

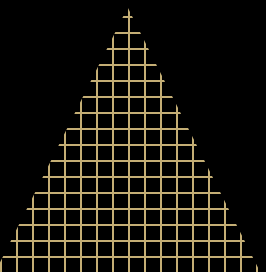


Taking Care of Yourself - Your **WHOLE** Self



JENEICE HALL, AUSTIN PUBLIC HEALTH

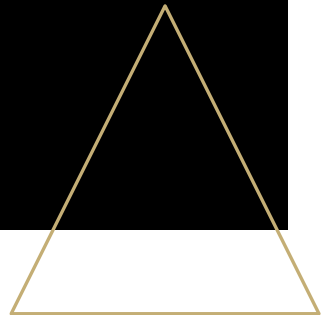
12/1/2023





Take a moment

- Take a moment to sit with all the information you have heard today
- Take a moment to let your mind, body and spirit be still





Here's what I discovered...



How do you do self-care?

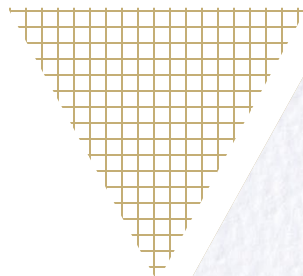
Write down ways you currently do self-care.



Let's Mingle

Discuss what self-care means to each of you.

- Share your self-care ideas and activities.
- Look for similarities and differences in your self-care routines.





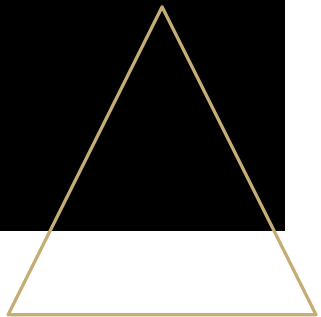
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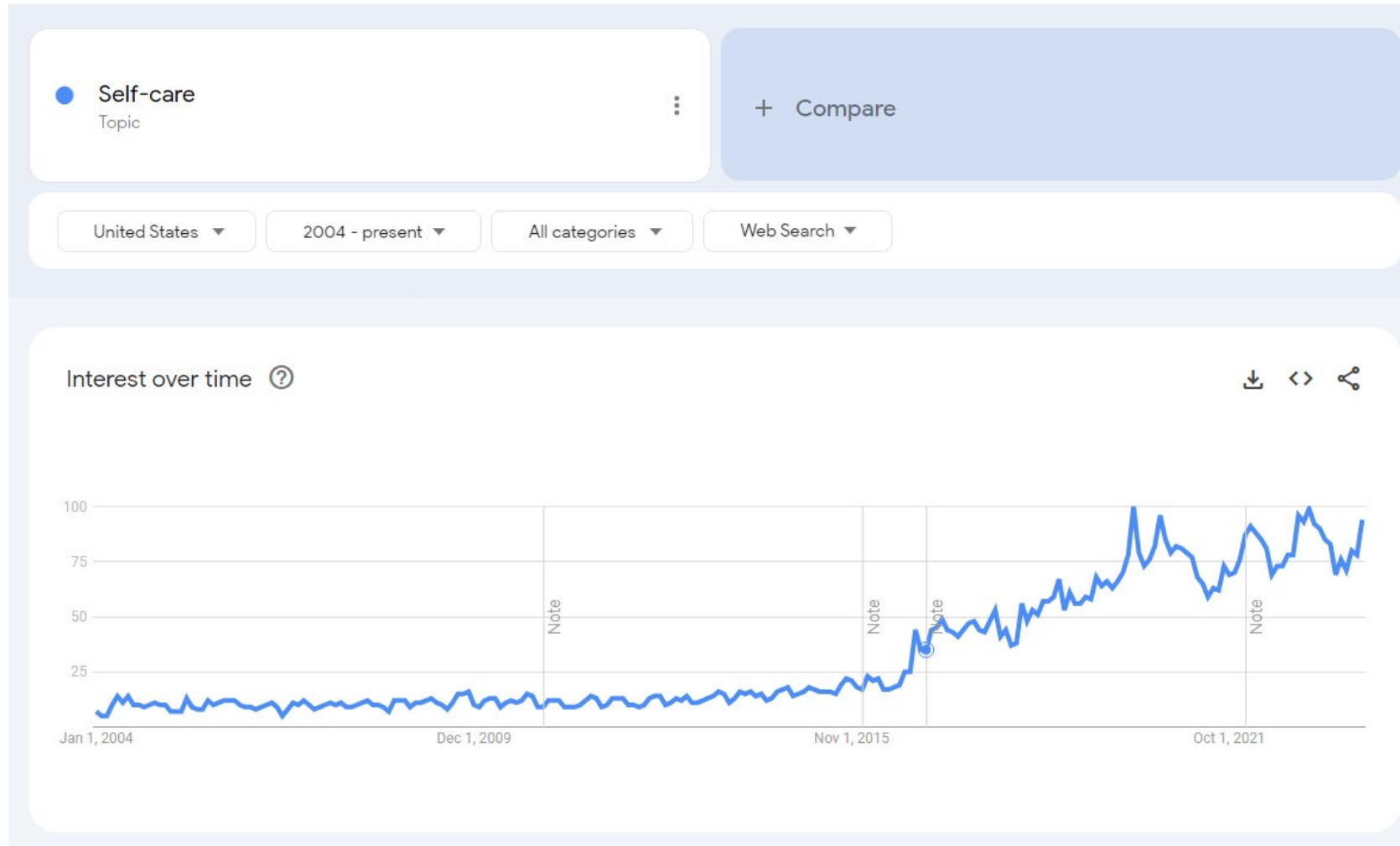


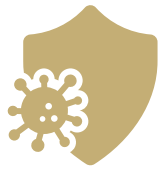
What Is Self-Care?

Self-care is:

- the ability of individuals, families and communities to promote health, prevent disease, maintain health, and cope with illness and disability with or without the support of a health worker.
 - the ability to care for oneself through awareness, self-control, and self-reliance in order to achieve, maintain, or promote optimal health and well-being. An empowerment process that creates balance and equilibrium across our personal, social and work lives
 - taking the time to do things that help people live well and improve their physical and mental health.
- 

Google Search "Self-Care" Trends Jan 2004- Oct 2023





COVID-19 increased
our interest in self-
care



Wider use of Social
Media




Global Reach



Access to knowledge
at our fingertips

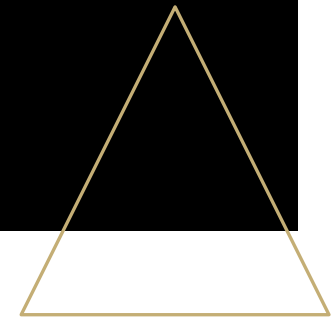
What changed?



The **BIG FIVE** of self-care:
adequate sleep, healthy
nutrition, physical activity,
relaxation and socializing.

- Amy M. Williams, Ph.D., of the Henry Ford Health System

The Self-Care Matrix: a unifying framework for self-care



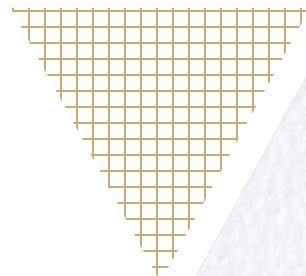
What stops you from doing self-care?

Write down your biggest hurdles.



Let's Mingle

- Discuss what hurdles prevent you from doing self-care.
- How do overcome these hurdles?
- Did you notice any similarities or differences with others?



Common Hurdles for Self-Care



Energy



Overwhelmed



Time



Guilt



Money



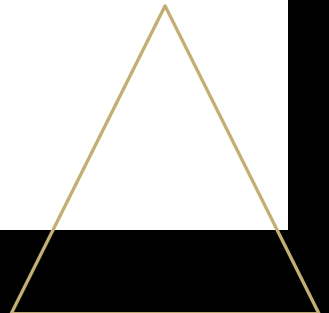
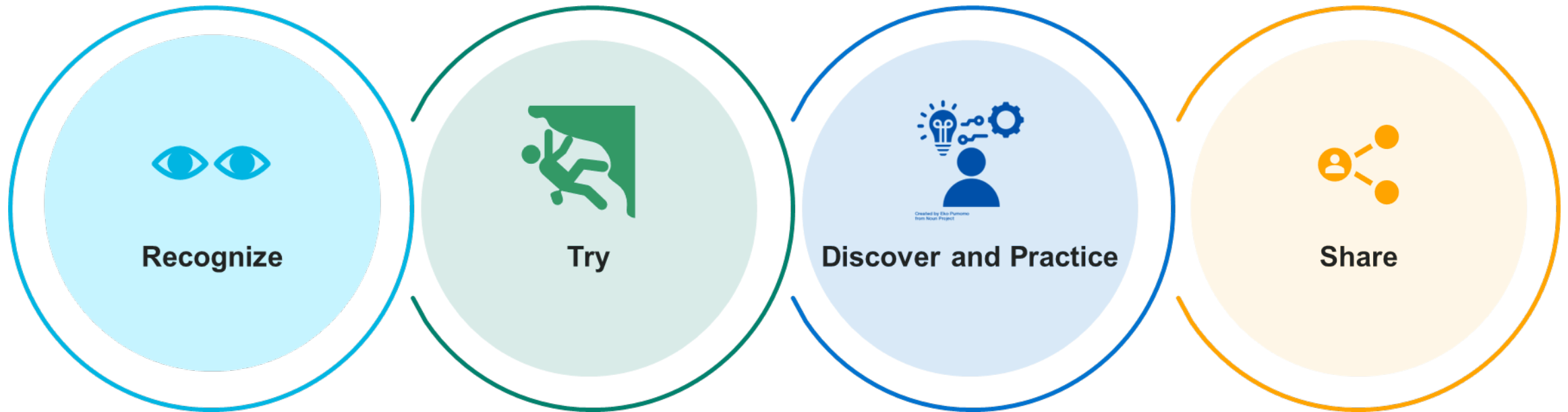
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Give a gift to
yourself

The gift that keeps on giving- Self-care



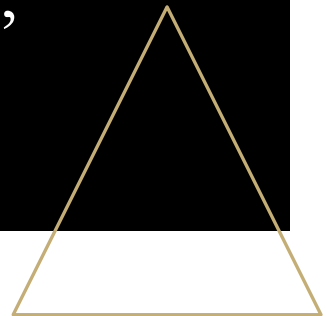
“Self-care is never a selfish act—
it is simply good stewardship of
the only gift I have, the gift I was
put on earth to offer to others.”

-Parker Palmer



“Self-care is your fuel...Whatever the
road ahead or the path you’ve taken,
self-care is what keeps your motor
running and your wheels turning.”

-Melissa Steginus





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Takeaways

1

Only YOU know what self-care routine works for you

2

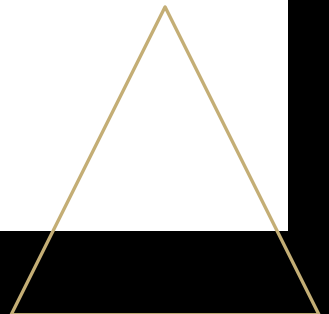
Recognize, Try, Discover and Practice, Share

3

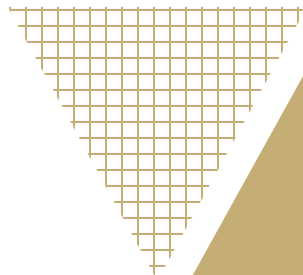
TRY 3 Self-care activities this week

4

Allow yourself to be your best self



Continue to Discover





Remember to take a moment



Thank You

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