



Self care in more than a SPA day – a conversation about how to build a life that you don't need to escape

Anna I. Guerdjikova, PhD, LISW

Goals for today

Review of the **six types** of self care and their contribution to wellness

Discuss the difference between **motivation** and **intention** in self care

Explore **values** and **five committed actions** to sustainable self care

The 6 Types of Self-Care

Emotional

1. Journal
2. Talk About Your Emotions
3. Listen to Emotional Music
4. Therapy
5. Art
6. Cry, Yell, Express

Mental

1. Do a Puzzle
2. Read
3. Write
4. Play a Game
5. Watch a Documentary
6. Brain Games

Physical

1. Joyful Movement
2. Bubble Bath
3. Sleep/Rest
4. Drink Water
5. Healthy Eating
6. Skin Care

Social

1. Call Your Family
2. Meet a Friend
3. Set Boundaries
4. Detox Social Media
5. Go on a Date
6. Balance Alone Time

Practical

1. Change Sheets
2. Learn Something
3. Budget Plan
4. Tidy Up
5. Plan
6. House Chores

Spiritual

1. Yoga
2. Meditation
3. Tarot Cards
4. Prayer
5. Visiting Place of Worship
6. Time Outside

Authentically Del

Lindner Center
of HOPE

 Health™

Before you start beating yourself up for what you “SHOULD BE DOING”

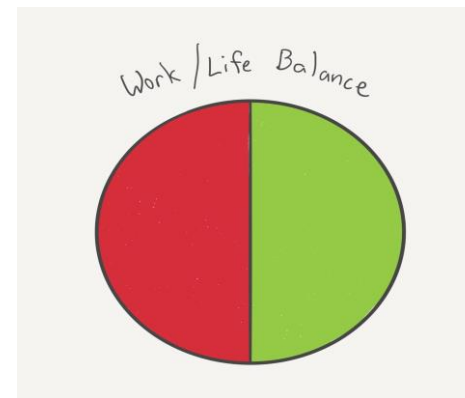
- You **already perform** numerous acts of self care during the day (ex. drink water ; make your bed; text a friend back, being at this seminar today😊)
- Bringing **awareness** of what it is that we do and work on increasing what is effective is the **active process of self-care**

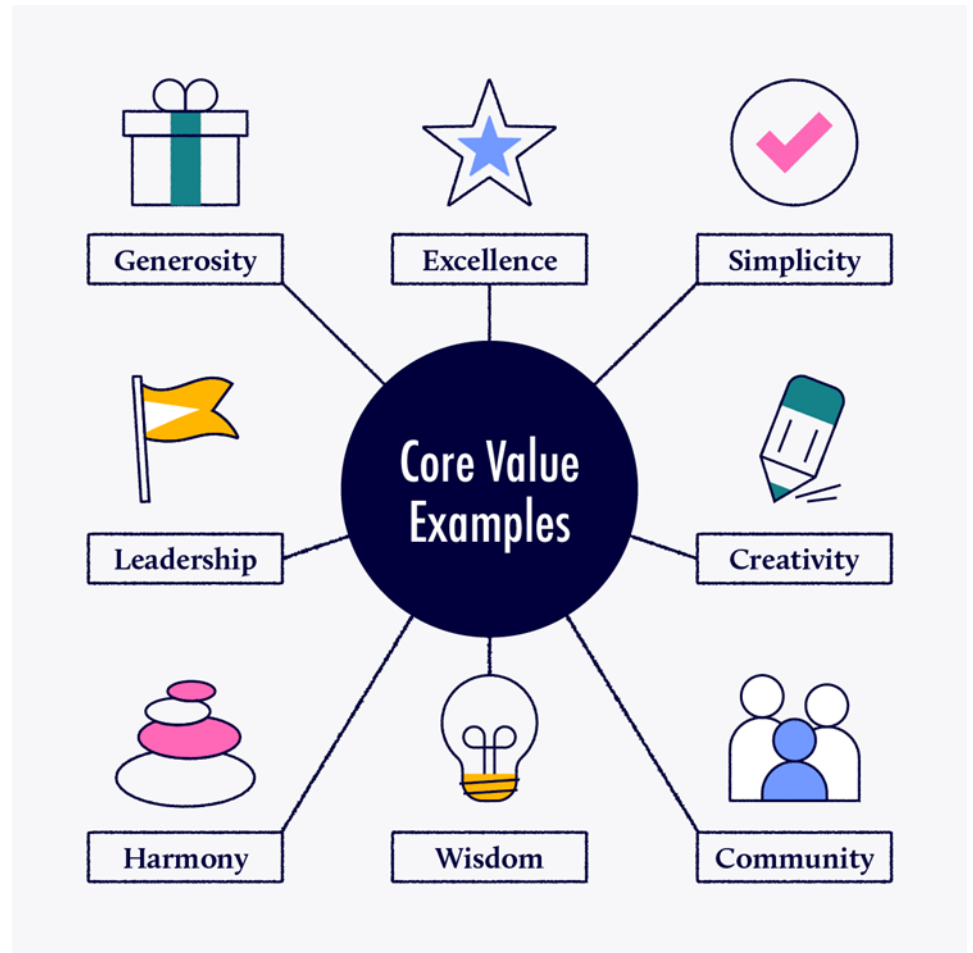
Self-care is an ACTIVE process and it **IS the act of living our lives**

In order for self-care to work:

- Has to be an important **PERSONAL VALUE/** fit with one's value system (awareness)
- Has to be individualized
- Has to be flexible and taking in consideration one's current variables
- Has to be consistent while fluid

Life / Self care – Work balance is a scam





Self-care as a personal VALUE

- Why is self care important for me?
- Is it really important or do I engage with it just because it is the hip thing to do (goat yoga!!)?
- What will happen if I do not pay enough attention to it?
- What will happen if I pay enough attention to it?

HOW DOES SELF CARE AFFECT WHAT IS IMPORTANT?

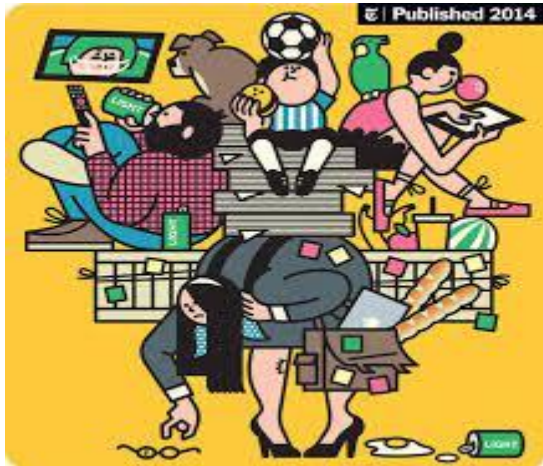


Let's think examples


- I go first- “invincible me” can go with no sleep and does not need meds / help
- **QUITE LITTERALY**
- In reality NOONE engages in self care unless they have somewhat experienced the consequences of the LACK of self care



Core value - being a good parent



- Your value (fun, organized, strong, simplicity, community, frugality)



Start **elaborate** exercise program in your **basement**, requiring a **lot of equipment** and **fixed** schedule

Forget this self-care gig, it does not work feeling bla/unwell → you can't live your core values

- Your values(fun, organized, strong, simplicity, community, frugality)

Look into joining ongoing walking group
in your community / start such a group

This self-care gig might actually be ok;
you are stronger/available to live your
core values

Emotional self care

- Anything that helps you process/ regulate/ live through ANY aspect of you emotional wellbeing
- Leave the room when angry / learn to express emotions
- Go on a week long silent retreat
- Hobbies of all shapes and colors
- Therapy / Self help books / podcasts
- Medication / Herbs / Supplements to reduce anxiety



Mental self care

- Anything that challenges you / NOT autopilot (think the exact opposite of IG reels)
- Puzzles/ DUO linguo/ Wordle
- Reading / movies/ any cultural events
- Musical instrument/ hobby *



Physical Self care

- Anything that makes you feel IN and GOOD about your body
- **REST**
- Regular medication / check ups
- Movement and sufficient enjoyable nutrition
- Baths / SPA 😊
- Hydration

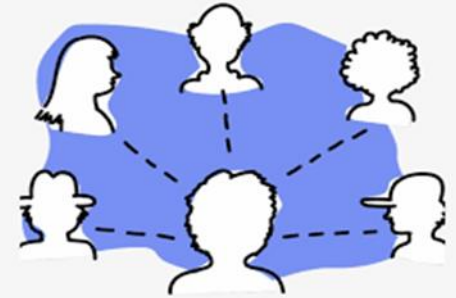


Logistical Self care

- ANYTHING that allows you to build a life that supports regular SELF-CARE/ living your values
 - \$ literacy and budgeting
 - Decluttering / controlled home and work space
 - Stable network of friends ; babysitters list
 - Mandatory Free time / being un-busy
 - Build the skills to actually **USE IT**



Social self-care



- Anything that fosters CONNECTION
- Does not have to be hosting a party every week
- Be aware of healthy **boundaries**
- Be aware of social media pseudo connectedness

Online book club ; Text chain with old friends ; Check in with kids ; Booking tickets /planning vacations ahead of time ; organize a walk for friends ; write a thank you note/text ; send your brother a meme/bottle of wine

Spiritual Self care

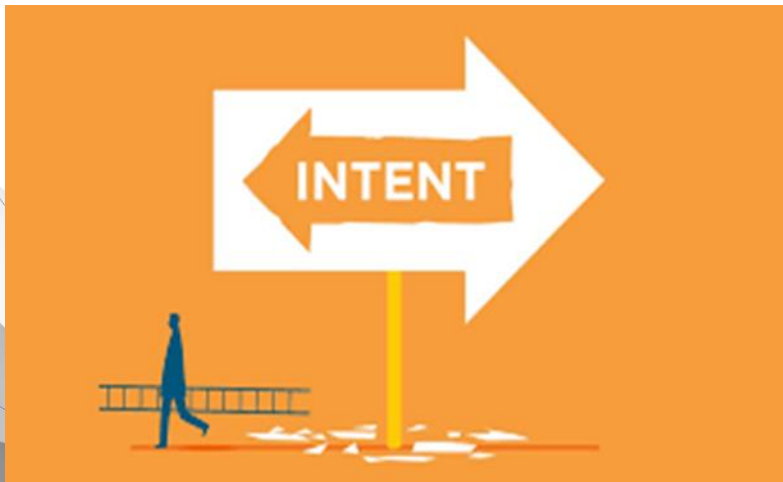
- Anything that connects you to a (your) higher power
- Walk in the woods
- Yoga / Meditation
- Prayer
- Volunteer



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Missing link

- You drink an **energy drink** OR you start to **walk** daily (willingness to carry out specific actions)
- You want to have **energy** (underlying reason)



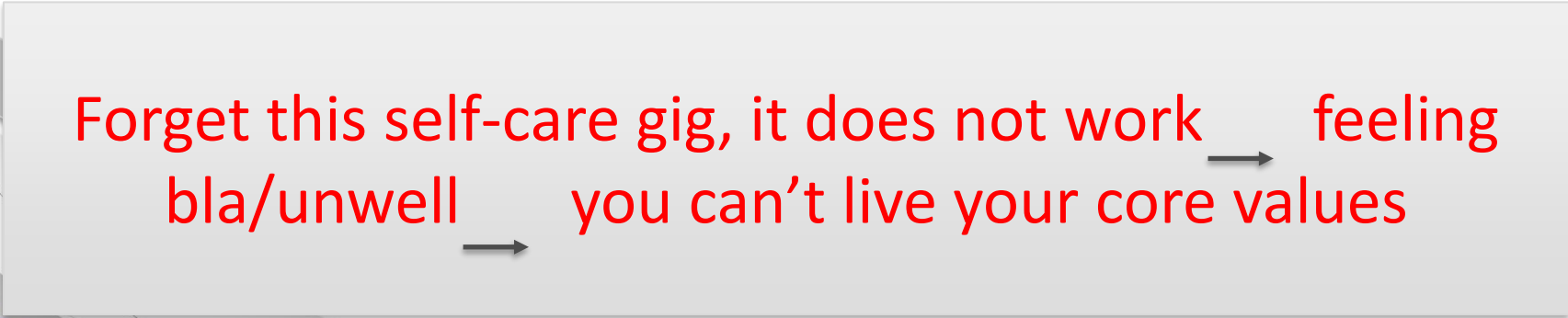
Self sabotage

- Do what is easy and quick, knowing it does not work
- **Refusing to ask for help**
- Controlling or micromanaging behavior
- Picking fights or starting conflicts with colleagues and loved ones
- Setting goals that are too low or too high
- **Avoiding or withdrawing from others**
- Negative self-talk and extreme self-criticism
- Making excuses or blameshifting
- Undermining your goals and values
- Substance abuse, overspending, or “overdoing it” in other ways
- Constantly seeking approval
- Reluctance to speak up for yourself

- Your values (fun, organized, strong, simplicity, community, Frugality, HEALTHY)



Bring carrots to work, but you get Oreos from the vending machine instead



Forget this self-care gig, it does not work → feeling
bla/unwell → you can't live your core values

- Your values(fun,organized, strong, simplicity, community, frugality, HEALTHY)



Try the carrots for dinner? / do you like carrots even? Switch the veggie? Try a smoothie?..also eat the Oreos 😊



This self-care gig might actually be ok; you are stronger/available to live your core values



On living core values with self-care

The Hard Truths About Self-Care

1. You will disappoint some people when you prioritize your self-care.

2. Self-care often means doing what you don't feel like doing in the present moment to benefit future you (it's not all bubble baths and face masks)

3. Your boundaries will scare some people away. It's okay. Let them go.

4. Don't neglect yourself taking care of someone else. You don't owe anyone your time, a quick text back, or emotional support when you need to be giving it to yourself first.

5. Neglecting yourself to take care of somebody else may seem like an act of love, but giving from a place of emptiness only leads to resentment. Towards the other person, and eventually towards yourself.

6. Self-care requires letting go of relationships, habits, and choices that are familiar but no longer serve you.

7. It means being honest with yourself, especially when the truth is hard to admit.

8. Self-care is hardest to do when you need it most.

© WE'RE NOT REALLY STRANGERS

Let's check where you are

- **Please take a moment to complete the self care assessment below**
- <https://www.therapistaid.com/worksheets/self-care-assessment>

Review the self care assessment

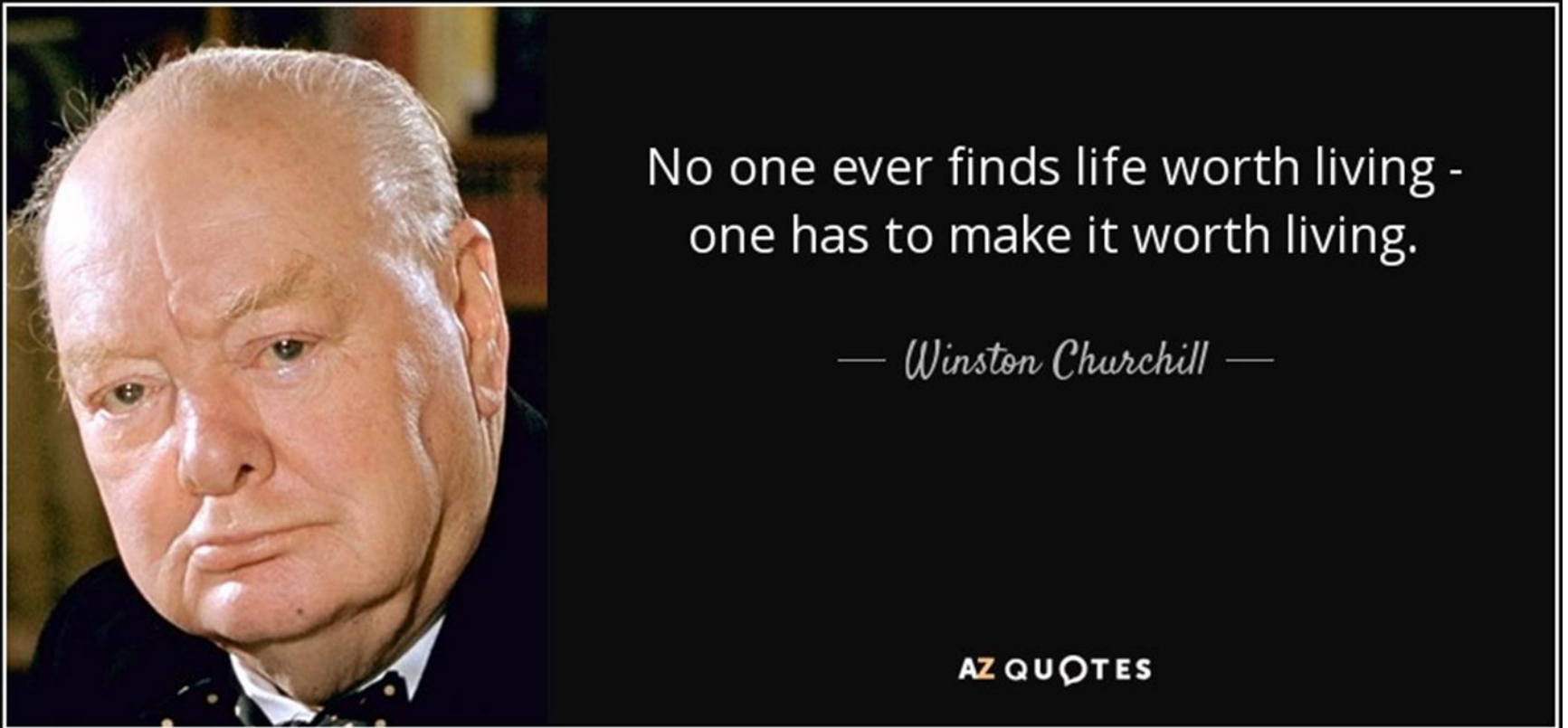
- Which category needs most work?
- **Reflect on impact of lack of self care on daily tasks- the actual “WHY” we chose to do it**
- Pick one area
- Write down three barriers to accomplishing the goal

Lets work through an example

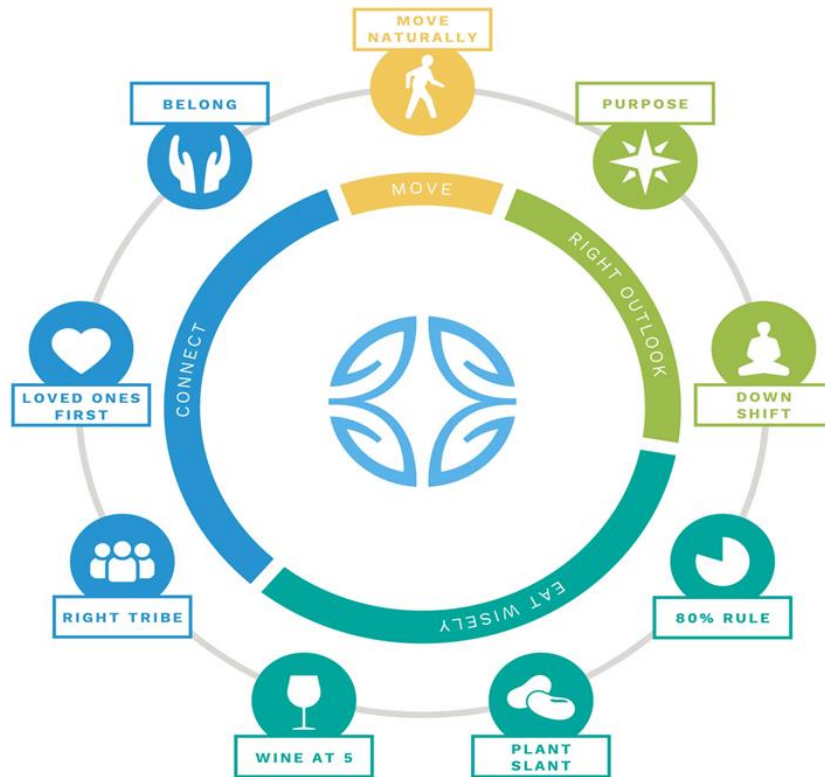
- Get enough sleep - **WHY IS THIS IMPORTANT??**
- Barriers
 - 1) Too busy at night to go to bed
 - 2) Can't fall asleep / regular stress or anxiety that needs help?
 - 3) Interrupted sleep (kids, dogs, partner's snoring/ alarm)

Solution(s) : Chose fixed bedtime and go to bed no matter what; Challenge thinking patterns (perfect kitchen vs rested brain?); Self sabotage implications?

So why is all this important after all?



Wisdom of the Blue Zones




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LIVE TO 100: SECRETS OF THE BLUE ZONES

<https://www.youtube.com/watch?v=ahLcnJwQPTM>

Connecting the dots

- Core values  Self-care = LIVE
- If we do not chose self-care, we can not live our core values / live a good life
- Self-care can have a million different facets and the examples of it are endless
- Self-care requires **awareness** to work through self sabotage, commitment, self compassion and ultimate flexibility of the mind

Imagine..

- You are able to retire in your late 40s with no \$ worries
- How do you chose to spend the remaining 30+ years?



This is your **CLUE** to your **CORE Values**
How does regular self care INFORM the CORE values

Early retirement

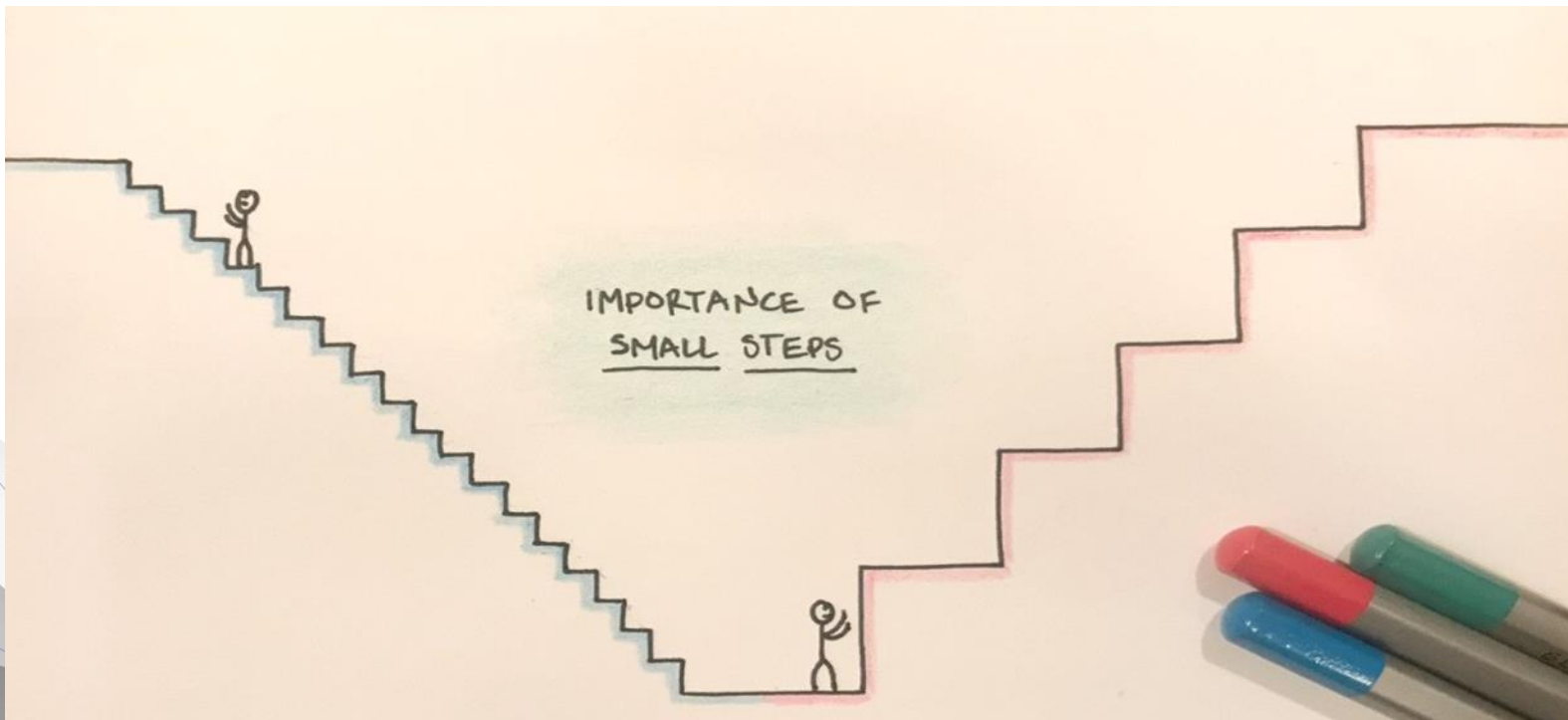
PURPOSE IS...

having a **why** that aligns with **your values** is **personally fulfilling** and has **benefits beyond self**



Five committed actions. Fight the autopilot

Before you leave today, going back to the self-assessment



Discussion

- Pick one area you feel needs work
- WHY is this important ?
- Does it fit with my core values and how?
- What is realistic and logistically manageable?
- Mental self care example (unpleasant cousin Mary)
- Write down 5 steps/intentions

- **Self care** is more than a SPA day – a conversation about how to build a life that you don't need to escape = **INTENTIONALLY Living your values**

- <https://www.lifevaluesinventory.org/>



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THANK YOU
FOR YOUR
ATTENTION
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