

A close-up photograph of grass blades covered in a fine layer of white frost or dew. The background is a soft, out-of-focus blue and white, suggesting a misty or foggy morning. A semi-transparent white rectangular box is overlaid on the left side of the image, containing text.

Self-Care

Do I need a permission slip for this?

Self Care covers all dimensions of our health and well-being.



- **Emotional**
- **Spiritual**
- **Mental**
- **Physical**

Goal of Self Care

To *give* ourselves the resources needed to give *of* ourselves.

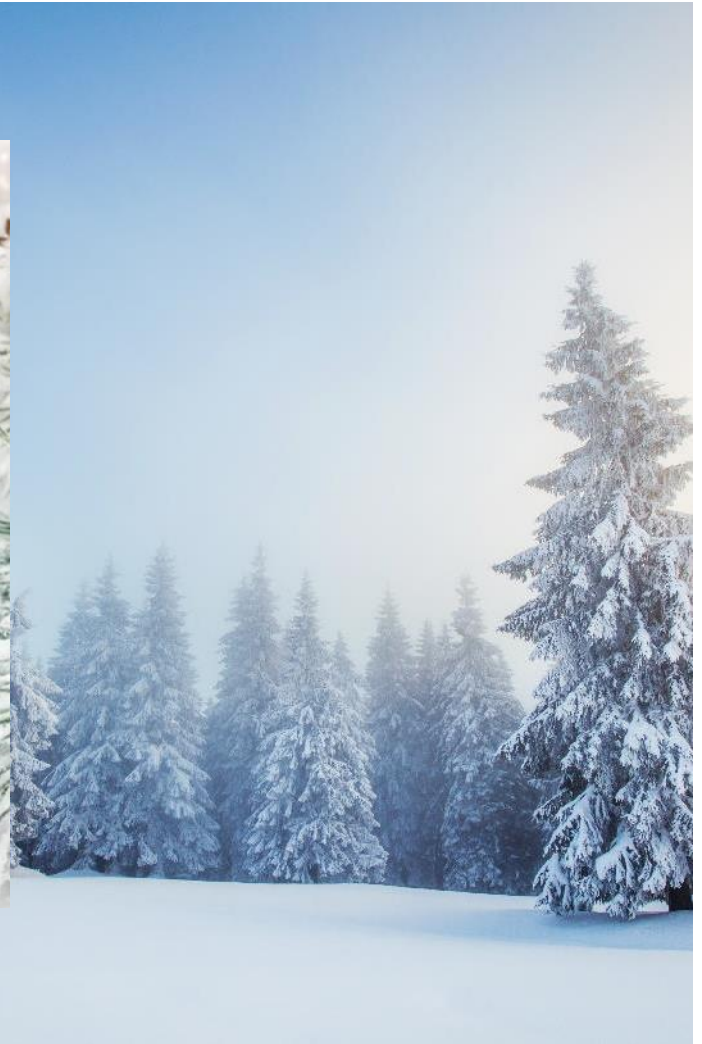
To love the Lord your God with all your heart, with all your soul, and with all your mind, and with all your strength; to love your neighbor as yourself. (Mk. 12:30-31; Mt. 22:37-39)

- ✓ You can't give what you don't have.
- ✓ Scripture calls us to put others **AHEAD** of ourselves; Not **INSTEAD** of ourselves.
- ✓ Not to **be** the best version of ourselves but to **do** the best version of ourselves; not being justified by our works, but having our actions be the fruit and expression of our love (Mt. 25:31-46)



Self Care for Mental Health

Adequate sleep
Adequate exercise
Adequate nutrition
Effective coping skills
Professional help





Adequate Nutrition: you can Google the benefits to the body; this section is about our relationship with food.

Attuned Eating (Judith Matz, LCSW):

We eat for at least three reasons: to satisfy hunger, to enjoy the taste/flavors/aromas etc., for emotional comfort.

The first two are natural and appropriate; but emotional eating is a way of suppressing or soothing negative feelings such as loneliness, anger, worry, sadness, frustration, grief, or even boredom. The problem is it's a temporary fix; the same emotional problems return shortly after.

Attuned Eating preserves the first two reasons and alerts us to the third.

KEY: Learning to eat from the inside out. (it's why diets generally fail; they ignore the signals inside of us and impose rules outside of us).

Three Steps to Attuned Eating

- Learn to recognize when you are physically hungry vs. emotionally distressed.
- Identify what you are hungry for and try to match it with foods that will satisfy you.
- Pay attention to fullness; give yourself time after the portion on your plate before considering more.

Mental health goes hand in hand with good stress management.

The Holmes and Rahe Stress Scale - Developed in 1967 by psychiatrists Thomas Holmes & Richard Rahe. *Each Life Change Unit is weighted for stress*

Select the life events that have occurred in the past year (these are the first 15):

- Death of a spouse (100)
- Divorce (73)
- Marital separation (65)
- Imprisonment (63)
- Death of a close family member (63)
- Personal injury or illness (53)
- Marriage (50)
- Dismissal from work (47)
- Marital reconciliation (45)
- Retirement (45)
- Change in health of family member (44)
- Pregnancy (40)
- Sexual difficulties (39)
- Gain a new family member (39)
- Business readjustment (39)

Coping Skills:

- Maintaining interpersonal boundaries
- Time management
- Humor
- ✓ Relaxation
- ✓ Exercise
- ✓ Good Nutrition
- ✓ Adequate Sleep
- Anger management
- Social Support
- ✓ Expressing/Sharing Feelings
- Assertive Communication
- Conflict Resolution Skills
- Acceptance/Surrender
- ✓ Gratitude
- Forgiveness
- ✓ Prayer
- Appropriate Self Talk
- Mindfulness/present focus
- Redirecting attention
- Many more...

Porous Boundaries

- overshares personal information
- difficulty saying no to requests of others
- overinvolved in other people's problems
- dependent on the opinions of others
- tolerant of disrespect or abuse
- complies with others to avoid rejection

Rigid Boundaries

- avoids intimacy and close relationships
- unlikely to ask for help
- few if any close relationships
- very protective of personal information
- detached even from romantic partners
- keeps others at a distance to avoid rejection

Permeable Boundaries

- values the opinions of others
- doesn't compromise own values for the sake of others
- shares personal information at an appropriate level
- aware of personal needs and can communicate them
- can accept when others say "no" to them

A red pen with a silver tip rests on a calendar page. The calendar shows days of the week (W, T, F, S) and numbers (1, 2, 3, 8, 9, 10, 15, 16, 17, 18, 23, 24, 25, 30, 31). A white diamond-shaped overlay is centered on the calendar, containing the text 'Time Management', 'Prioritizing', 'Scheduling', and 'Organizing'. The background features blue and yellow geometric shapes.

Time Management

Prioritizing

Scheduling

Organizing

Parallel Priorities

Work

Family

Spiritual

Social

Personal

Service

Scheduling

- ❖ Updated Calendar
- ❖ Planning Weekly/Daily

Organizing

Action Files:

- ❖ *Immediate Action*
- ❖ *Required by Deadline*
- ❖ *Whenever I Get To It*



HUMOR

Short-term benefits

A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body.

- **Stimulate many organs.** Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
- **Activate and relieve your stress response.** A rollicking laugh fires up and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure. The result? A good, relaxed feeling.
- **Soothe tension.** Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.

Long-term effects

Laughter isn't just a quick pick-me-up, though. It's also good for you over the long term. Laughter may:

- **Improve your immune system.** Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. By contrast, positive thoughts can actually release neuropeptides that help fight stress and potentially more-serious illnesses.
- **Relieve pain.** Laughter may ease pain by causing the body to produce its own natural painkillers.
- **Increase personal satisfaction.** Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.
- **Improve your mood.** Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your stress, depression and anxiety and may make you feel happier. It can also improve your self-esteem.

HOW DO YOU KNOW?

- IF YOU'RE TAKING GOOD CARE OF YOURSELF?
- IF YOU'RE NEGLECTING YOURSELF?
- IF YOU'RE INDULGING YOURSELF?

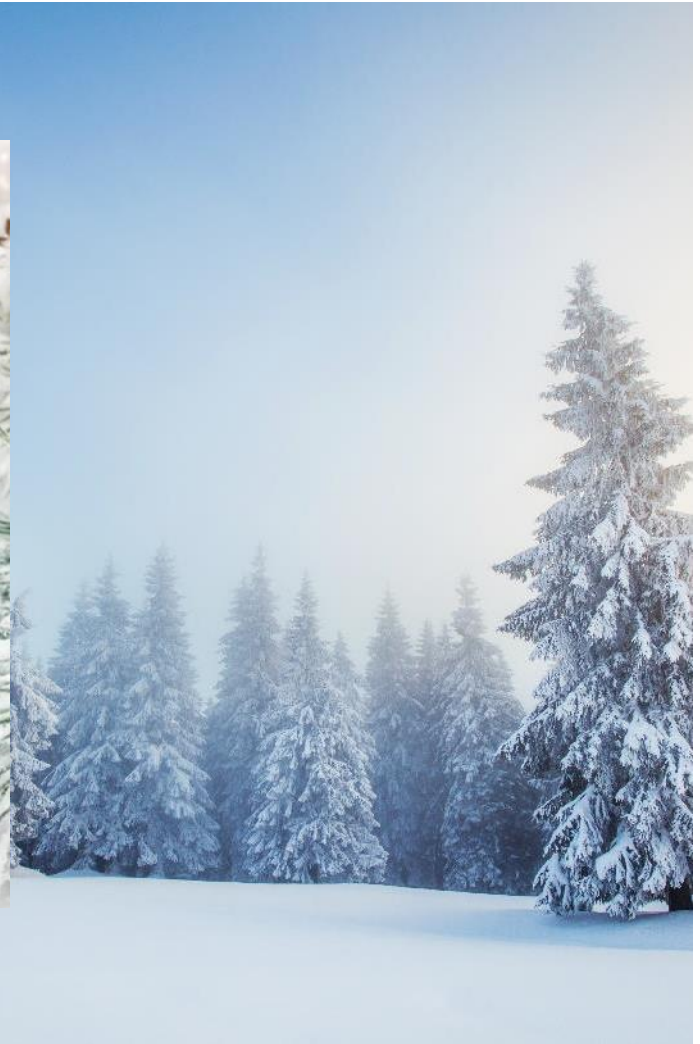


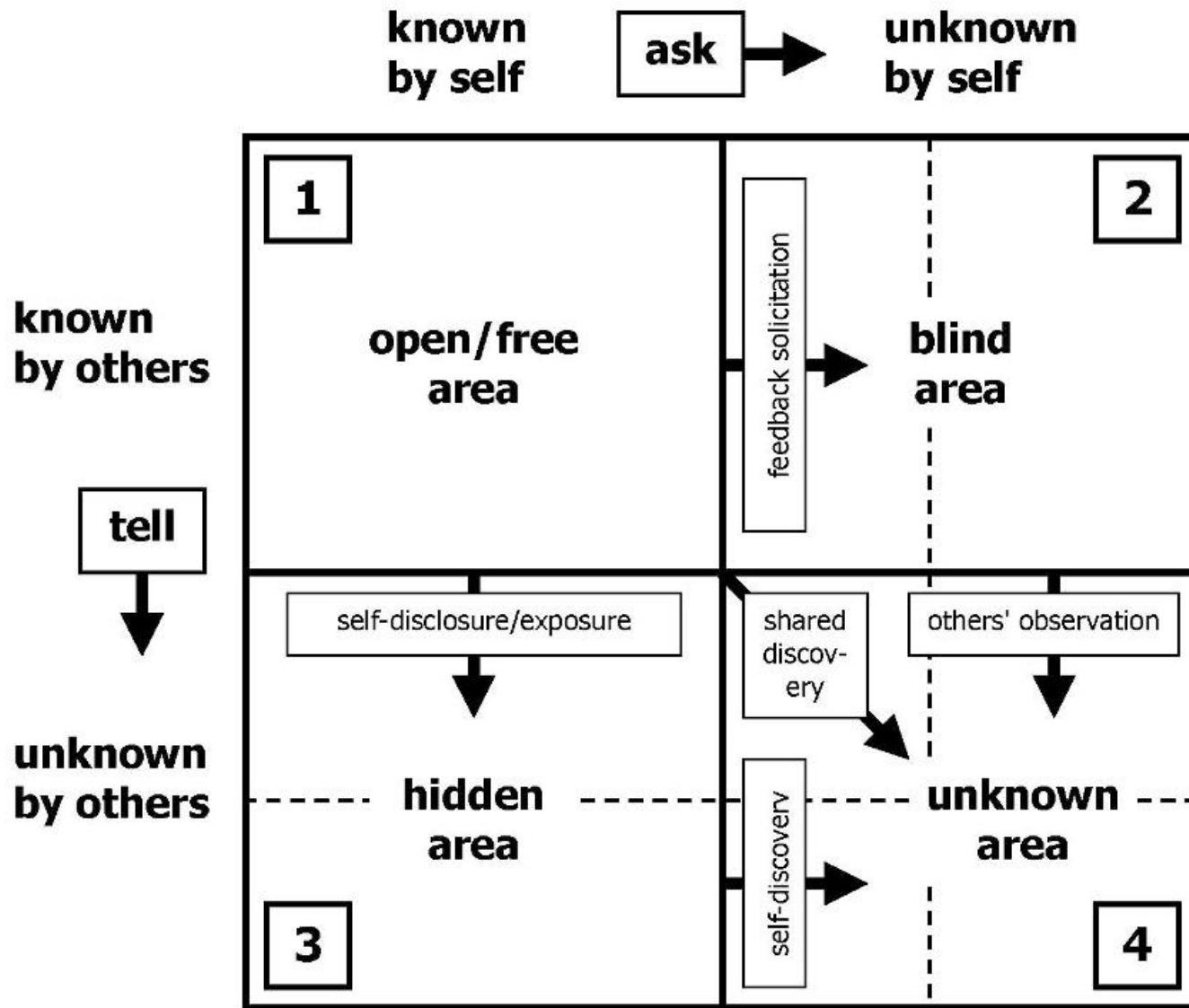


Johari Window.

American psychologists Joseph Luft and Harry Ingham developed this model in 1955. The idea was derived from group dynamics at the University of California and was later improved by Luft alone. The name 'Johari' came from joining their first two names.

This model is a tool for enhanced communication as well as a feedback/disclosure model of self awareness.







Professional Help

When is it time to seek professional help? *(Multiple Choice)*

- a) When everything else fails and you're desperate**
- b) To get your friend to stop suggesting/pushing it**
- c) When your spouse gives you an ultimatum**
- d) When you need assistance until able to do it on your own, i.e., to be your own counselor.**

An aerial photograph of a vast, dense evergreen forest covering a hillside. The trees are a mix of dark green and light green, creating a textured, layered appearance. The forest extends to the top of the frame, where it meets a clear, light blue sky.

THANK YOU

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Presentation title