

Investing in Me: Healthy Mind, Healthy Body, Contented Life

- Self care is not selfish-it's essential. If we do not serve & take care of ourselves, we cannot give our best anywhere.
- How does that statement make you feel? Do you feel selfish when you attend to your needs?

- How do you currently practice self care? What could you add to your self care that would enhance your overall well being?

- Some of the consequences of NOT practicing self care include low energy, feeling apathetic or hopeless, poor sleep +/- eating habits, physical symptoms (ex: headaches), poor work performance/satisfaction, poor relationships, brain fog, burnout & unhealthy ways of "self care." What consequences can you relate to in this list?

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- It's time to "rec the stigma" around mental health and total health. You are not alone and having the courage to talk about trauma, stress and coping helps everyone achieve better mental and emotional health.
- Work related stressors impact our home life, and life stressors impact our work life. Some common work related stressors include workload, salary, lack of opportunities for advancement, not being challenged, little control, lack of support and unclear expectations. List the work stressors that are impacting your health.

- How do these things impact you at work? At home?

- Pick 1-2 of the stressors you listed above. Brainstorm solutions.

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- We all have lives outside of work. In addition to our individual ups and downs in life, we have all had much bigger stressors weigh on us and impact everyday life. Individual life stressors may include our relationships, family dynamics, illness, caregiving responsibilities, finances, health concerns and even our own internal voices of defeat, fear and lack of control. List the life stressors that are impacting your health.

- How do these things impact you at home? At work?

- Pick 1-2 of the stressors you listed above. Brainstorm solutions.

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- Psychological micro-traumas are small, subtle hurts that build up overtime and undermine our self-worth.
- Fear and doubt are ugly little gremlins that live inside our head and try to stop us from trying something different. What do those sound like for you? List your current fears and doubts about yourself.

- Are they true? Challenge fear and doubt and call them out for what they are.

- Trauma informed care includes safety, choice, collaboration, trustworthiness, and empowerment. How could we apply this type of care to ourselves/family, our work environment, and our community?

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- Short term stress is meant to challenge us and is typically a relatively short, defined season. Often times it is when we experience growth. What challenge are you going through right now that is helping you grow?

- Chronic stress continues, often without an end date. One way to manage long term stressors is to consider our perception of the stress, our top priorities and how we focus on these, and the way we allow stress to impact our total well being.
- How can you consider perception, priorities and health impact when it comes to current longer term stressors in your life?

- Numbing pain and/or not dealing with grief hurts us in the long run. How can you apply self care to help you get through a painful/grieving time?

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Creating my best life involves thriving in all areas of health:

Physical Health:

- Describe your best physical health.

- What are your barriers to change?

- Brainstorm solutions.

Spiritual Health:

- Describe your best spiritual health.

- What are your barriers to change?

- Brainstorm solutions.

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Creating my best life involves thriving in all areas of health:

Financial Health:

- Describe your best financial health.

- What are your barriers to change?

- Brainstorm solutions.

Emotional Health:

- Describe your best emotional health.

- What are your barriers to change?

- Brainstorm solutions.

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Creating my best life involves thriving in all areas of health:

Relational Health:

- Describe your best relational health.

- What are your barriers to change?

- Brainstorm solutions.

Professional Health:

- Describe your best professional health.

- What are your barriers to change?

- Brainstorm solutions.

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Creating my best life involves thriving in all areas of health:

Environmental Health:

- Describe your best environmental health.

- What are your barriers to change?

- Brainstorm solutions.

Intellectual Health:

- Describe your best intellectual health.

- What are your barriers to change?

- Brainstorm solutions.

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- Time is a commonly cited barrier to self care. We can make time for self care by making it a priority, building it into our days and practicing effective time management.
- Brainstorm ways you can prioritize self care.

Achieving balance is “doing the right things at the right time” -
Christy Wright, author of Take Back Your Time.

- What is most important?

- What am I doing that is not important?

- Schedule what is important. What goes on that schedule?

- How will I protect what’s important and be present for it?
