



SELF-CARE: DEALING WITH STRESS

**A WEBINAR FOR EMPLOYEES FROM YOUR
EMPLOYEE ASSISTANCE PROGRAM**

February 9, 2022



Federal
Occupational
Health

INTRODUCTION



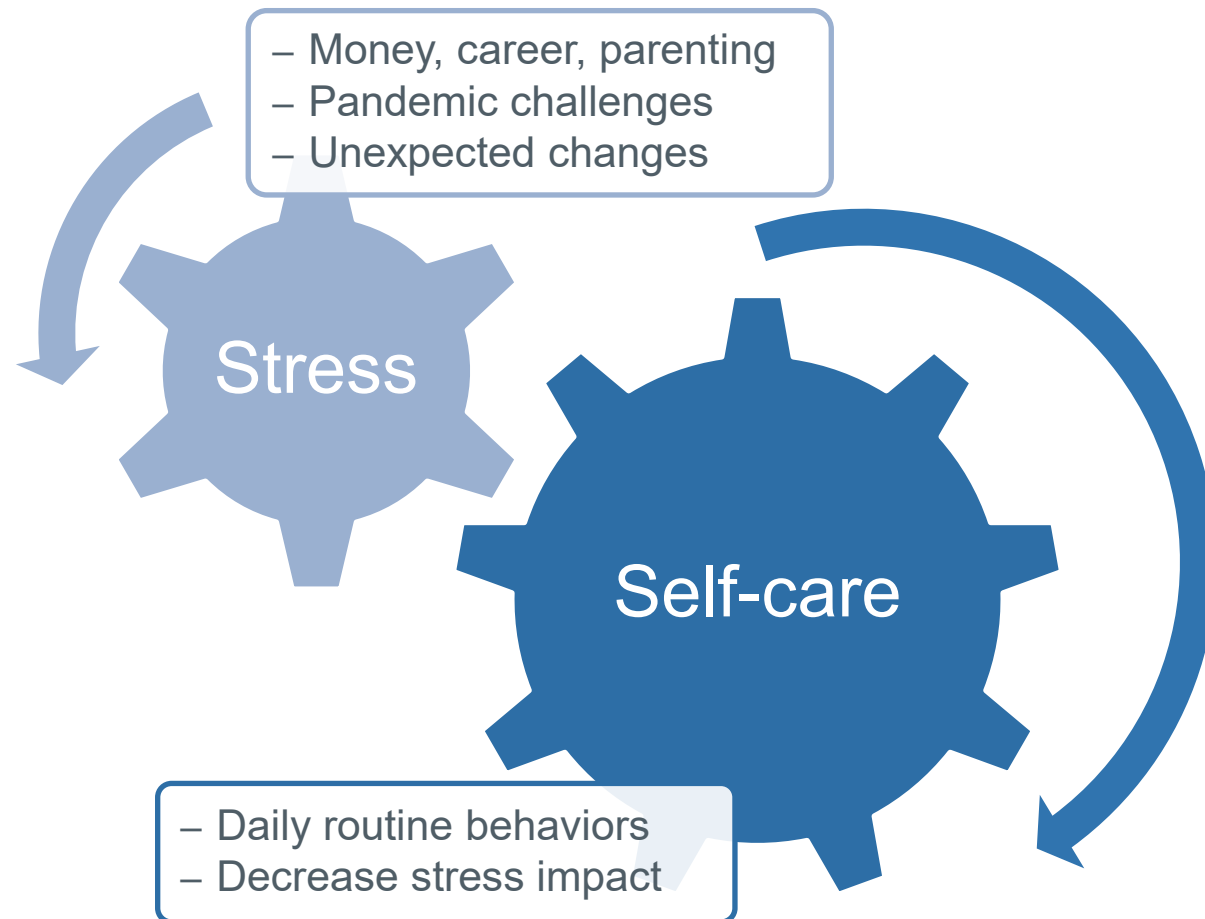
OBJECTIVES

- Define and describe the relationship between stress and self-care
- Identify challenges of and barriers to self-care
- Discuss specific tools for creating a self-care plan
- Explore ways to make self-care a habit

SECTION 1

UNDERSTANDING STRESS AND SELF-CARE

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DEFINING STRESS

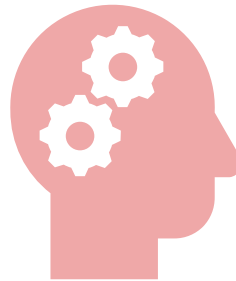
Noticeable effects:



Physical



Emotional



Cognitive



Fight or flight
response

DEFINING SELF-CARE

Self-care is:



“The practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.”
– Oxford Dictionary



“Doing what is good for us — increasing our emotional and physical stamina, improving our self-esteem, and building resilience.”
–Tygielski



“Activities individuals do on their own to promote physical and emotional health.”
– BMJ Publishing

POLL 1

Which self-care activities do you regularly engage in?

SELF-CARE: A REDUCTION IN STRESS



Think of self-care as a set of tools you need to reduce the impact of stress and improve your overall life experience.

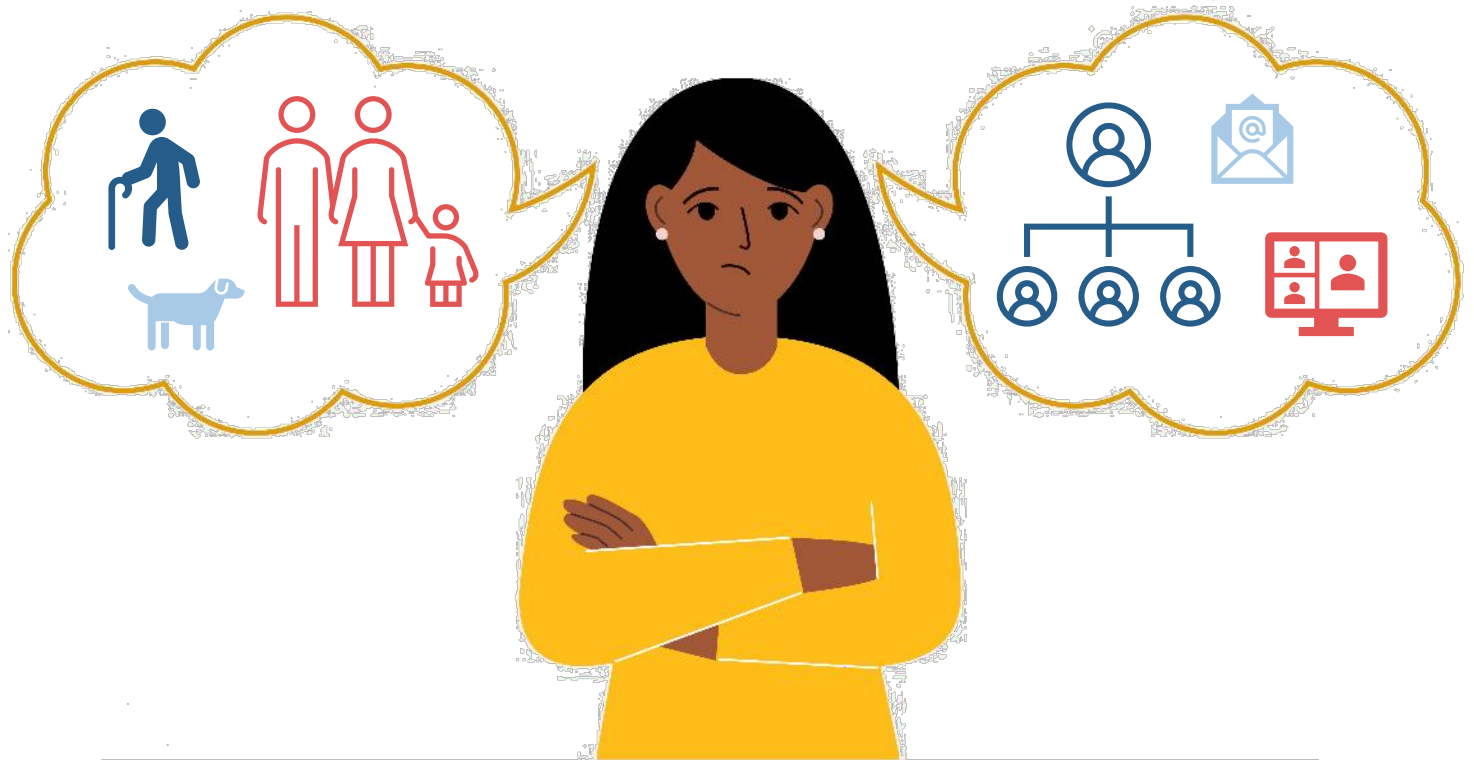
SECTION 2

THE CHALLENGES OF SELF-CARE

THE CHALLENGES OF SELF-CARE

Putting yourself first

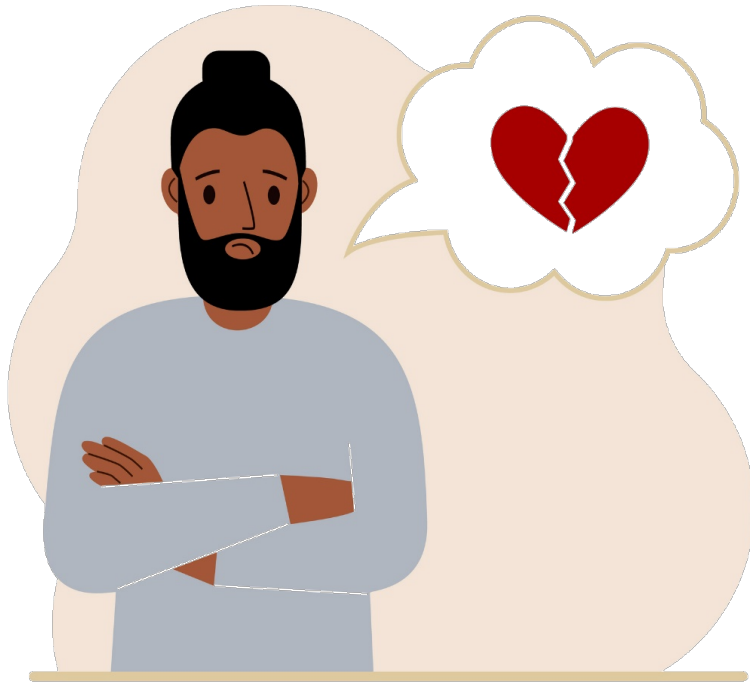
Taking care of yourself so you can be there for others



THE CHALLENGES OF SELF-CARE

Setting boundaries

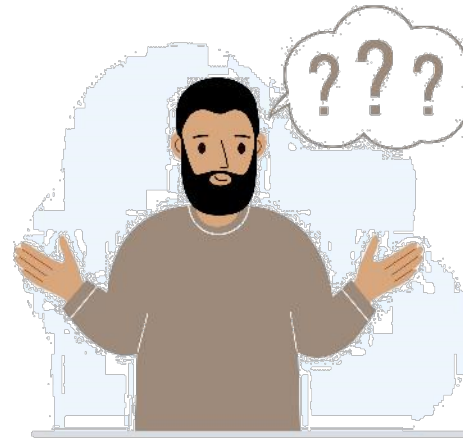
Saying no to others and yourself



THE CHALLENGES OF SELF-CARE

Fear of disapproval, judgement, and hurting others

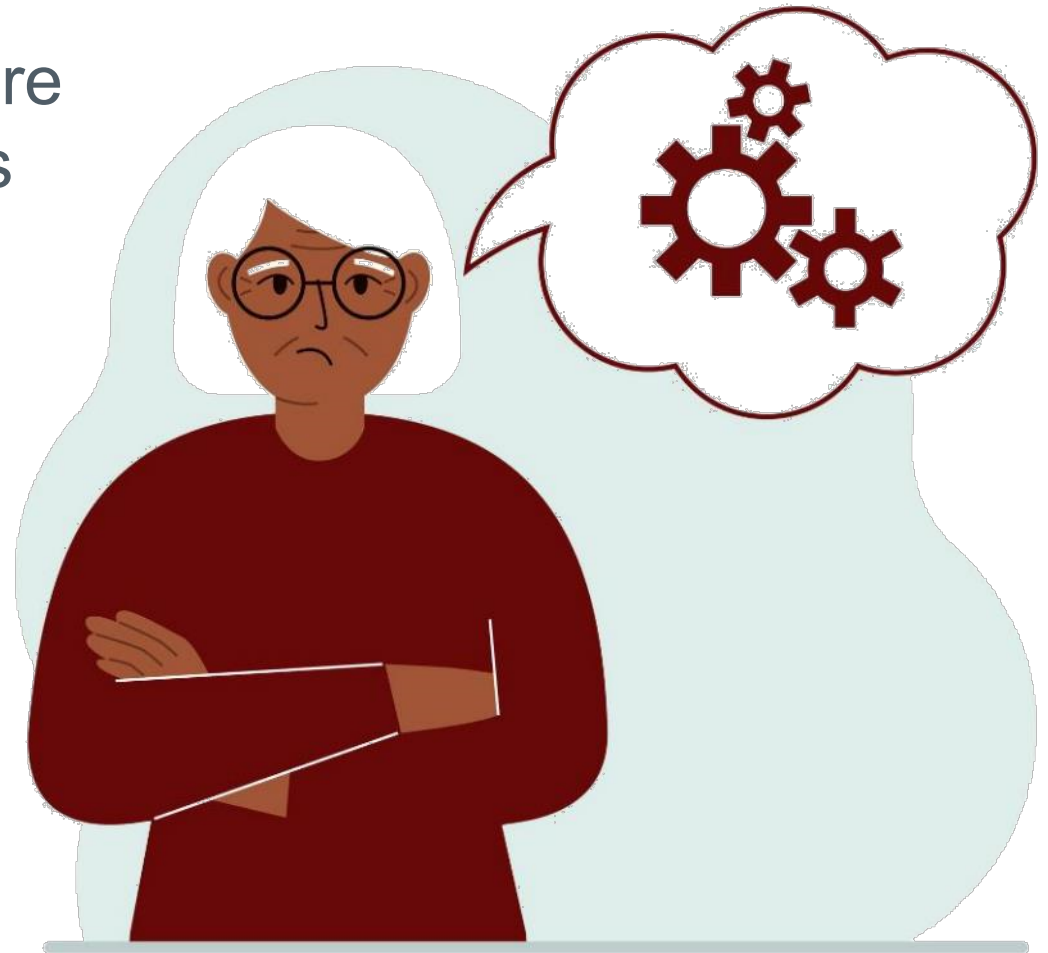
- Others might not fully understand or appreciate your commitment
- Some people may feel slighted when it affects them in some way
- Some may even view your commitment as selfish, a luxury, or an excuse



THE CHALLENGES OF SELF-CARE

Maintaining motivation

Committing to a self-care activity that isn't always fun or doesn't produce results right away



THE CHALLENGES OF SELF-CARE

Time

Scheduling activities and carving away time from other life areas for self-care



THE CHALLENGES OF SELF-CARE

Finances

There may be a cost or fees associated with joining a club or membership to support your self-care



THE CHALLENGES OF SELF-CARE

Skills

Self-care may require learning something new, which can be a hurdle for some



POLL 2

Which of these might be barriers to increasing your self-care activities?

SECTION 3

CREATING YOUR SELF-CARE PLAN

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Four essential areas:



Body



Mind



Emotions



**Enhancing
connections**



BODY

Exercising to invite
more happiness



Prioritizing sleep



Eating for better
well-being



Breathing to
induce relaxation

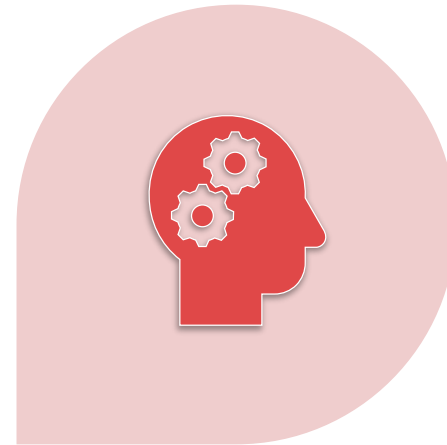




MIND



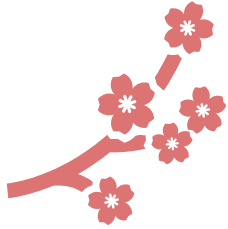
Focusing on the
positive



Practicing
mindfulness



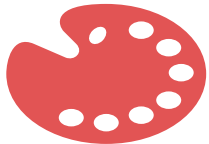
EMOTIONS



Boosting joy with
nature



Journaling



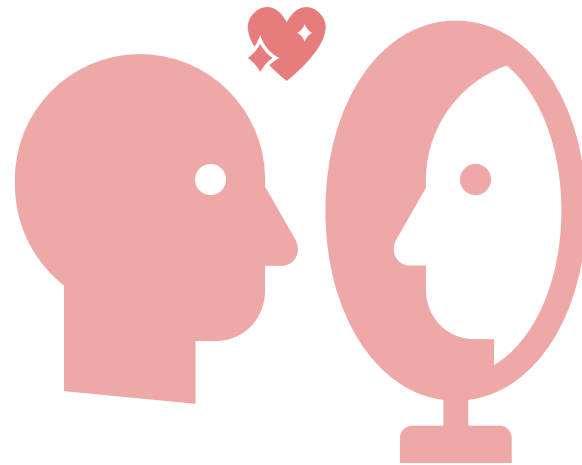
Tapping into creativity



ENHANCING CONNECTIONS



Making time for relationships



Having self-compassion

CREATE A DAILY SELF-CARE HABIT

Bookend it with a cue
and a reward

Attach it to an existing
habit

Start small and easy



SUMMARY

- Self-care is not an indulgence, it's a discipline
- Self-care tools can help manage unexpected stressors, ride out the waves of stress, and bounce back more quickly
- Steps to build a sound self-care plan:
 - Identify the self-care tool(s) you'd like to add to your daily life
 - Recognize barriers and that they might get in the way
 - Prioritize self-care and make it a habit until you do it automatically, even when you're not thinking about it



RESOURCES

Books

- *Mental Fitness: Maximizing Mood, Motivation, & Mental Wellness by Optimizing the Brain-Body-Biome*
 - S. Talbott, 2021
- *Sit Down to Rise Up: How Radical Self-Care Can Change the World*
 - S. Tygielski, 2021

Video

- *How to Make Stress Your Friend*
 - K. McGonigal, 2013
ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend

Free Apps

- Insight Timer
[Android](#) | [iOS](#)
- Tactical Breather
[Android](#) | [iOS](#)

Online Articles

- *How to Hardwire Resilience into Your Brain*
 - greatergood.berkeley.edu/article/item/how_to_hardwire_resilience_into_your_brain
- *How to Overcome Stress by Seeing Other People's Joy*
 - mindful.org/overcome-stress-seeing-peoples-joy
- *The Art and Creativity of Self-Care*
 - arts.gov/stories/blog/2020/art-and-creativity-self-care
- *The Power of Sustainable Self-Care*
 - mindful.org/the-power-of-sustainable-self-care

THANK YOU



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