



Self-Care for the Sake of Others

Caring for Ourselves and Others
when the Responsibilities of
Personal and Professional Life
Overwhelm Us


Biblical Ethic



- Matthew 22:36-40 New Revised Standard Version(NRSV)
³⁶ “Teacher, which commandment in the law is the greatest?” ³⁷ He said to him, ““You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’ ³⁸ This is the greatest and first commandment. ³⁹ And a second is like it: ‘You shall love your neighbor as yourself.’ ⁴⁰ On these two commandments hang all the law and the prophets.”

Stages of Grief

(Elizabeth Kübler Ross)

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- {Shock}
 - Denial
 - Anger
 - Bargaining
 - Depression
 - Acceptance
 - {Hope}



Steps to Resilience

(Kenneth Ginsburg, M.D.)


- **Control** – take an active role in one's own wellness
- **Competence** – Identify strengths in current scenario
- **Coping** – identify healthy coping strategies, add one more
- **Confidence** – give and receive praise and kindness
- **Connection** – express emotions to others and support others by listening and affirming
- **Character** – review personal values and wisdom received
- **Contribution** – practice altruism, be kind to another

Personal Stressors


A large, light-colored feather graphic is positioned on the left side of the slide, extending from the top to the bottom. It has a central rachis with many fine barbs branching out, creating a fan-like shape. The feather is rendered in a light beige or tan color with a subtle gradient.

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- Finances
 - Time Availability
 - Family Responsibilities
 - Caring for Chronically Ill Loved Ones
 - Caring for Children
 - Conflict
 - Reduced Support Systems
 - Others

Professional Stressors

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- Too much work, Too little time
 - Professional Risk
 - Secondary Trauma/Vicarious Trauma
 - Complicated client needs
 - Futility = Not being able to “fix” a problem
 - Urgency vs Importance
 - Work-Life Balance

Physical Wellness

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- Exercise
 - L-Tryptophan rich foods (turkey, banana, warm milk, etc.,)
 - Increased hydration (drink more water!)
 - Increased fiber intake
 - Adequate rest/sleep
 - Increased oxygen intake (plants can help)
 - Increased alternative distanced socialization
 - Avoid alcohol and other substances

Spiritual Wellness

- Reflect on challenging and joyful experiences
- Journal (review “rose, thorn, bud” exercise)
- Engage in gentle stretching or other embodied practice
- Utilize body scan, visualization exercises before sleep
- Create space to be present without pressing needs
- Allow for margin
- Pray/Meditate/Sing/Create art or anything else that brings joy to you
- Be present in nature



Emotional Wellness



- Spend socially distanced time with people who help you recharge
- Replenish your “well”
- Check on others, altruistic behavior can be healing
- Note when you are not feeling at your best and try to create margin
- Be aware of the emotions that arise in you and name them

Psychological Wellness



- Speak to a therapist (on a regular basis) or another person you trust to offer wise advice from an objective perspective
- Ask other trusted friends/family to help you notice when you are stressed and let them suggest solutions
- Create time for “yourself” (Start with setting 5 uninterrupted minutes aside)

Resources



- <https://hbr.org/ideacast/2017/01/generosity-burnout>
- <https://www.tendacademy.ca/signs-and-symptoms-of-compassion-fatigue-and-vicarious-trauma/>
- <https://www.nytimes.com/interactive/2020/04/03/style/self-care/coronavirus-guided-meditation-nature.html?referringSource=articleShare>
- <https://www.nytimes.com/2020/04/02/opinion/mental-health-coronavirus.html?referringSource=articleShare>
- <https://www.facebook.com/1247359386/posts/10222810171983348/?d=n>

Resources continued . . .

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- <https://www.nytimes.com/2020/03/25/style/self-care/sleep-tips-benefits-coronavirus.html?referringSource=articleShare>
 - https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+harvardbusiness+%28HBR.org%29
 - <https://www.nytimes.com/interactive/2019/02/14/well/mind/14compassion-quiz.html?referringSource=articleShare>
 - <https://www.nytimes.com/2020/03/24/style/living-together-coronavirus.html?referringSource=articleShare>



Resources continued . . .



- *Ambiguous Loss: Learning to Live with Unresolved Grief* by Pauline Boss (may not apply to everyone’s situation but the concept of “ambiguous loss” can be reinterpreted to apply to our current situation)
- <https://hbr.org/2020/04/the-restorative-power-of-ritual>
- <https://hbr.org/2020/04/4-behaviors-that-help-leaders-manage-a-crisis>
- <https://www.nytimes.com/2020/03/25/business/coronavirus-families-cabin-fever.html?referringSource=articleShare>

Resources continued . . .



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- https://hbrascend.org/topics/working-remotely-during-covid-19-heres-how-to-deal-with-the-isolation-infographic/?utm_source=HBR_LinkedIn&utm_medium=social&utm_campaign=HBR_post
 - <https://hbr-org.cdn.ampproject.org/c/s/hbr.org/amp/2002/05/how-resilience-works>
 - <https://hbr.org/2020/04/how-working-parents-can-let-go-of-perfectionism>