

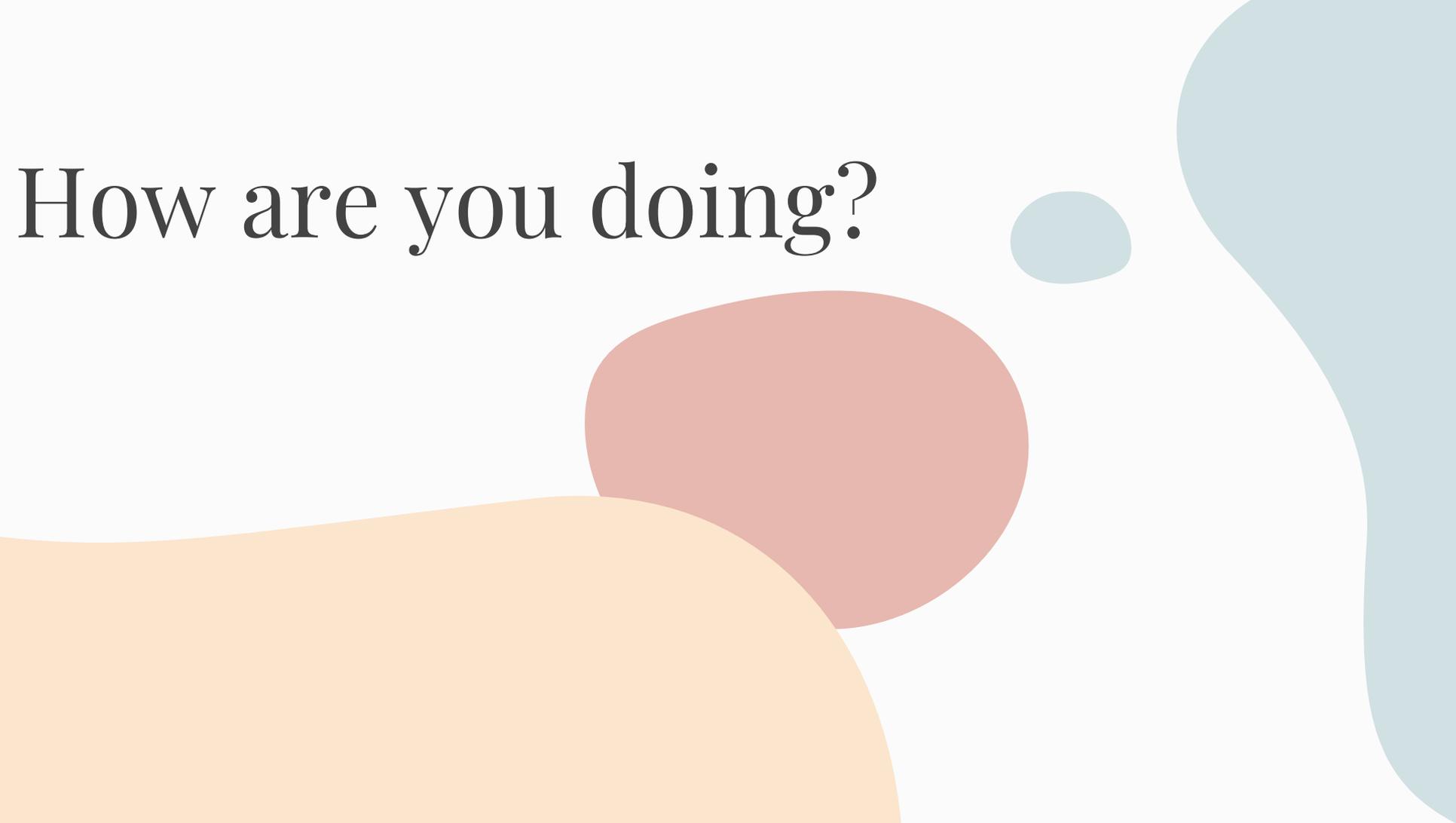
Holistic Self-Care

Take Care from the Inside Out

Vanessa Peavy, LCSW



How are you doing?



How Are you, Really?

Feeling disconnected / lonely

Increase risk of
depression and anxiety

Second-guessing things

Decreased hope
(in the future, justice,
the government etc.)



Trauma
(both from the present and
triggering past instances /
generational trauma)

Increased
"Survival Mode"

Existential
questioning
"How can the world
be so cruel?"

Decreased trust

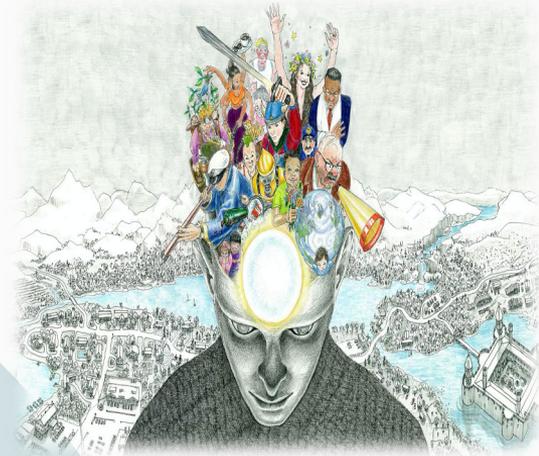
Worry

Feelings of powerlessness
(You can do the right thing and still
end up with a horrific outcome)

Panic

#BlackLivesMatter

@RealDepressionProject



There is a part of me.....

- thoughts,
- feelings,
- sensations,
- images,
- physical symptoms

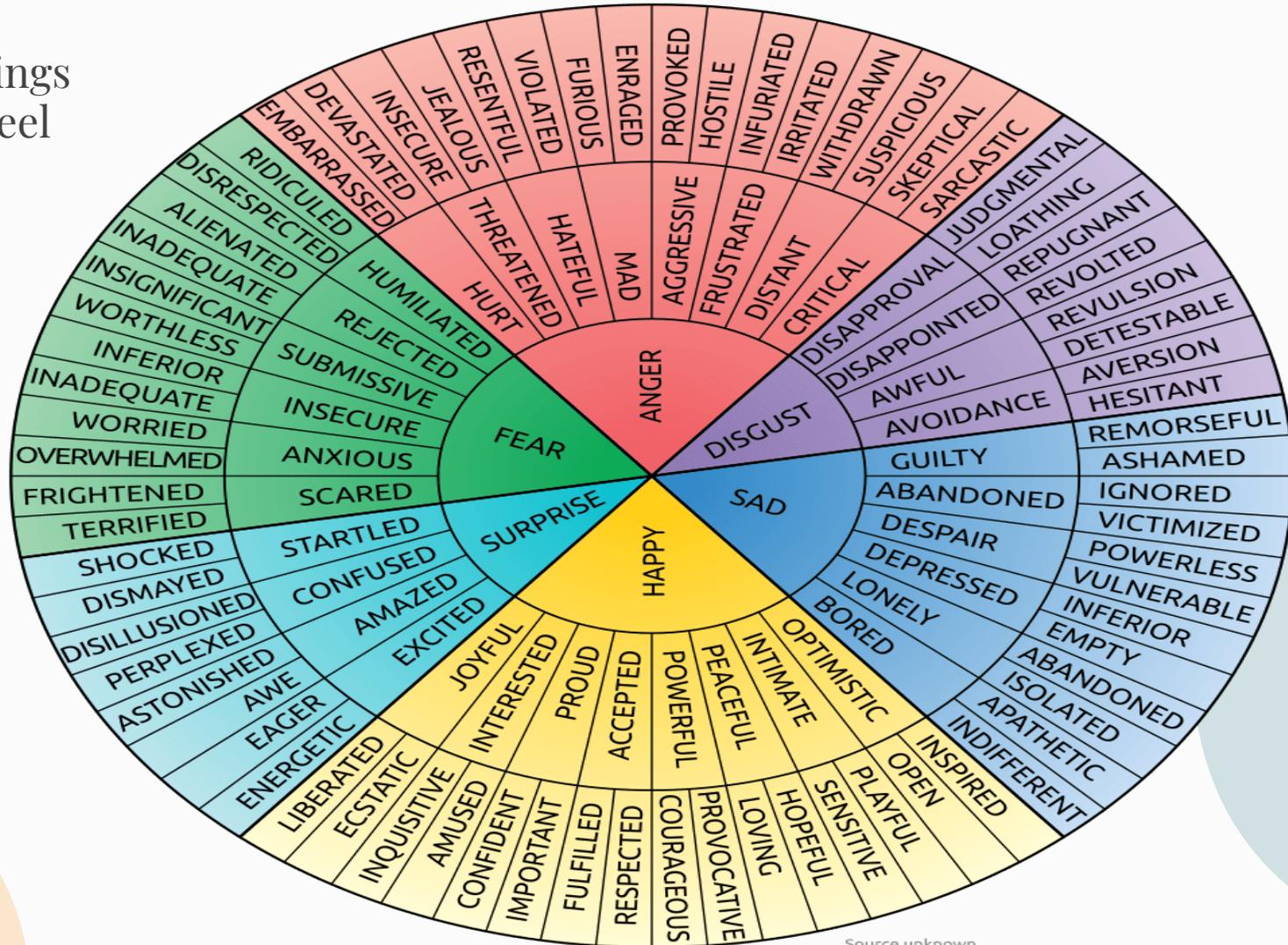
There is a part of me.....

A vertical rectangular box with a light blue gradient and a thin dark blue border. It is divided into two sections by a horizontal line, with the top section being smaller than the bottom section.

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Feelings Wheel



Emotion Coaching

Step 1: Be Aware of Emotions

Become in-tune with your emotions. Notice tone, facial expressions, body language, and body sensations that indicate how you are feeling.

Step 2: Connect with your emotions

Take your emotions seriously. Be willing to understand your emotions from different perspectives. give yourself permission to talk about feelings.

Step 3: Listen with Compassion and validate your feelings.

One powerful way to calm an emotion is to allow it to be heard and acknowledged. Try not to judge or criticize emotions that are different from what you expected or want to feel.

Step 4: Name your Emotions

Difficulty in labeling emotions is associated with deficits in regulating them.

Step 5: Find Solutions/ Practice Self-Care

Recognize that emotions are separate from behavior. It is healthy and normal for humans to experience a wide range of emotions. Experiencing an emotion is always acceptable and should be acknowledged.

Why is Self-Care so Important ?

- Allows you to be at your best
- Maximize your potential
- Improve your quality of life
- maintain a healthy relationship with yourself
- reminds yourself and others that you and your needs are **important** too
- Increase your physical and mental resources to deal with stressors

“Self-care means giving yourself permission to pause.”

— Cecilia Tran



HOW **STRESS** AFFECTS THE BODY

BRAIN

Difficulty concentrating, anxiety, depression, irritability, mood, mind fog

CARDIOVASCULAR

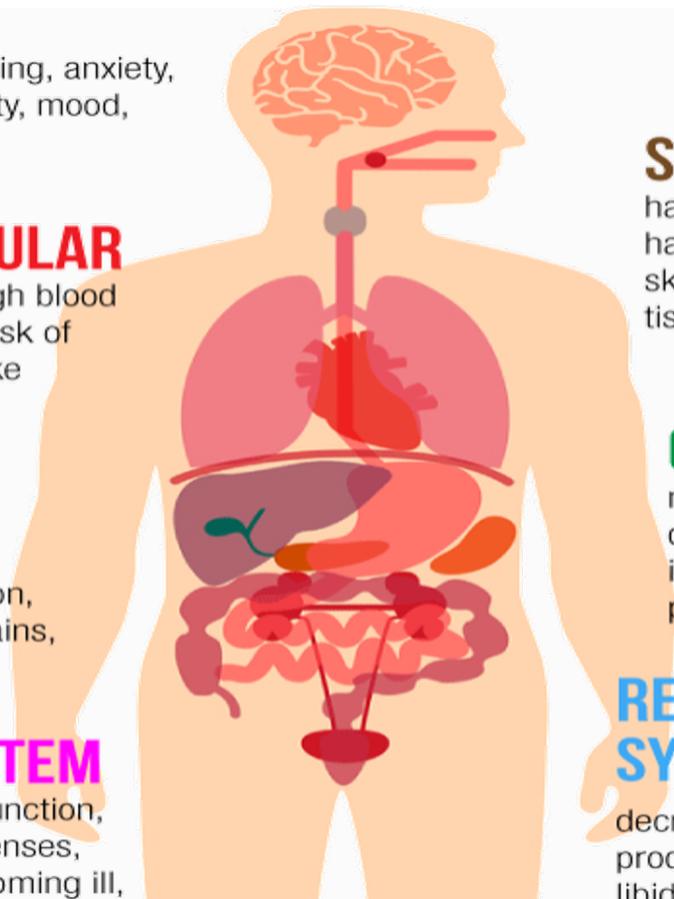
higher cholesterol, high blood pressure, increased risk of heart attack and stroke

JOINTS AND MUSCLES

increased inflammation, tension, aches and pains, muscle tightness

IMMUNE SYSTEM

decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time



SKIN

hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair

GUT

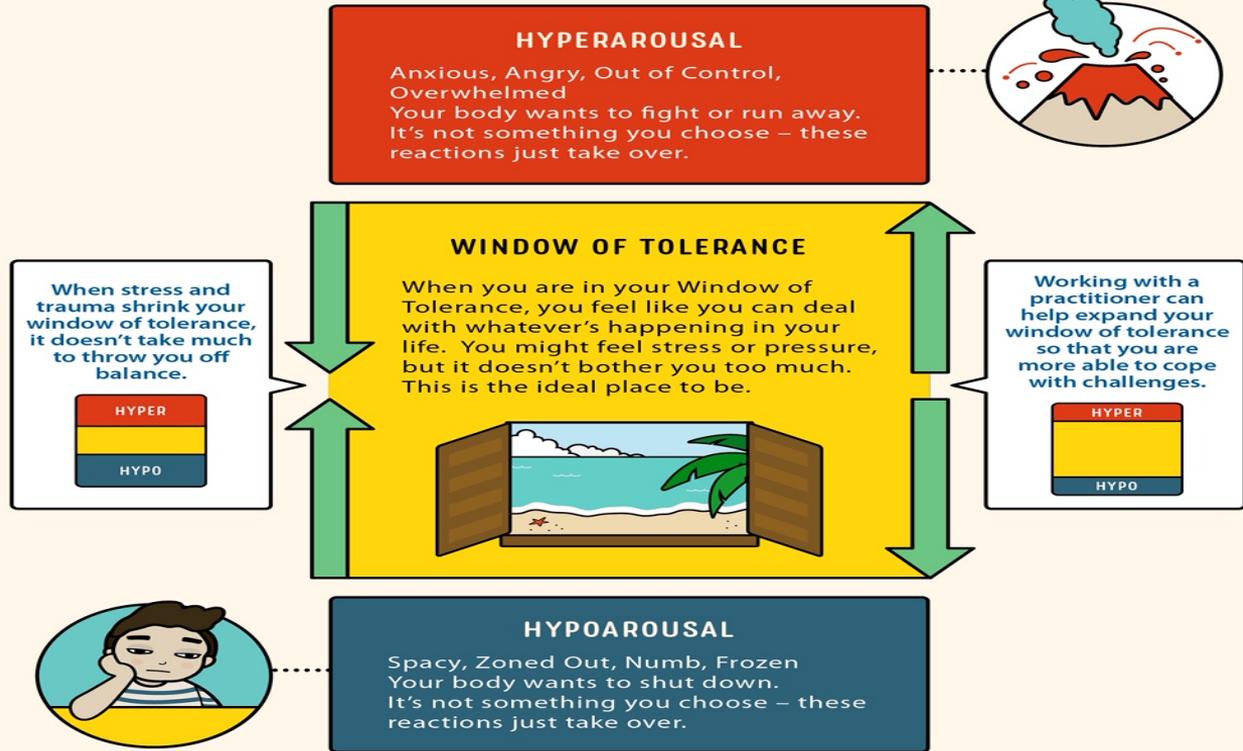
nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

REPRODUCTIVE SYSTEM

decreased hormone production, decrease in libido, increase in PMS symptoms

How Open is your Window

Window Of Tolerance



nicabm

Self-Regulation Skills

Deep Breathing

Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax. The brain then sends this message to your body. Those things that happen when you are stressed, such as increased heart rate, fast breathing, and high blood pressure, all decrease as you breathe deeply to relax.

Mindfulness/ Grounding

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

Guided Imagery

Guided imagery (sometimes called guided meditation, visualization, mental rehearsal,) is a gentle but powerful technique that focuses the imagination in proactive, positive ways.



Holistic Self - Care



Physical

- This would mean taking care of the body by:
- Practicing good nutrition and healthy eating
 - Getting sufficient rest and relaxation
 - Exercising on a regular basis
 - Engaging in daily meditation to create that inner space
 - Getting a dose of sunlight every day
 - Limiting alcohol and avoiding cigarettes and other drugs



Intellectual

- Keeping an active mind
- Engaging in continuing education and learning
- Finding time to do a hobby which engages our mind
- Picking up new skills
- Reading broadly for exposure to great minds, good literature and to a variety of subjects
- Traveling to distant lands to expand our cultural awareness and our sense of self
- Writing a journal to reflect on one's daily experience
- Organizing and planning out purposeful activities for the week



Emotional

- Identifying and dealing constructively with one's changing moods
- Recognizing and managing your own emotions
- Cultivating a sense of contentment and a positive outlook in life
- Being proactive in dealing with life's challenges, focusing on the circle of influence of which you have control
- Relinquishing the need for external approval
- Don't judge others, and don't judge yourself
- Removing toxins from daily life: food, thoughts, emotions, environment, relationships
- Keeping your promises
- Smiling often, radiating positive energy
- Engaging in meaningful, creative work
- Give myself affirmations, praise myself
- Love myself
- Re-read favorite books, re-view favorite movies
- Allow myself to cry
- Find things that make me laugh
- Express my outrage in social action, letters, donations, marches, protests

Holistic Self - Care



Social

- Making time for family and friends; communicating with empathy
- Sharing your problem with others who have had similar experiences
- Giving support to others and accepting support from others
- Always looking for a point of agreement rather than differences
- Treating others with respect
- Exercising patience with others
- Always saying please and thank you
- Be friendly and caring
- Assuming the best of others
- Seeing others not just as they are, but as they can be
- To listen more than speak; be a world-class listener
- To give more than to take
- Do volunteer work



Spiritual

- Embracing silence and spending time on daily meditations
- Practicing mindful awareness by living in the present moment
- Knowing yourself and your values by engaging in daily self-reflection
- Finding a role model; discovering the heroes and heroines within you, creating your own heroic story of life and participating consciously in the writing of that next chapter
- Taking time out every day to express appreciation and gratitude for what you have
- Immersing oneself in great literature, art or music
- Frequent communion with nature
- Reading and reflecting on spiritual scriptures and inspirational work
- Developing a personal life mission statement and regularly renewing your commitment to it
- Performing anonymous service
- Replacing fear-based thinking with love-based thinking
- Commit to the spiritual life by practicing loving-kindness, compassion, joy, and equanimity, with the integrity of thought, word, and action
- Live a life of mindful awareness and expanded consciousness, by shifting the internal reference of the self to the awareness of the relationship between ourselves, our world, and God.
- Strive for your highest purpose by listening to your inner voice, following your heart, pursuing your most cherished dreams, and finding fulfillment of your deepest aspirations.

Holistic Self - Care



Occupational/ Career

- Take a break during the workday (e.g., lunch)
- Take time to chat with co-workers
- Make quiet time to complete tasks
- Identify projects or tasks that are exciting and rewarding
- Set limits with clients and colleagues
- Balance my caseload so that no one day or part of a day is "too much"
- Arrange work space so it is comfortable and comforting
- Get regular supervision or consultation
- Negotiate for my needs (benefits, pay raise)
- Have a peer support group
- (If relevant) Develop a non-trauma area of professional interest



Financial

- Set a goal for your future spending habits
- Set an emergency fund target
- Start investing toward your goals
- Write down all the ways money makes you feel
- Be mindful of your spending
- Create a Budget
- Discuss Financial Arrangements with Your Partner
- Build and maintain an emergency fund
- Organize Your Banking
- Talk to a financial advisor
- Create a Financial Calendar
- Take a Daily Money Minute
- Draft a Financial Vision Board
- Adopt a Spending Mantra



Environmental

- Interacting with nature,
- spending time with pets and family, et
- Ride your bike
- Go for a walk
- Recycle and compost.
- Plant and tend a garden.
- Use natural cleaning products.
- Choose your own healthy habit in this category.
- Remove clutter from your home or office.
- Stop your junk mail

Self-Care Plan

Part of me that feels: **Overwhelmed**

Emotional Self-Care
cultivate a sense of contentment
Remove toxins from my daily life

Social Self-Care
Meet a friend in the park to maintain physical distancing

Intellectual Self-Care
Journal about what I am feeling
Learn to Knit

Occupational/ Career Self-Care
Take a day off
Put boundaries around access to me

Spiritual Self-Care
Spend 20 minutes in silence/ reading the bible
Create a gratitude list

Physical Self-Care
Eat 3 balanced meals
Go grocery shopping on Saturday

Environmental Self-Care
Go for a walk and use my 5 senses
Clean my office desk

Financial Self-Care
Take a Daily Money Minute
Create a Budget
Write down all the ways money makes you feel

Part of me that feels:

Emotional Self-Care

Social Self-Care

Intellectual Self-Care

Occupational/ Career Self-Care

Spiritual Self-Care

Physical Self-Care

Environmental Self-Care

Financial Self-Care

Self-Care Plan

Part of me that feels:	
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Social Self-Care	
Intellectual Self-Care	
Occupational/ Career Self - Care	
Spiritual Self-Care	
Physical Self-Care	
Environmental Self-Care	
Financial Self-Care	

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Physical Self-Care	
Environmental Self-Care	
Financial Self-Care	

Thank you!



Do you have any questions?

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