

Self Care is not selfish

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Session for amazing humans
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★ *Self care*

★ *Self preservation*

★ *Self regard*

PHYSICAL, MENTAL, SPIRITUAL
AND PROFESSIONAL SELF



A low-angle shot of a roller coaster track against a clear blue sky. The track is dark and silhouetted, showing several loops and curves. The word "life" is written in a white, elegant cursive font in the center of the image. The overall mood is one of adventure and the unpredictability of life.

life

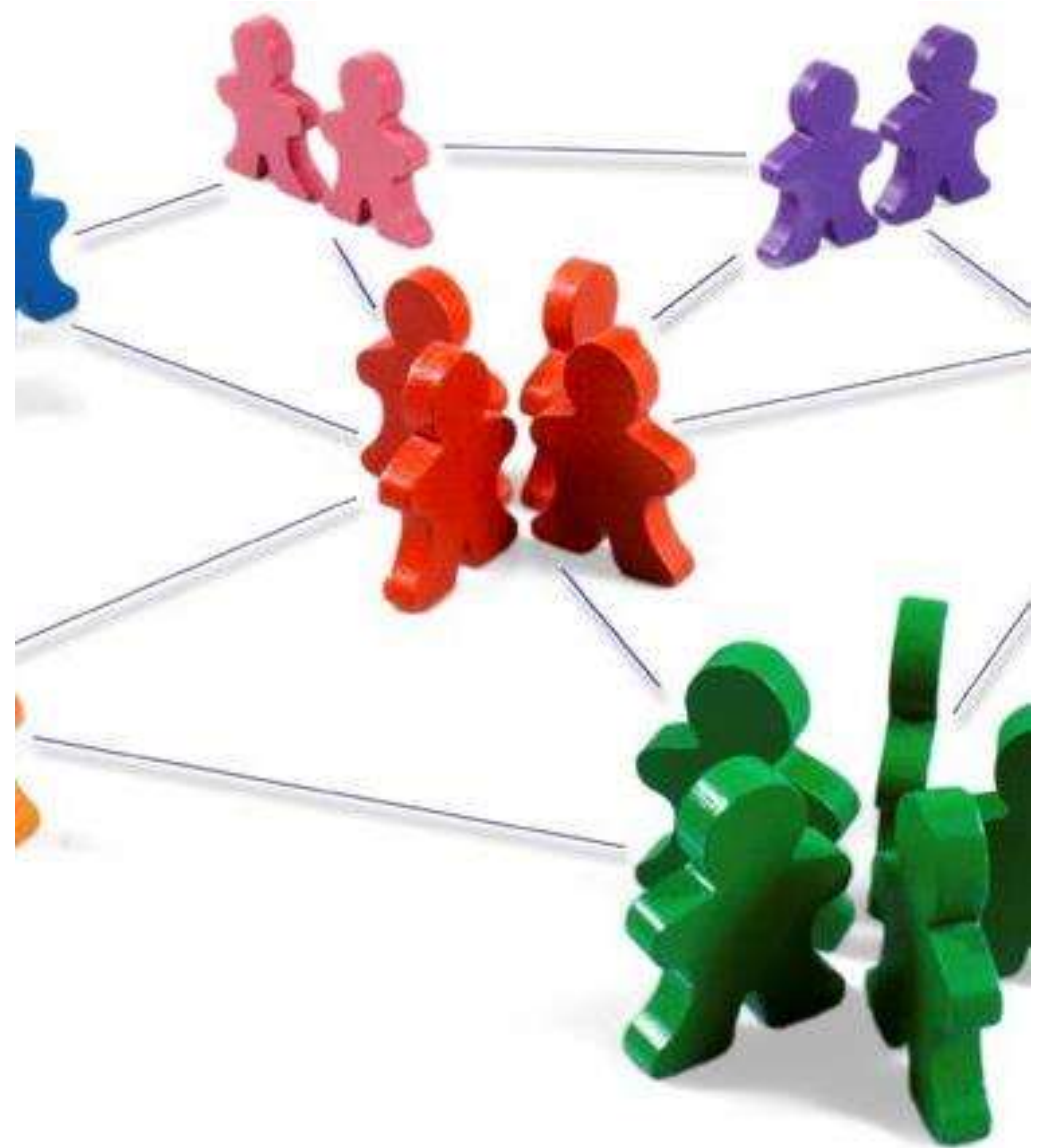


When we are at our best, we
do better.

Resultingly, children do better
& we then feel good because
children do better.

And, we are good to be
around.

Anyone hear hooves?



*He / she ain't
coming!*

If it is to be it is up to me.
William J Johnson

So what can **I** do?



*Choose what
you put in
your brain*

Slow things down



*Doom
scrolling?*



Thrive self talk

Angela, you've got this

Angela, you are organised



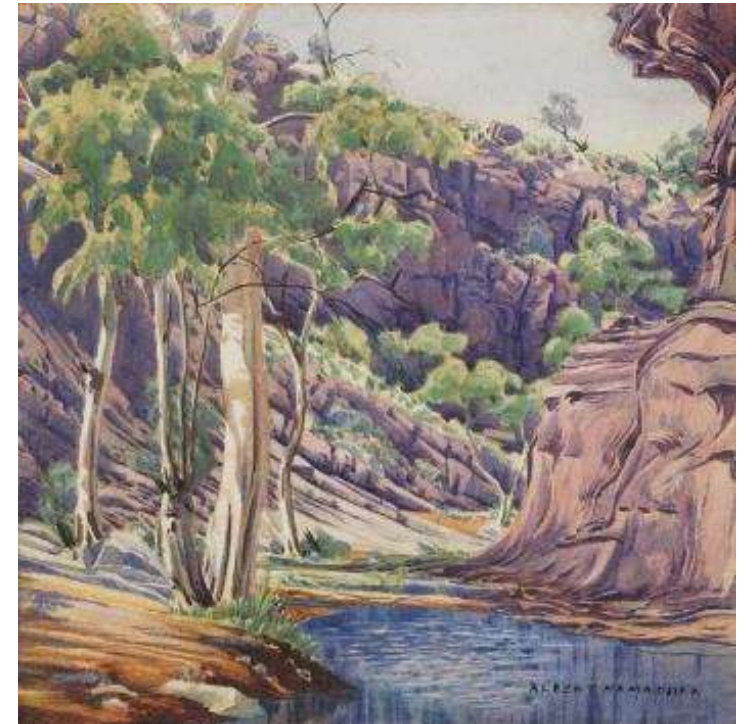
Biophilia



Smolyan, Bulgaria

Forest bathing?

- Landscape art stimulates involuntary attention
- 5 minutes & 20 – 40% reduction in stress / mental fatigue





Respond wisely vs acting blindly

Mindfulness

**Helps you to 'pause' &
control the flurry**

Opportunity

Using moments in strategic ways



Walking

👍 2014 Stanford University Study: creative thinking boosted by 60% both during and following a walk.

👍 5 - 10 Minutes

Look around





Address thinking traps

Guesses

Overestimate

Underestimate

Beware of pop-ups!

Stop, notice, fight back

What are your pop-ups?

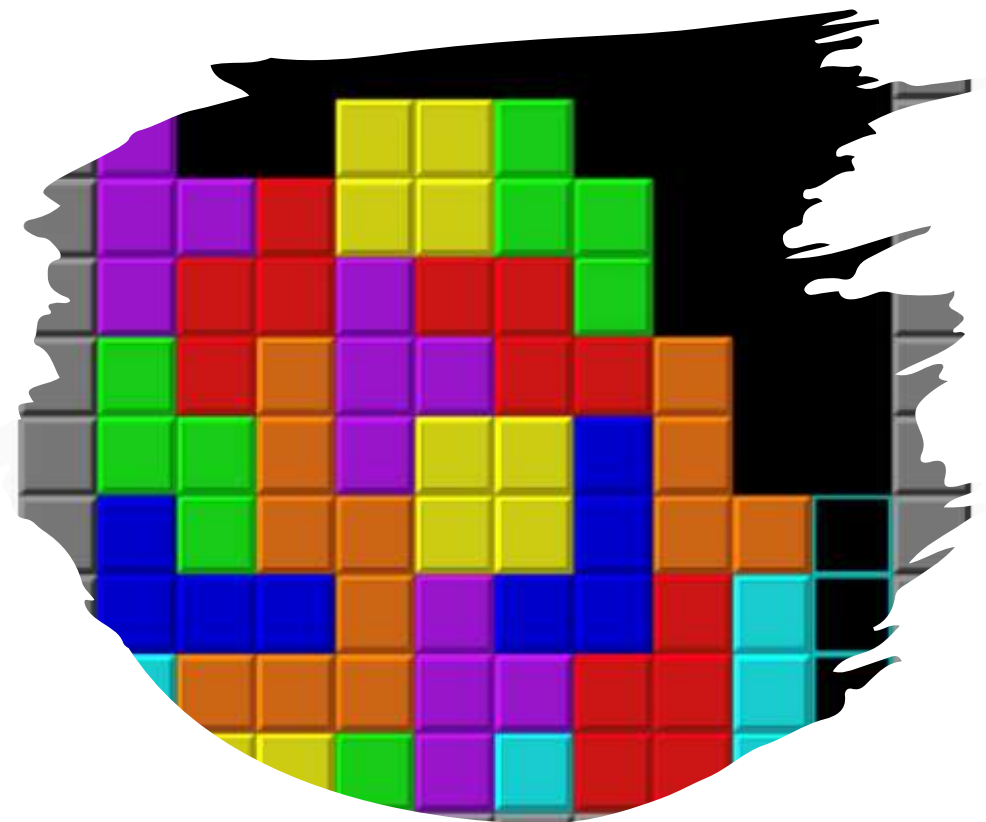
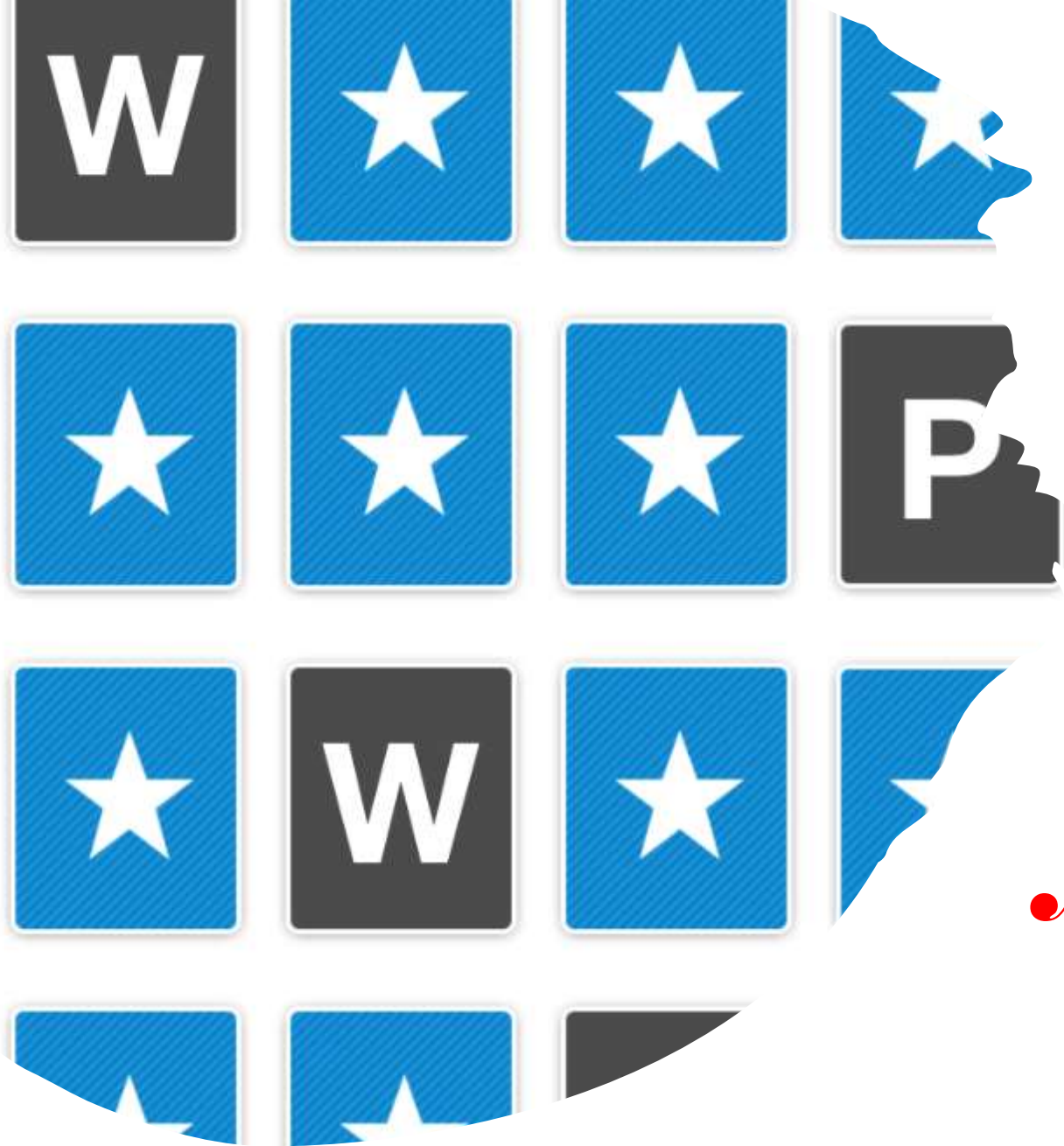
Develop Perspective

- Use a **catastrophe scale**
- Ask: *Would I judge a friend as harshly?*
- Talk to others

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Optimism its the best
Way to see life



Address rumination

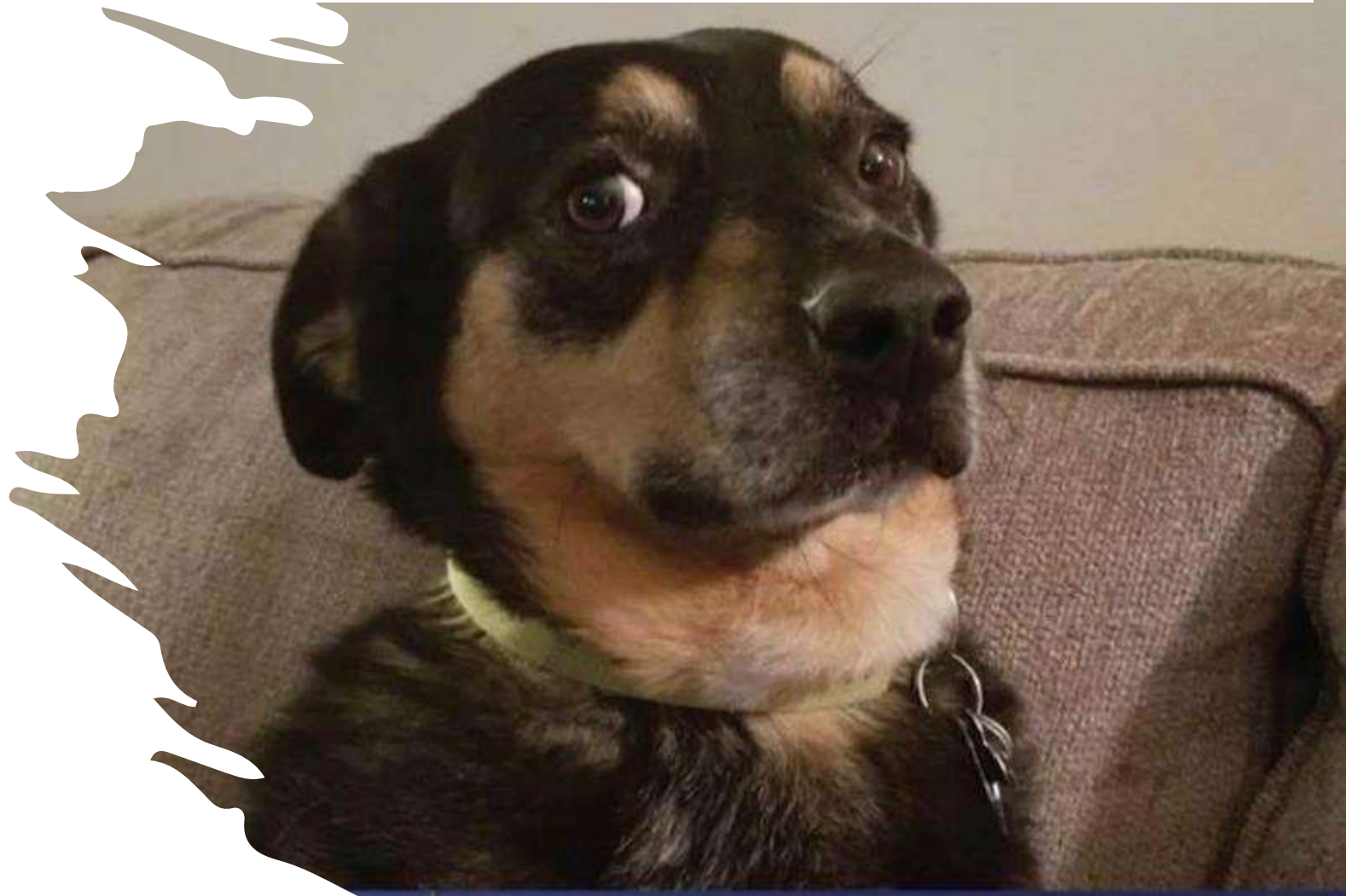
Distraction

Tumble dryer thoughts

Harvest Humour

- Image
- Clip
- Meme
- Joke
- Cartoon
- People
- Song – Siobhan

After listening to her owner drone on for hours, Ginger suddenly realised she was **NOT** cut out to be an emotional support dog after all.



Siobhan' Phillips song for parents

Britain's Got Talent 2019 Full Audition S13E01





Parent love 1943+



Reward yourself

Jenny Williams: In your diary each month

2   = do something nice for someone else
(Anonymously or not)

2   = treat yourself



“If I can give more to myself, I can ask more from myself. Self regard isn’t selfish”. Gretchen Rubin

Activate meaning

It helps us answer the question:
why are we here?

**Deriving meaning in necessary
tasks / work = increased
satisfaction**

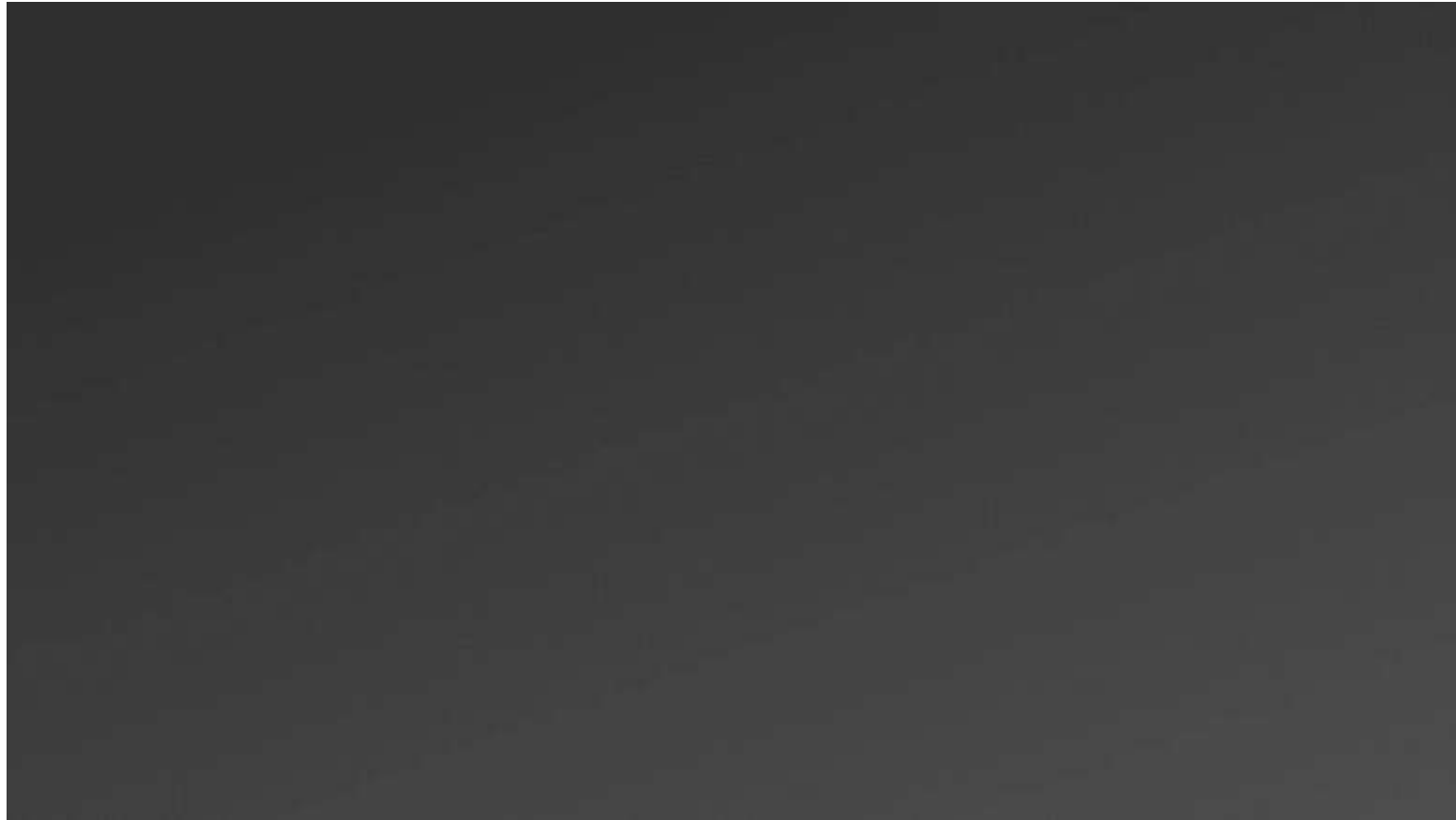
- Why do you Insist your teenager takes the bin out?
- Have a difficult conversation?







Awe by Jason Silva (YouTube)



**When did you
last experience
awe?**



Embrace novelty

**Novelty: unpredictability,
active vs passive decisions**

Build your
novelty muscle



- **Try a new genre of music:** *pirate metal, shoegazing or medieval folk rock*
- **Sit somewhere different - talk with someone different** (*shopping queue, bus stop*)
- Distract yourself with a **walk** : *look for metal things, or examples of triangles, or things that are red.*
- **Drive to work a different way**

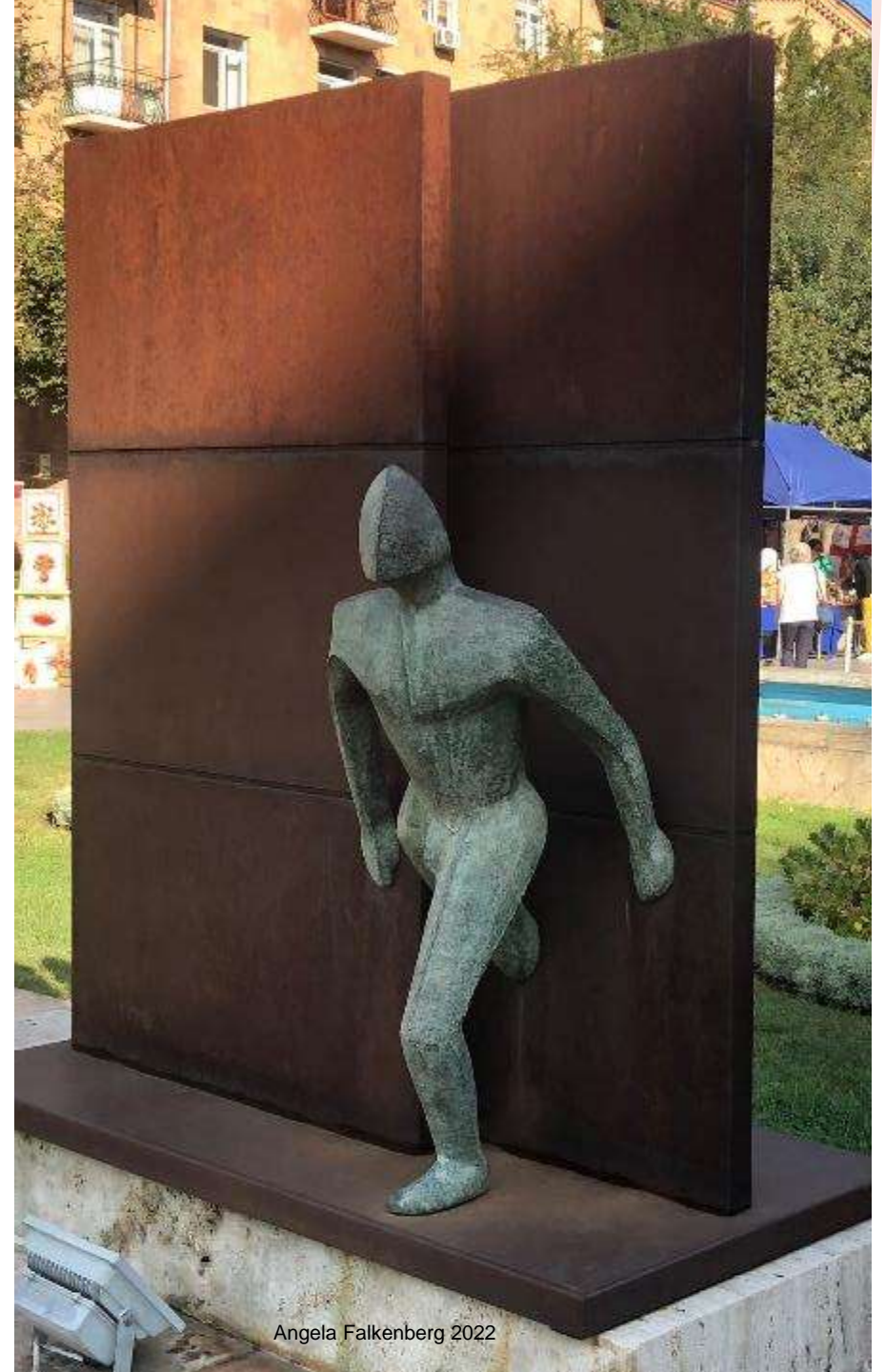
A group of young people are laughing and smiling together outdoors. The scene is set against a warm, golden sunset background. In the foreground, a woman with long brown hair is laughing heartily. To her right, another woman with long dark hair is also laughing. In the background, a man with curly dark hair is smiling, and another man with a beard is laughing with his mouth wide open. The overall mood is joyful and carefree.

Relationships

Short stays make long friendships

- ★ Surround yourself with positive people
- ★ Have an exit strategy

Sculpture, Cascades, Yerevan Armenia



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Letting go

forgiveness





Alice Herz Sommer

Letting go together



January 2022, about 20 mothers ditched their duties. They left their children and homes behind and headed to a high school football field.

One by one, they emerged from the shadows and gathered at the 50-yard line.

They stood in a circle under the soft lights, and for 20 glorious minutes they screamed and screamed and screamed, said Sarah Harmon, a therapist, yoga teacher and mother who organized the gathering.

GMA

Meghan B. Kelly/WBUR

Inhale...



Sleep

“Sleep is one of the most freely available health care systems you could ever wish for.”

Prof Matthew Walker

7-8 hours per night





Accomplishments

The big and the small





Ask for help

Friends' family, support networks, DfE, Lifeline ...

*Do what works
for you*

Don't be stingy



AF, Oaks Beach QLD

Happy day pudding



Take two or more children according to taste, a skyful of sun, one lawn (fresh and green) four trees (shady ones preferred), one nursemaid (out of sight).

Take the children & mix well with an armful of dolls, reins, rubber ball, one puppy, one tent, one rocking horse.

When mixed, sprinkle all over with smiles and a pinch of unselfishness. Keep stirring until sundown, then take the children, put in a cool room, cover lightly, and leave until morning.

1890's cookbook owned by Elizabeth O'Brien

What would be in your recipe for a happy day and how can you go about making it happen this weekend?



Make time for it

Self-care is giving
the world the best
of you, instead of
what's left of you.

Katie Reed

