

Handle with Care :

A go-to guide for self care

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Knowledge is Power
Consulting & Wellness Services



What would you
do if you won
the lottery?



Answers typically fall into 3 main categories:

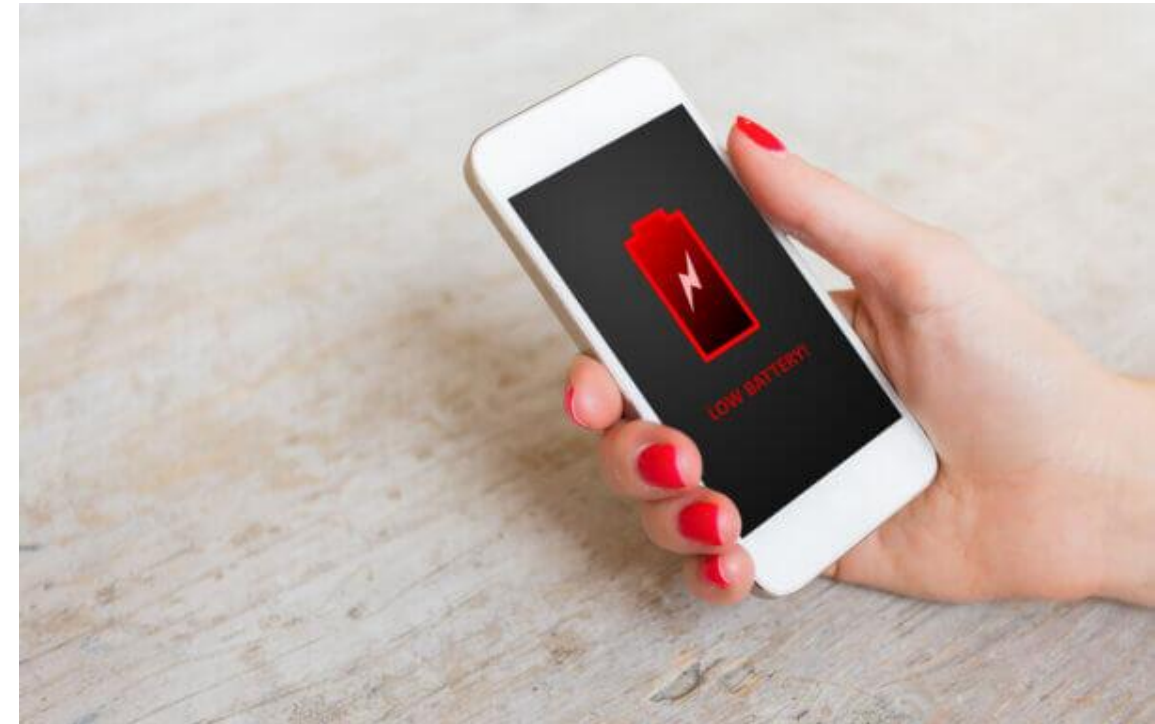
1. Pay off debts/ pay bills
2. Indulge in luxuries
3. Give to family, friends, charity

Self care works the same way.
We need to start prioritizing
and thinking about our self
care and our time the way
we'd prioritize our money...it
has VALUE



What is Self Care?

- ▶ Self-care is literally taking care of yourself so that you can be healthy, you can be well, you can do your job, you can help and care for others, and you can do all the things you need to and want to accomplish in a day.
- ▶ Self-care is like charging your phone battery...
- ▶ Self-care is not self-indulgence or being selfish (why do we feel....guilty?)
- ▶ Self care is attending to our basic needs, so that **we can be our best selves** (counsellors, parents, employees, friends, spouses, coaches etc.)



Why do we self care?

In order to be your best self, you first need to attend to your needs

- ▶ Our role is one that requires us to give of ourselves, and we need to therefore find a way to recover and refill
 - ▶ Be careful of what you fill the spaces with
- ▶ We are caught up in the glorification of busy
- ▶ Rest is important as work.
- ▶ Rest is short for “restore”
- ▶ Rest = Recovery
 - ▶ What happens when we “rest”
 - ▶ Never underestimate the intelligence of the body at rest



Perspective
shift...

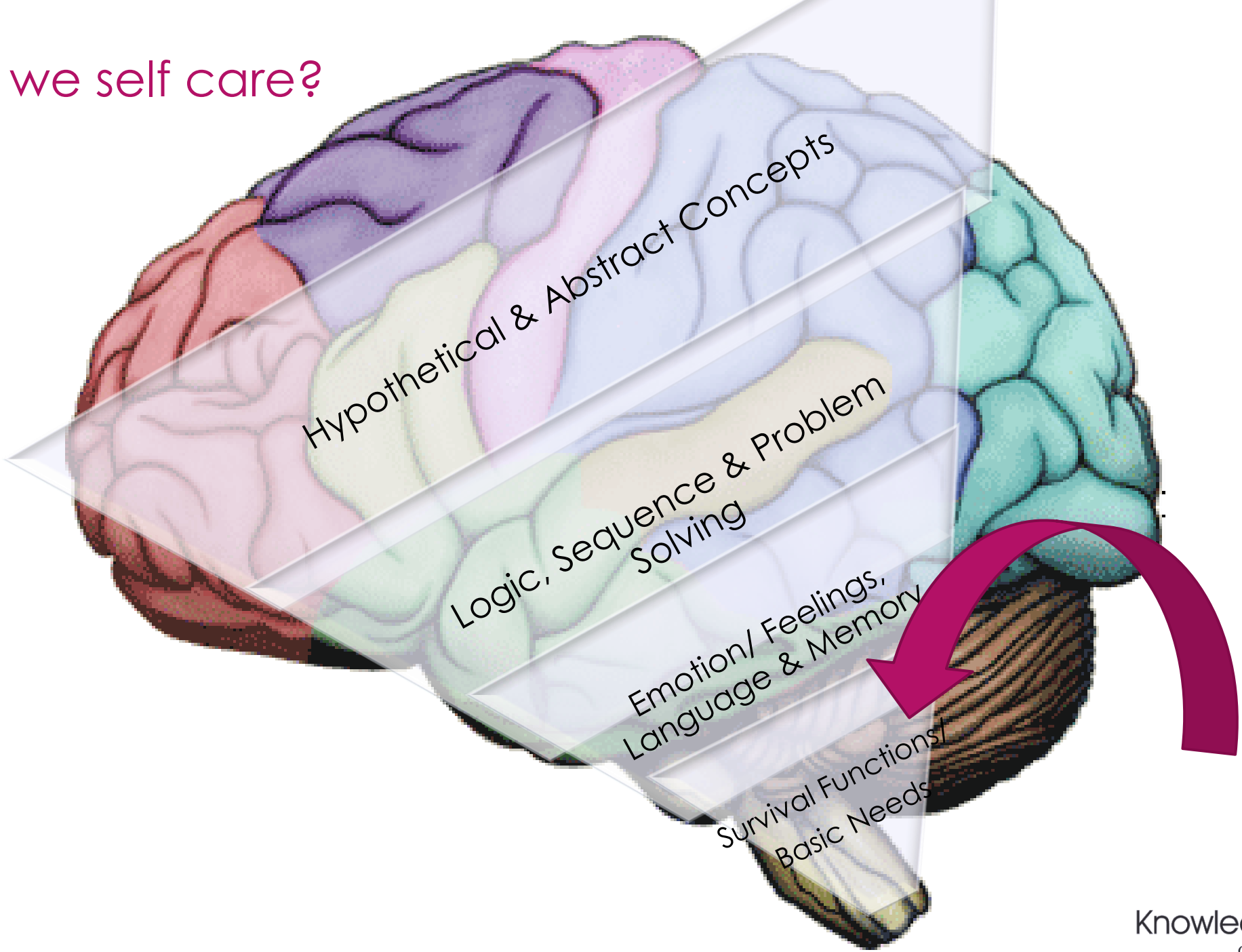
Instead of asking,

**“Have I worked hard
enough to deserve to rest?”**

I've started asking,

**“Have I rested enough to do my
most loving, meaningful work?”**

Why do we self care?



How do we self care?

How do you **show up** for
yourself and others
every day?



What is a “good”
caregiver/ parent?



When we were young...

Our parents/ caregivers made sure we had:

- ▶ Food
- ▶ Shelter
- ▶ Exercise/ Movement
- ▶ Bed Time
- ▶ Routine
- ▶ Boundaries
- ▶ Love & affection
- ▶ Learning
- ▶ Hobbies
- ▶ Limited Screen Time
- ▶ Good friends & supportive family
- ▶ Positive self-talk, success & confidence!
- ▶ And sometimes.....TREATS!

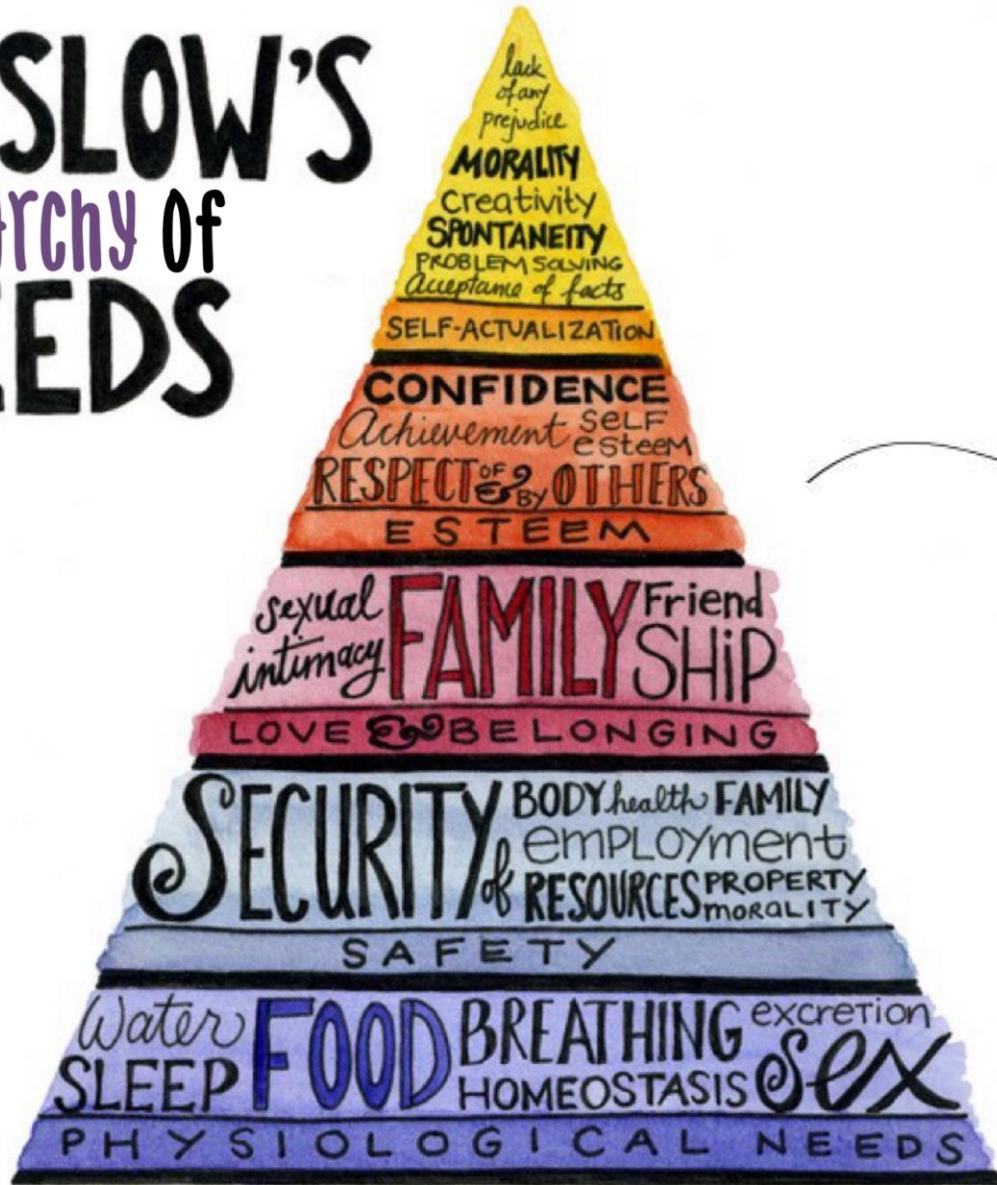


Now that we're adults, we need to provide these things for our selves



SELF
care

MASLOW'S Hierarchy of NEEDS



wellness

Physical Self Care

- ▶ Breathing (Why? How?)
- ▶ Progressive Muscle Relaxation (jaw/ shoulders/ neck)
- ▶ Sleep
- ▶ Diet/ Exercise (HEAL)
- ▶ Meditation/ Mindfulness
 - Ways to be mindful/ meditate:
 - ▶ Stillness/ Space
 - ▶ Music
 - ▶ Art
 - ▶ Journaling
 - ▶ Nature
 - ▶ Deep breathing
 - ▶ Yoga



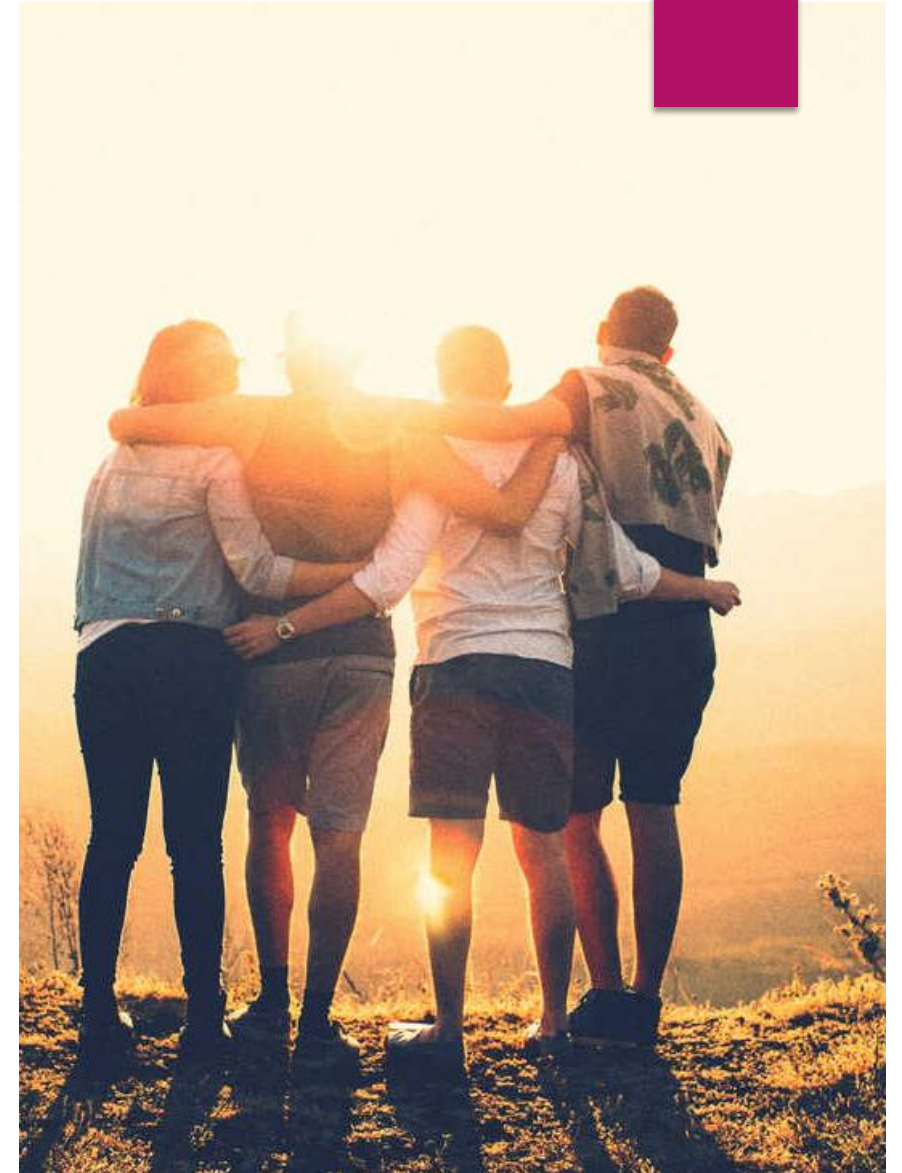
Safety/ Security Self Care

- ▶ Rhythm & Routine
- ▶ Predictability
Consistency
- ▶ Law & Order
- ▶ Clean Up – your mind
mirrors your environment
- ▶ Planning
- ▶ Live within your means
- ▶ Keep it simple (one task
at a time)



Relational Self-care

- ▶ Connect with your people
 - ▶ Social
 - ▶ emotional
 - ▶ Help/ support
- ▶ You become like the 5 people you spend the most time with...
 - ▶ Notice your energy around people (and theirs)



Emotional Self-care

- ▶ Process your emotions to settle your bottom brain
 - ▶ Journal
 - ▶ Process
 - ▶ Laugh & Cry
 - ▶ Be present with your feelings
 - ▶ Music
 - ▶ Find gratitude & perspective
 - ▶ Forgive yourself...

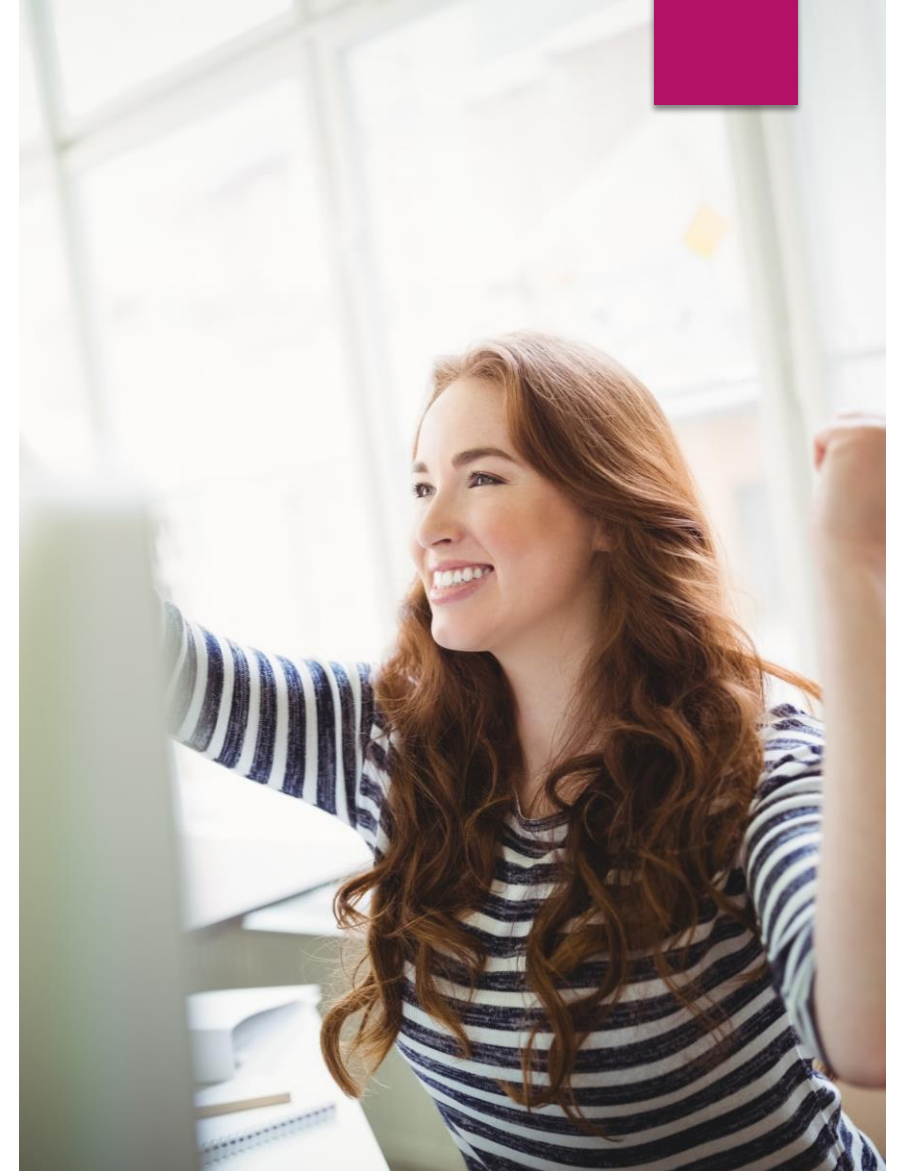





TikTok
@brycespencerjones

Esteem/ Confidence Self-care

- ▶ Do things that build your confidence
- ▶ Find success & achievement
- ▶ Watch your self talk
 - ▶ Affirmations
- ▶ Turn your cameras off
- ▶ Make invisible work visible (talk about it, write it down)
- ▶ Set realistic goals. (Note, when you are struggling, anything worth doing is worth doing half-assed)
- ▶ Dress how you want to feel
- ▶ Believe that you have PERSONAL value...



Taking care of YOU is valuable too...



You are so
much more
than you see...



Treats

- ▶ Bubble baths
- ▶ Fancy Coffee
- ▶ New clothes
- ▶ Shopping
- ▶ Food that's fun
- ▶ Things that feeeeel good
- ▶ Tik Tok/ Youtube/ Instagram...
- ▶ Things that are easier

Let go of the guilt...





Self Care Tips

- ▶ Choose/ highlight/ protect a time
- ▶ Remember the basics of HOW to relax
 - ▶ Drop Jaw/ Soften Shoulders
 - ▶ Deep breath
 - ▶ Free of distractions
 - ▶ Be comfortable
 - ▶ Laugh & Cry
 - ▶ “play”
 - ▶ Mantra/ Phrase
- ▶ Ask yourself the following questions:
 - ▶ What do I want more of in my life?
 - ▶ What language/ self talk to do I need to change or attend to?
 - ▶ What is the hardest part of self-care? How can I overcome this?
 - ▶ What do I need right now...?



Need some ideas?

Sleep

Drink lots of Water

Take a break from technology

Get healthy boundaries: learn to say "no"

Take a bath or shower

Get comfy

Read

Play a game/ watch a show/ scroll the internet (be careful!)

Plan a getaway

Colour

Take yourself on dates

Get a massage

Try a new hobby, recipe or sport

Take a class

Do a service project

Remember you don't have to be productive



ABC's of Self Care

- ▶ Balance
- ▶ Body
- ▶ Boundaries
- ▶ Breath
- ▶ Celebrate
- ▶ Change
- ▶ Choices
- ▶ Comfort
- ▶ Creativity
- ▶ Direction
- ▶ Energy
- ▶ Feelings
- ▶ Food
- ▶ Forgiveness
- ▶ Giving/ Receiving
- ▶ Gratitude
- ▶ Habits
- ▶ Health
- ▶ Help
- ▶ Home/ Work
- ▶ Identity
- ▶ Learning
- ▶ Meaning
- ▶ Mind
- ▶ Money
- ▶ More/ Less
- ▶ Move
- ▶ Nature
- ▶ Pain Mgm't
- ▶ Play
- ▶ Reflect
- ▶ Relationships
- ▶ Relax
- ▶ Resolve
- ▶ Safety
- ▶ Same/ Different
- ▶ Sleep
- ▶ Space
- ▶ Speak Up
- ▶ Stuff
- ▶ Support
- ▶ Technology
- ▶ Time
- ▶ Triggers
- ▶ Worth



a b c d e
f g h i j k
l m n o p
q r s t u
v w x y z

welcome to adulthood, trying to
relax is one of the the most
stressful things you have to do



Thank You



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