

Self-Care During the Unknown (Pandemic Addition)

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Objectives for Our Time Together

- Identify the 6 categories of health
 - Discuss why they are important
- Discuss the importance of self-care
 - Consider benefits of maintaining healthy self-care practices
 - Consider consequences of not maintaining healthy self-care practices
- Review self-care tips
 - Share ways to adjust methods due to pandemic restrictions

What is Stress?

- A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.
 - synonyms: strain, pressure, (nervous) tension, worry, anxiety, trouble, difficulty; informal hassle



Stress Level Check-in

- On a scale from 1-10 how stressed are you right now?
- Please share your response in the Chat Box!



Categories of Health

- 3 primary types
 - Physical
 - Emotional
 - Mental
- 3 subset types
 - Social
 - Environmental
 - Spiritual



Physical Health

- Defined as: The condition of your body's Internal and external organ functions, pain level and mobility
- Medical issues can cause chemical balances in the body
 - Health issues affect mood/emotions

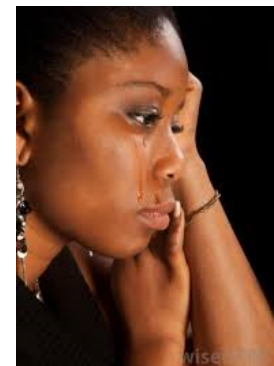


Emotional Health

- Defined as: The state of your emotional wellbeing. How you perceive and express emotions.
- How do you express yourself?
 - Aggressive (forcefully)
 - Passive (without active response or resistance)
 - Passive aggressive (avoidance of direct confrontation)
 - Assertive (respectfully direct)



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Mental/Intellectual health

- Defined as: Psychological well-being, satisfactory adjustment to society and to the ordinary demands of life.
- Mental health is affected by genetics and experiences
- How do you process information and respond?
 - Pressure
 - Task
 - Changes



Social Health

- Defined as: How you relate to people at home, school, work and in the community.
- How are your relationships?
 - Dependent
 - Distant
 - Volatile
 - Mutually beneficial
 - Balanced
 - One sided



Environmental Health

- Defined as: The conditions of your daily surroundings.
- Such as...
 - Safety from danger (Weather, violence)
 - Adequate resources (food, clothing, shelter)
 - Negative vs. Positive atmosphere (toxic stressors, protective factors)
 - Can be people, places and activities
 - Negative atmosphere: Rude manager, dangerous neighborhood, one sided relationship
 - Positive atmosphere: Supportive co-workers, safe neighborhood, balanced relationship



Spiritual Health

- Defined as: Maintained or improved living according to your principles, morals and values.
- You must identify or seek to identify what your principles, morals, and values are
 - What do you look to for strength/comfort?
- Do you practice what you preach/believe?
 - Do you have a like minded support system?
 - Are you seeking to grow?



Why does all of this Matter?

- Knowledge is power!
 - You can't fix it if you don't know it's a broken.
- All of these types are connected and affect each other
- After awareness comes action, after action comes CHANGE!
- Addressing your 6 categories of health=Self-Care

You can show up
more powerfully if
you put yourself first.

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“

*If it matters to you,
you'll find a way.*

CHARLIE GILKEY

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Self-Care

- Defined as: Any necessary human regulatory function which is under individual control, deliberate and **self**-initiated.
- **Self care** is **care** provided “for you, by you.” It's about identifying your own needs and taking steps to meet them.
- It is taking the time to do some of the activities that nurture you.
- **Self care** is about taking proper **care** of yourself and treating yourself as kindly as you treat others



Benefits of Self-Care

- Increase confidence and self-esteem
 - Self-love/Respect
- Improve long-term physical health
 - Reduces risk for health issues (ex. High blood pressure)
- Improve relationships
 - Teach people how to treat you and shapes how you treat others
- Aids in productivity at work
 - You can focus on work, freedom to be more creative



Consequences of not practicing self-care

- Decreased self-value
 - Physical, emotional, career wise, etc.
- Increase risk of physical health issues
 - Ex. Stress induced HBP, anxiety disorder, etc.
- Strained or dysfunctional relationships
 - Aggression toward others, isolation, accepting mistreatment.



Reality Check about Self-Care

- IT TAKES EFFORT!
 - Make time
 - Deal with change
 - Saying NO
 - Ending relationships
 - Practice discipline
- You must balance
 - What is good for you vs. What is good to you



Self-Care Tips 1 & 2



- Laughter is important!
 - Laughing lowers blood pressure, reduces stress hormones, and increases muscle flexion. It increases the circulation of antibodies in the blood stream and makes us more resistant to infection.
- Exercise has to happen!
 - Reduce your risk of Cardiovascular Disease.
 - Reduce your risk of Type 2 Diabetes and Metabolic Syndrome.
 - Improve your mental health and mood



Self-Care Tip 3

- Healthy Eating is Vital!
 - **Eating** well can also help ward off numerous diseases and health complications, as well as help maintain a **healthy** body weight, provide energy, allow better sleep, and improve brain function.



Self-Care Tip 4

- Healthy Emotional Expression
 - Not destructive and aids in growth
- What is destructive expression?
 - Anything that hurts you or others
 - Not expressing emotions at all
- Aids for healthy expression
 - Supportive friend, family members, support group
 - Positive activities (hobbies, clubs)
 - Professional help (EAP, Living Well Ne insurance)



Pandemic Specific Tips

MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

BlessingManifesting

Support Resources

- <http://methodisteapcanhelp.org>
 - 901-683-5658
- <http://thelivingwellnetwork.org/>
 - 901-762-8558
- <http://memphiscrisiscenter.org/>
- <http://tspn.org/>
- <http://www.suicidepreventionlifeline.org/>
 - 1-800-273-8255
- <http://nami-memphis.org/>

Comments and Questions

- Any additional self-care tips to share?
- Any final thoughts or questions?

