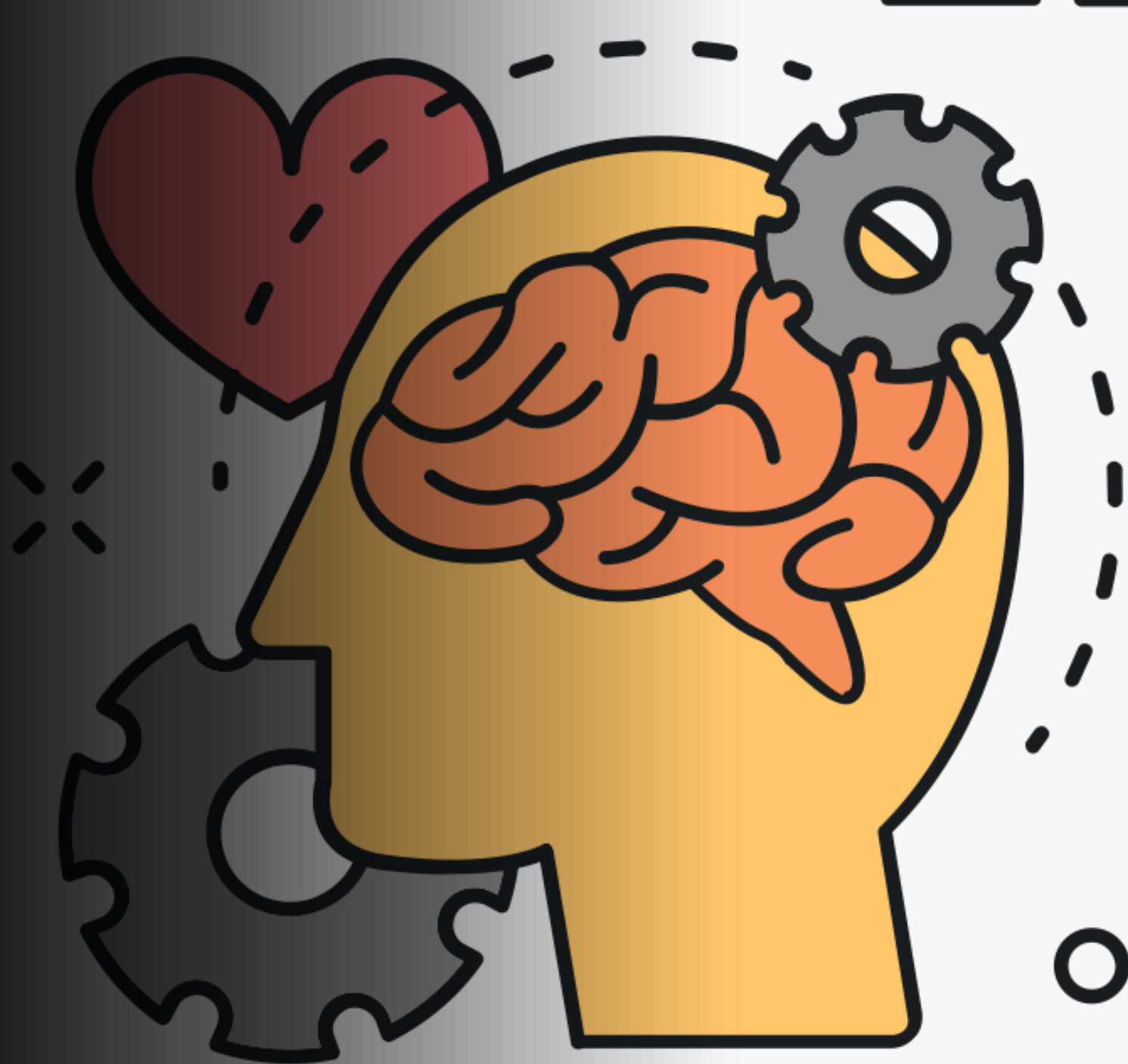
- Pen and paper
- Curiosity





A bit about me and this workshop...

A more practical approach than main
stage presentation





Self care recap...

- Individual responsibility for our self-care
- Normalise self care as a part of everyday (don't have to wait for global disaster to self care!)
- We need a certain level of stress, anxiety, worry, concern- this is normal and necessary
- Self-care is not an absence of stress, it is a way to build resilience to cope with periods that may be stressful
- Identifying what might be a threat (= stressful) for you
- What are clues for you that your levels of stress, worry, concern are high?
- Understanding that self-care is sometimes doing what you know works for you already
- And sometimes it is adding to this toolbox and developing flexible self care strategies

Grounding exercise





Barriers to Self Care

- Carer mindset (“It is more important to support others, I’ll be OK”)
- Superhero mindset (“I should be able to cope”)
- Time or competing priorities (“I don’t have the time” OR “I have to do XXX first”)
- Perceived value (“I am not worth it” OR “self care is a waste of time”)
- Not part of my routine (“It is difficult to change (old) habits”)
- Workplace or family culture (“In our company OR our family we just get on with things”)
- Lack of role models/supports (“where do I start, what do I do?” OR “I can’t do this alone”)



DOUBLE EDGED SWORD OF VALUES AND IDEALS STRESS FIRST AID

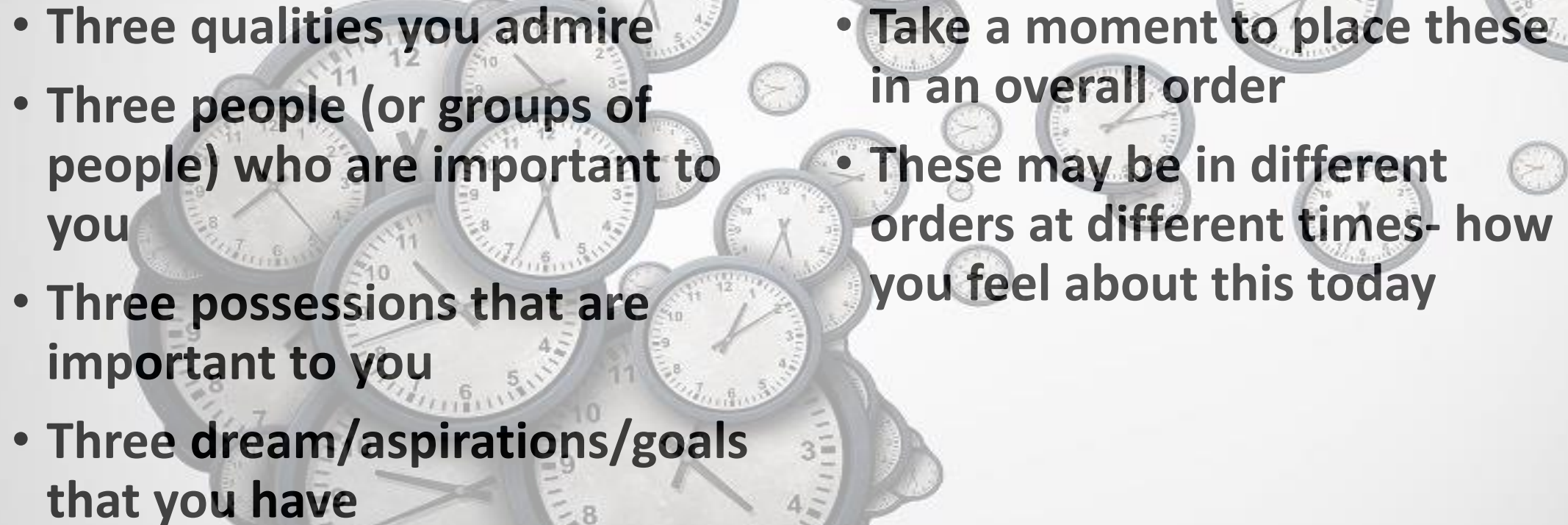
Strength	Guiding Ideal	Vulnerability
Placing the welfare of others above one's own welfare	Selflessness	Not seeking help for health or other challenges because you do not make yourself a priority
Commitment to serving family, others	Loyalty	Guilt and complicated bereavement after loss of others
Toughness and ability to endure hardships without complaint	Stoicism	Not aware of/acknowledging significant challenges/suffering
Following an internal moral compass to choose 'right' over 'wrong'	Strong Moral Code	Feeling frustrated and betrayed when others fail to follow a similar moral code
Expecting only the best from yourself	Excellence	Feeling ashamed/Intolerance of failure



What is important to you?



Prioritisation Exercise...


- 
- Three qualities you admire
 - Three people (or groups of people) who are important to you
 - Three possessions that are important to you
 - Three dream/aspirations/goals that you have
 - Take a moment to place these in an overall order
 - These may be in different orders at different times- how you feel about this today

Now take a moment to think about/write down how you actually spend your time...

- **What does the average day look like?**
- **Up early?**
- **Rushing place to place?**
- **Working over time?**
- **Spending time with people or in places that feel stressful?**
- **Does your list of priorities match your list of time spent?**
- **Of course we have to be pragmatic...but are there places where you can make adjustments?**



Now let me
tell you a
story...



Revisit this exercise
regularly...

Intention as a tool

- Stop
- Breathe
- As yourself “what is my intention, what am I hoping to achieve?”
- Breathe
- Then approach the task/person

LIVE LESS
OUT OF HABIT
AND MORE OUT
OF INTENT.

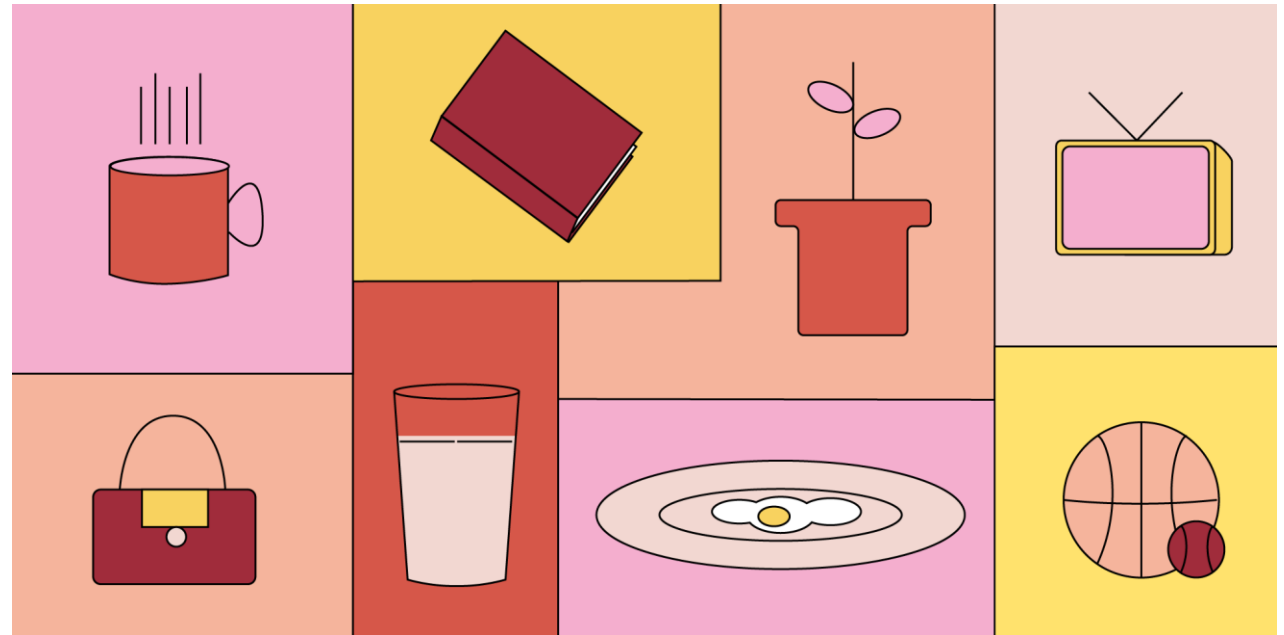


New tricks?

- Remember that there are always new self care ideas and techniques to be learnt
- But start with the things you already know work for you and then add to these
- Learn new self-care techniques when things are going well so you are prepared when things are tough

Self-care commitment

- In the next day I will....
- In the next week I will...
- In the next month I will...





WALLY
FINDS HIMSELF

Closing Exercise

Everything will
work again when
you unplug it for a
few
minutes...including
YOU! (Anne
Lamott)

