


**ANGELA RUSS –AYON**


# RESTRUCTURE, REFRESH, RENEW
# AN INTERACTIVE SELF-CARE EXPERIENCE


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**Stressopathy,** a made up word to describe a silent epidemic that...

- sucks the joy out of life
- can cause depression
- lurks within to-do lists and the daily grind
- enslaves you in a cyclone of busyness
- robs you of the best parts of your day, week, month, year…

50% of workers leave their jobs because of physical and emotional stress.

Stress is one of the leading causes of health care issues.

## We cause stress with...

...what we put in our bodies
...what we put on our bodies
...what we do or don't do with our bodies
...what we say to ourselves
...our negative, ruminating thoughts
...the choices we make

## What is Self-Care?

- Self-care is not about eliminating negative feelings; it is about handling them.
- Self-care is not that one gift you give yourself occasionally.
- It is not one vacation a year. You can have an occasional self-care experience or indulgence, but does it really restore you?

*How do you really feel the day you come back to work after a vacation?*

Self-care involves ups and downs, and finding what helps in different moments, whether it's rest, action, social support, giving back, or solitude.

When your job involves looking after others, it's hard to focus on yourself. You have to recharge yourself, or your battery will run dry.

It doesn't matter…

- how smart you are
- how talented you are
- how much money you have
- how popular or famous you are
- how many likes you have
- how many followers you have
- or how successful you are in your career

## Benefits of Self-Care

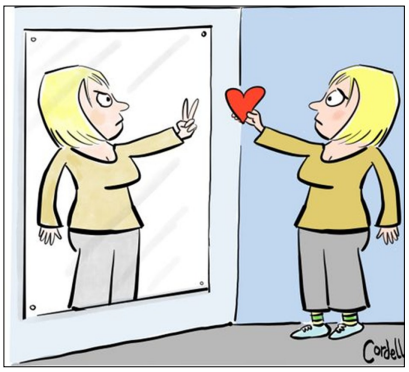
1. Improves Mental Health
    - Reduces stress and anxiety
    - Promotes mindfulness and relaxation
2. Enhances Physical Health
    - Encourages a healthier lifestyle (better sleep, exercise, balanced diet, water consumption, vitamins)
3. Boosts Productivity
    - Increases focus and concentration
    - Enhances creativity and problem-solving skills
4. Builds Stronger Relationships
    - Promotes better communication
    - Encourages patience, empathy, and understanding
5. Promotes Personal Growth
    - Fosters a positive self-image and self-worth
    - Enhances resilience and adaptability
6. Encourages a more balanced emotional state

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**What we tell ourselves matters!**

## Personal Affirmations

Affirmations are short, encouraging statements you can use to achieve a more positive frame of mind.




## Positive Self-Talk

Self-talk is the internal dialog that goes on in your mind. Sometimes your inner critic tears you apart when something goes wrong or you have a challenge ahead. You become fluent in negativity.

*"I can't do this."*
*"I'm not good enough."*

Become a constructive mentor for yourself. You are capable of learning. You ARE enough!

## Take personal ownership of your physical health.

## **Build positive connections** with others.

Research shows that making meaningful connections can have a positive impact on your overall health.

"Our strength lies in differences,
not in our similarities."
- Stephen Covey

## Use music to regulate your feelings.

- Separate your songs by feelings on your playlist.
- Soothing songs that help you relax have a calming effect on the nervous system.
- Songs that energize can stimulate the release of dopamine. (chemical messenger in the brain related to pleasure & reward)

## Compartmentalize:

Compartmentalization is the act of dividing your life, activities, and tasks into distinct, separate compartments and closing the lids so you can focus on one issue at a time.

How does one compartmentalize?

- Prioritize tasks
- Allocate time for each task
- Create appealing physical spaces for each activity
- Set clear boundaries
- Schedule your care
- Use to-do lists or task mgmt. apps
- Reflect and adjust your approach
- Stay flexible

## Take a magnifying glass to your finances

- Why don't you have any money?
- Are you living beyond your means?
- How are you spending money?
- How much are you saving?
- What spending habits can you change?
    - ◊ car too expensive
    - ◊ housing costs too much
    - ◊ friends or family syphoning
    - ◊ stores out of your range
    - ◊ budget better
    - ◊ start a side-hustle
    - ◊ go after that job or promotion

## Restorative Activities & Healthy Coping Strategies

- Make plans and follow through.
- Go to bed & get up at a reasonable hour (7-9 hours of sleep).
- Breathe deeply and meditate for 5 mins.
- Take regularly scheduled breaks (at least 10 mins.).
- Get physically active. (even if for 5-10 min. walks).
- Wear colors that enhance your mood.
- Wear comfortable clothing made of natural fibers.
- Positive self-talk. Avoid ruminating.
- Post and read affirmations.
- Seek to solve your problems and overcome your challenges.
- Go outside & connect to nature for 20 mins.
- Play with children.
- Compartmentalize tasks.
- Get organized - declutter
- Designate play, relaxation, and workspaces.

- Write in a positivity or gratitude journal.
- Prepare your favorite healthy meal.
- Look to your spirituality.
- Forgive.
- Minimize interruptions.
- Understand what is expected of you. Ask and reconfirm.
- Minimize exposure to media outlets, news, and social media that might promote fear or panic.
- View photos of beautiful images (guided visualization) and positive memories.
- Take a break from technology.
- Use aromatherapy with essential oils or scented candles.
- Listen to music that calms, motivates, and inspires you.
- Watch movies, shows, and comedians that make you laugh.
- Learn a new skill or language.
- See failures and mistakes as learning opportunities. Celebrate them and take a bow!
- Give back – Volunteer (mentor, tutor, shelter, orphanage, hospitals)
- Consider an emotional support animal
- Ask for help when you need it

***What habits would you like to change?***

***What would you like to try?***

***What is working for your friends and peers?***

***What is stopping you?***

1. Make a list of coping strategies based on these questions.
2. Cross off the strategies that you are already doing, or that aren't possible at the moment.
3. From what remains, choose one strategy that is most appealing to start for a few weeks.
4. Then decide if the strategy has helped or not. If it has, add it to your daily routine on a permanent basis, and try another.

**Create a Vision Board,** which is collection of images, words, and phrases that reflect your positivity, goals, and ideas for self-care from magazines, books, drawings, online, and photos. Collect images, words, and phrases that benefit your mental, emotional, and physical health.

- Affirmations
- Bucket list activities
- Promises to yourself
- Goals
- Dreams

## Music Reference List:

– "I'm Growing"
CD: *Smart & Yummy 1*
– "Farmer's Market"
CD: *Smart and Tasty 1*
– "Clap One to the Left"
CD: *Smart Songs 1*
– *"Good to be Alive"*
Artist: Andy Hammer

**Thank you for listening,**
**and welcome to the CLUB!**
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- ❑ I neglect my diet
- ❑ I don't move as much as I should
- ❑ I'm at an unhealthy weight
- ❑ I have health issues that affect my ability to do things
- ❑ I have trouble sleeping
- ❑ I use sleep aids
- ❑ I'm always tired
- ❑ I have a negative attitude
- ❑ I'm depressed
- ❑ I have headaches
- ❑ I get sick often
- ❑ I drink too much alcohol
- ❑ I use recreational drugs to feel better
- ❑ I follow where I'm led
- ❑ I am always nervous or anxious
- ❑ I don't like to be kept waiting
- ❑ I get easily frustrated with people situations
- ❑ I am easily angered by things that are out of my control
- ❑ I rarely speak up for myself when I should
- ❑ I am always critical of myself
- ❑ I don't like uncertainty
- ❑ I lack motivation
- ❑ I can't seem to get anything done
- ❑ I lack self-confidence
- ❑ I have high or unrealistic expectations
- ❑ I try to do everything myself
- ❑ I don't like to ask for help
- ❑ I struggle with time management
- ❑ I feel my opinion doesn't count
- ❑ I'm often criticized for the things I do
- ❑ I worry a lot
- ❑ I'm nervous when speaking in public
- ❑ I'm easily embarrassed
- ❑ I fear failure or making mistakes
- ❑ I don't like to draw attention to myself
- ❑ I have trouble concentrating
- ❑ I have few supportive relationships
- ❑ I don't have anyone to talk to
- ❑ I feel betrayed by someone close to me
- ❑ I keep everything inside
- ❑ I put important things off until later/ forever
- ❑ I gossip (leads to a negative cycle of distrust)
- ❑ I spend time complaining about my past
- ❑ I rarely/never do anything for myself
- ❑ I'm financially unstable
- ❑ I'm always too busy
- ❑ I often fall short of my goals
- ❑ I have suffered loss
- ❑ I fail to find time to relax
- ❑ My life is in turmoil
- ❑ I feel completely lost
- ❑ I fail to find time to relax
- ❑ I cry when I leave work
- ❑ I fail to find time to relax

**What is your score?**

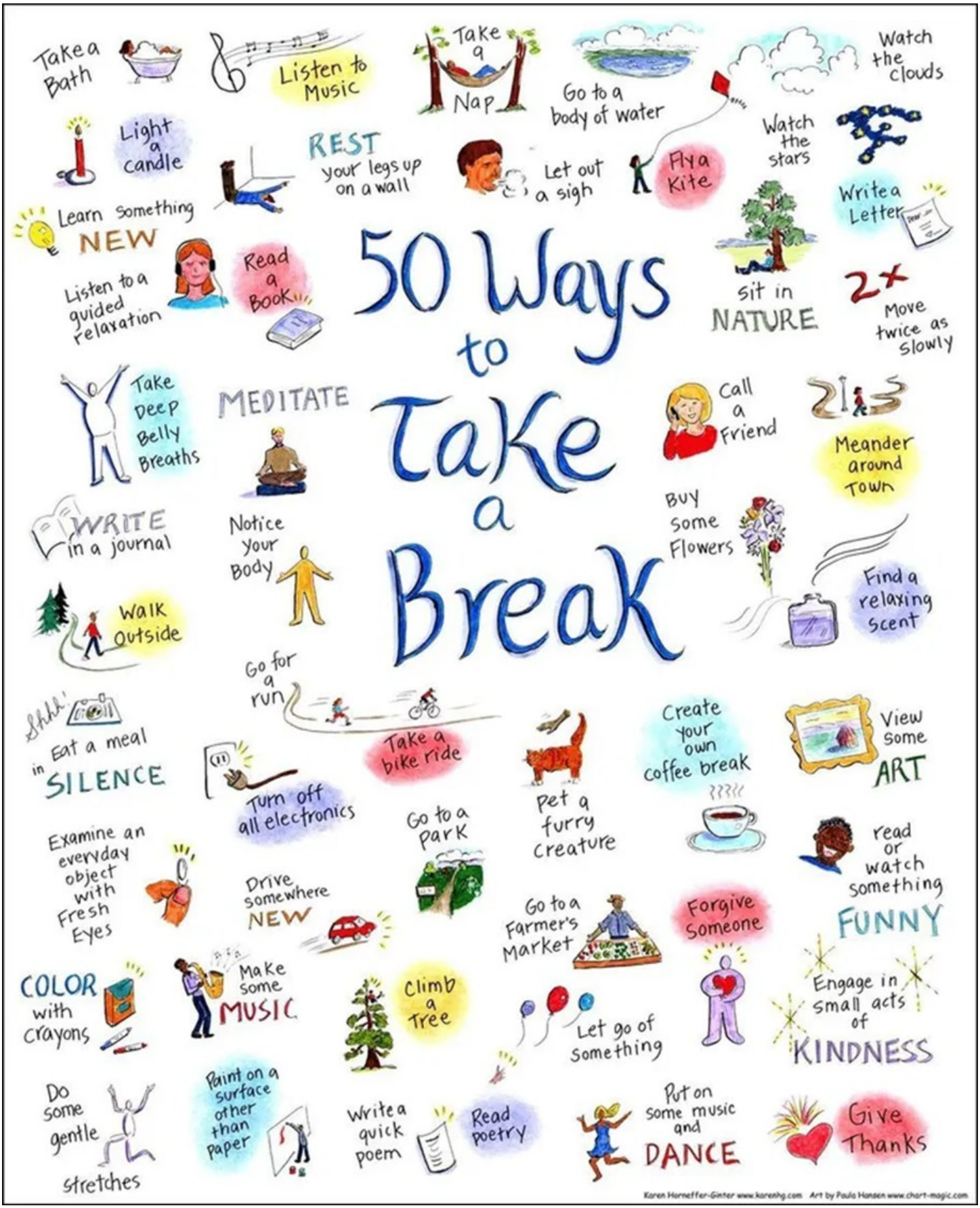
Just one
can be the cause of your stress.

One of the first steps to reducing stress is identifying its cause.

# 50 WAYS TO TAKE A BREAK

**TAKE A BATH**
VISIT A BODY OF WATER
**WATCH THE CLOUDS**
LIGHT A CANDLE
**WRITE IN A JOURNAL**
TURN OFF ALL ELECTRONICS
**DO SOME GENTLE STRETCHES**
TAKE A COFFEE BREAK
**READ/WATCH SOMETHING FUNNY**
WALK OUTSIDE
**LISTEN TO A PODCAST**
FIND A RELAXING SCENT
**TAKE A BIKE RIDE**
PET A DOG OR CAT
**PUT ON MUSIC AND DANCE!**
MAKE A GRATITUDE LIST
**TREAT YOURSELF**
TREAT SOMEONE YOU LOVE
**FLY A KITE**
MEDITATE
**DO SOME EXERCISE**
EAT YOUR FAVORITE MEAL
**PLANT A GARDEN**
DRIVE SOMEWHERE NEW
**LEARN SOMETHING NEW**

LISTEN TO MUSIC
**DO A RANDOM ACT OF KINDNESS**
CALL A FRIEND
**WRITE A LETTER**
WATCH THE NIGHT SKY
**LET OUT A SIGH**
BUY SOME FLOWERS
**BAKE SOMETHING**
VISIT A PARK
**SIT UNDER A TREE**
TAKE SOME DEEP BELLY BREATHS
**LET GO OF SOMETHING**
VIEW SOME ART
**GO TO A FARMERS MARKET**
PAINT SOMETHING
**NOTICE YOUR BODY**
FORGIVE SOMEONE
**VISIT A LOVED ONE**
GO TO A MUSEUM
**REST YOUR LEGS ON THE WALL**
PRACTICE 4-7-8 BREATHING
**TRY A NEW HOBBY**
EAT A MEAL IN SILENCE
**GO PLAY!**
GET A MASSAGE


50 Ways to Take a Break
Take a Bath
Listen to Music
Take a Nap
Go to a body of water
Watch the clouds
Light a candle
REST your legs up on a wall
Let out a sigh
Fly a Kite
Watch the stars
Learn Something NEW
Write a Letter
Listen to a guided relaxation
Read a Book
Sit in NATURE
2x Move twice as slowly
Take Deep Belly Breaths
MEDITATE
Call a Friend
Meander around Town
WRITE in a journal
Notice your Body
Buy some Flowers
Find a relaxing scent
Walk Outside
Go for a run
Shhh! Eat a meal in SILENCE
Take a bike ride
Create your own coffee break
View some ART
Turn off all electronics
Pet a furry creature
Examine an everyday object with Fresh Eyes
Go to a park
read or watch something FUNNY
Drive somewhere NEW
Go to a Farmer's Market
Forgive Someone
COLOR with Crayons
Make some MUSIC
Climb a Tree
Engage in small acts of KINDNESS
Let go of Something
Do some gentle stretches
Paint on a surface other than paper
Write a quick poem
Read poetry
Put on some music and DANCE
Give Thanks
Karen Horneffer-Ginter www.karenhg.com Art by Paula Hansen www.chart-magic.com

| | | | |
|---|---|---|---|
| I finish what I START | My failures don't DEFINE ME | I warm the souls of others | I am building a healthy body |
| My life has MEANING | I will OVERCOME this | I choose to be HAPPY | I think POSITIVE thoughts |
| I can learn ANYTHING | I will make myself PROUD | I have EARNED this | I am where I'm supposed to be |
| Nothing else matters | My life Has MEANING | I am willing to take a RISK | I am PREPARED |

Positive affirmations and self-talk

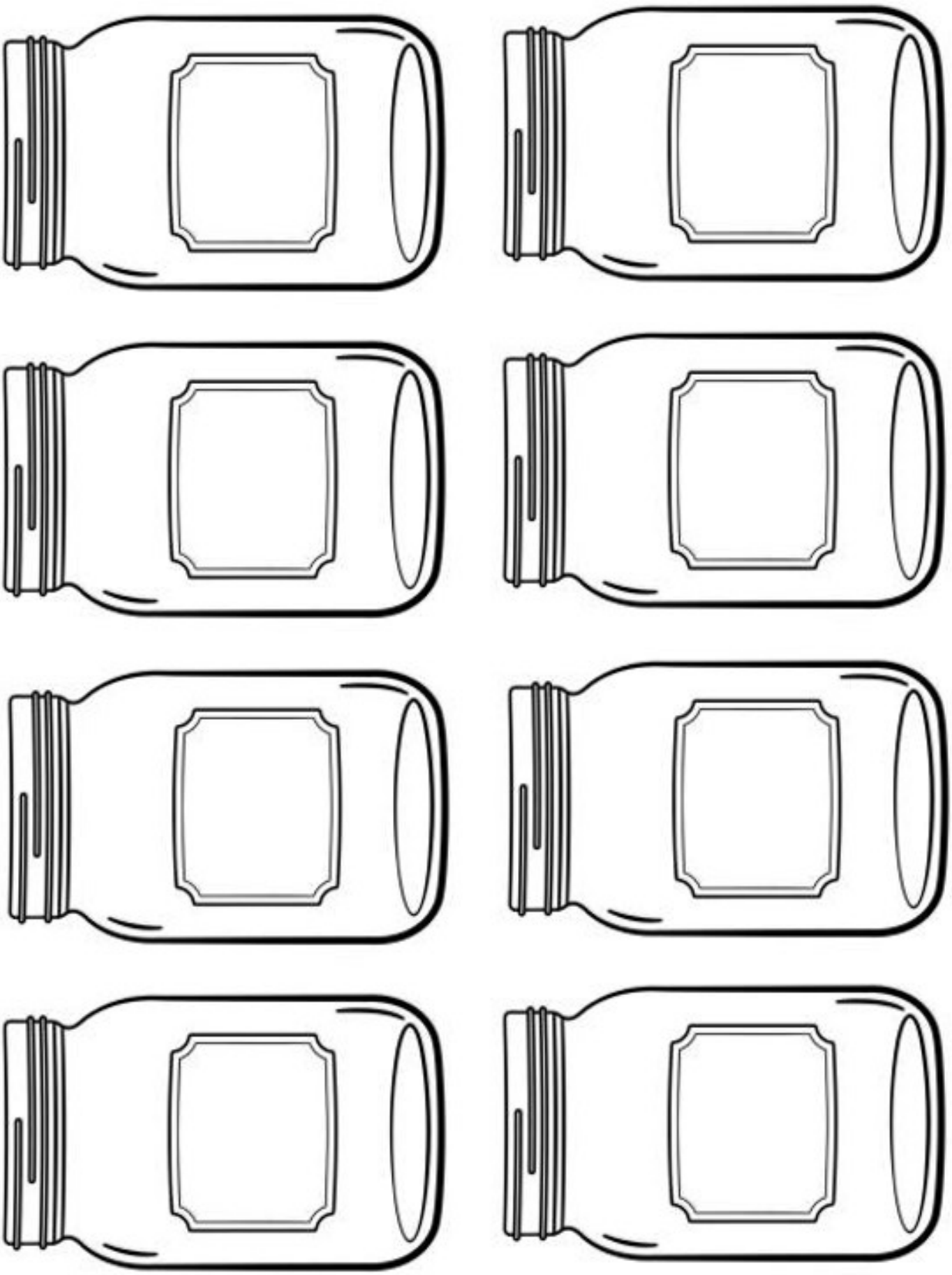
| | | | |
|---|---|---|---|
| I live like Someone left the gate open | I don't COMPARE myself to others | I can do this | I live in the land of ABUNDANCE |
| I am led by my DREAMS | My hard work will PAY OFF | Eating healthy food fuels me | I will Seek HELP |
| I have the skills I need | My life Has MEANING | I am INTELLIGENT & CAPABLE | NOTHING will stand in my way |
| I am ENOUGH | When I make mistakes, I GROW | I am GRATEFUL for everything | I can reach my GOALS |

Positive affirmations and self-talk

| | | | |
|---|---|---|---|
| I have EVERYTHING I need | I can do this by MYSELF | My dreams will come TRUE | I am not defined by my past |
| I LOOK GOOD | I am RICH in friends | I am LOVABLE | I can OVERCOME my challenges |
| I can FORGIVE and MOVE ON | No one will push my buttons | I am a KIND & CARING PERSON | I will IGNORE the negatives |
| I am CAPABLE of change | I am in control of my finances | My cup is always FULL | I am filled with OPTIMISM |

Positive affirmations and self-talk

# Compartmentalize



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