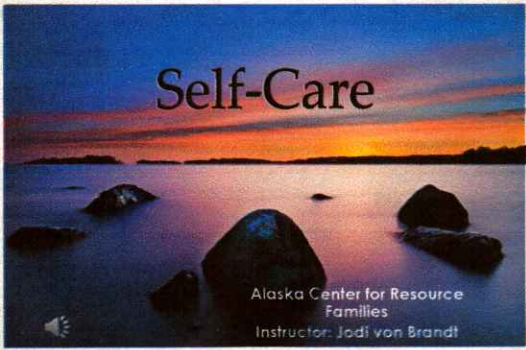




**ACRF Webinar
Training Series**

Training to Support Resource Families in Alaska



Self-Care

Alaska Center for Resource Families
Instructor: Jodi von Brandt

What is Self-Care?

self-care
/ ,self 'ker/

the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.

"expressing oneself is an essential form of self-care"

What does that mean?

Self-care is a way of living that incorporates behaviors that help you refresh yourself, replenish your personal motivation, and grow as a person. It is a vital part of maintaining good health and a vibrant life. Building up a repertoire of reliable self-care habits now can affect your quality of life today and in the future.

Why is self-care important?



"According to the latest research, the average human body is 20% water and 80% stress."

Foster Parents can experience:

Caregiver burnout - a state of physical, emotional and mental exhaustion that may be accompanied by a change in attitude, tends to happen over time

Compassion Fatigue - The physical and mental exhaustion and emotional withdrawal experienced by those who care for sick or traumatized people (also known as vicarious trauma or secondary trauma)

Caregiver Burnout

- No motivation to participate in previously enjoyed activities
- Friends and family have expressed concerns about your well being
- Problems with your significant other
- Intense and recurrent feelings of anger, sadness, worry or fear
- Difficulty concentrating
- Trouble sleeping
- Drastic weight changes
- Unexplained health problems
- Use substances to cope with, manage or suppress uncomfortable or painful feelings

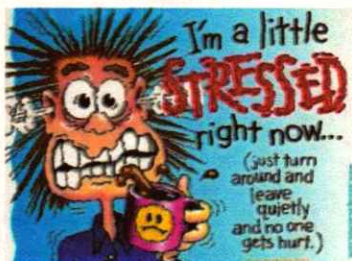
Compassion Fatigue

- Chronic physical and emotional exhaustion
- Depersonalization
- Feelings of inequity toward the therapeutic or caregiver relationship
- Irritability
- Feelings of self-contempt
- Difficulty sleeping
- Weight loss
- Headaches

Who needs to practice Self-Care?
EVERYONE!!!!



How do I know if I'm suffering from a lack of self care?



Signs you can see and feel

- > Are you tired?
- > Does your body feel tight?
- > Do you have trouble focusing?
- > Are you avoiding tasks?
- > Are you overeating or overspending?
- > Are you snapping at your coworkers, family or friends?
- > Are you consuming more caffeine or sugar than usual?
- > Are your emotions super intense?
- > Does your brain feel foggy?
- > Do you have headaches, body aches or other pains?
- > Are you having a hard time concentrating?

Less Obvious Signs

- > You feel unappreciated
- > You put others' needs ahead of your own
- > Your schedule doesn't reflect your priorities
- > Your "to-do" list grows faster than a feral cat colony
- > You can't relax or slow things down
- > You don't have a support network
- > You lack compassion for yourself
- > You feel like you have to do everything yourself
- > Spirituality isn't a priority
- > You believe it's selfish to "put yourself first"

It's okay to fill your cup!

← Self

Others ↗
↘

What will you have to give others if your cup is empty?

So, what can I do?

1. Identify what activities help you feel your best.
2. Put it on your calendar – in Ink!
3. Sneak in self-care whenever you can
4. Take care of yourself physically.
5. Know when to say no.
6. Check in with yourself regularly.
7. Surround yourself with great people.
8. Consider the quality of self-care.
9. Remember that self-care is non-negotiable

SELF-CARE WHEEL

SELF-CARE WHEEL

Physical, Emotional, Social, Spiritual, Mental, Professional

www.10topthings.com

SELF-CARE WEEK




Emotional

- Create boundaries
- Address emotional pain
- Schedule rest & white space
- Take time out to reflect
- Give unconditionally
- Practice self compassion
- Be responsible for your actions
- Seeing a therapist
- Writing in a journal
- Creating Art
- Develop Gratitude
- Playing music
- Allow mistakes
- Positive self talk
- Identify triggers

SELF-CARE WEEK


Physical

- Develop a relaxing ritual
- Practice deep breathing
- Get a massage
- Spend 10 min in the sun
- Go hiking or camping
- Stretch your muscles
- Attend a yoga class
- Get a check up
- Develop sleep routine
- Eat a healthy diet
- Take lunch breaks
- Go for a walk
- Use your sick leave
- Drink more water
- Get up and Dance!



SELF-CARE WEEK

Spiritual



- Read inspiring stories
- Connect with a community
- Notice what's good
- Join a religious institution
- Volunteer
- Visualization
- Chant (positive Mantras)
- Spend time outside
- Pray or focus on your god
- Cleanse your space
- Be open to new experiences
- Create a gratitude journal
- Random acts of kindness
- Mindfulness

Mental



SELF-CARE SHEET

- Sing out loud
- Write in a journal
- Practice meditation
- Take a bubble bath
- Create positive affirmations
- Take your dog for a walk
- Paint, Read, Draw
- Read a book
- Take a class
- Create a cozy space
- Make a playlist
- Color
- Turn you phone off
- Watch your favorite show
- Spend time in nature
- Nourish self-esteem

Practical

SELF-CARE SHEET

- Keep personal budgets
- Take fire safety course
- Buy insurance
- Take a self defense class
- Keep important phone numbers handy
- Organize your closet
- Take professional development classes
- Plan ahead
- Keep a calendar
- Delegate chores
- Develop a routine



Social

SELF-CARE SHEET

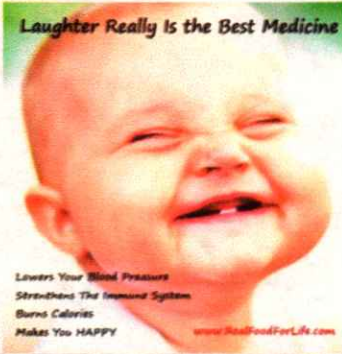
- Brunch with friends
- Going on a date
- Make time to call mom
- Join a support group
- Take a road trip with friends
- Smile at everyone today
- Call a close friend to say hi
- Talk to a stranger at the store
- Take cookies to your neighbor
- Have a picnic with loved ones
- Organize board game night
- Send a postcard to a friend
- Host a movie night with friends
- Chat with the waiter or cashier
- Attend networking events
- Ask a friend for advice
- Participate in a book club
- Find a hobby that involves others



Create Your Self Care Wheel



Laughter Really Is the Best Medicine





To Earn Training Credit If You Are A Licensed Foster Parent In The State Of Alaska ...

1. View the webinar in its entirety.
2. Complete the questionnaire located with this training and submit to the Alaska Center for Resource Families.

For more information or training...

Contact your local office of the Alaska Center for Resource Families office or go to www.aacr.org or call 1-800-478-7307.

