



Self-Care for Personal and Professional Success

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CUPA-HR Webinar

Presenter



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Agenda

Discuss techniques to develop and prioritize a well-balanced lifestyle

Identify areas for improvement in your own self-care habits



Why do I need Self-Care?

- Job/Career
- Relationships
- Family/Friends
- COVID-19
- New endeavors
- Finances
- Future
- Past
- Loss
- Self



What is Self-Care?

A holistic approach to ensuring personal well-being:

- Physical
- Psychological
- Emotional



- Spiritual
- Relationship
- Workplace

What are the Benefits?

Personal Life

- Overall health
- Energy
- Positive relationships
- Self-worth
- Positive outlook



Workplace

- Reduced absenteeism
- Reduced staff turnover
- Reduced healthcare costs
- Happier employees
- Increased productivity (even during stressful events)

Stress

Burnout

Over-engagement

Disengagement

Emotions are over-reactive

Emotions are blunted

Produces
Urgency/hyperactivity

Produces
helplessness/hopelessness

Loss of energy

Loss of motivation/hope

Damage is physical

Damage is emotional



1. Be Preventive

- My Self Care Reflection and Preventive Plan

2. Identify Areas of Improvement

- Self Care Assessment

3. Create Habits

- Self-Care Worksheet

SELF REFLECTION

Have you ever experienced overwhelming stress or burnout?

- What are your warning signs?
- What did you do well?
- What didn't you do well?

What gets in the way of your self-care during these times?

- How could you overcome these barriers?



Self Care Assessment

1. Complete using your present self care habits
2. Identify area you are doing well
3. Identify area you need improvement



Self-Care Assessment

Rate the following areas according to how well you think you are doing:

3 = I do this well (e.g., frequently)

2 = I do this OK (e.g., occasionally)

1 = I barely or rarely do this

0 = I never do this

Physical Self-Care

- Eat regularly (e.g. breakfast, lunch, and dinner)
- Eat healthily
- Exercise or move your body through some activity everyday
- Get medical care when needed
- Take time off from school/activities when sick
- Get enough sleep
- Wear clothes I like
- Get massages, acupuncture, mani/pedi
- Other:

Psychological Self-Care

- Engage in activities that takes your mind of things, e.g., go on walks, funny videos, friends/family
- Make time away from phones, email, social media/internet
- Listen to my thoughts, beliefs, feelings
- Write in a journal
- Read books that are unrelated to work
- Minimize stressors in my life
- Engage my intelligence in a new area, e.g., go to an art show, sports event, theatre
- Say no to extra responsibilities sometimes
- Other:

Emotional Self-Care

- Spend time with others whose company I enjoy
- Stay in contact with important people in my life
- Give myself affirmations, praise myself, love myself
- Re-read favorite books, re-view favorite movies
- Identify comforting activities, objects, people, places and seek them out
- Allow myself to cry
- Find things that make me laugh
- Express my outrage in social action, letters, donations, marches, protests
- Other:

Spiritual Self-Care

- Listen to inspirational talks, music, podcasts or read inspirational books
- Spend time in nature
- Find a spiritual connection or community
- Be aware of non-material aspects of life
- Try at times not to be in charge or the expert
- Be open to not knowing and inspiration
- Contribute to causes I believe in
- Identify what is meaningful to me
- Meditate and/or reflect
- Pray
- Sing
- Other:

Relationship Self-Care

- Schedule regular dates with my partner
- Schedule regular activities with my children
- Spend time with family I enjoy
- Call, check on, or see my relatives
- Spend time with my animals
- Stay in contact with faraway friends
- Make time to reply to personal emails, texts, and letters
- Enlarge (or decrease) my social circle
- Ask for help when I need it
- Share a fear, hope, or secret with someone I trust
- Other:

Workplace Self-Care

- Take time to talk with coworkers
- Take a break during the workday
- Make quiet time to complete projects
- Identify projects or tasks that are exciting and rewarding
- Set limits with clients and colleagues
- Balance my workload so that no one day or part of a day is "too much"
- Arrange work space so it is quiet and comforting
- Get regular supervision or consultation
- Negotiate for my needs (benefits/pay)
- Have peer support group
- Develop a new area of of professional interest
- Other

Self Care Plan

Now

- Current self-care strategies and activities you use to manage stress and stay healthy

Future

- Strategies and activities that you would like to use but are not currently utilizing to enhance self-care

Obstacles

- Identify the obstacles keeping you from practicing the habits you listed previously

Solutions

- What solutions can you come up with to address the obstacles you listed?



"Self-care
is not about
self-indulgence,
it's about
self-preservation."
- Audrey Lorde

Have a Question?



Submit questions to our presenters
using the Chat.



Thank You

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