

Self-Care for Families

Clinical Department
Carmel Central School District
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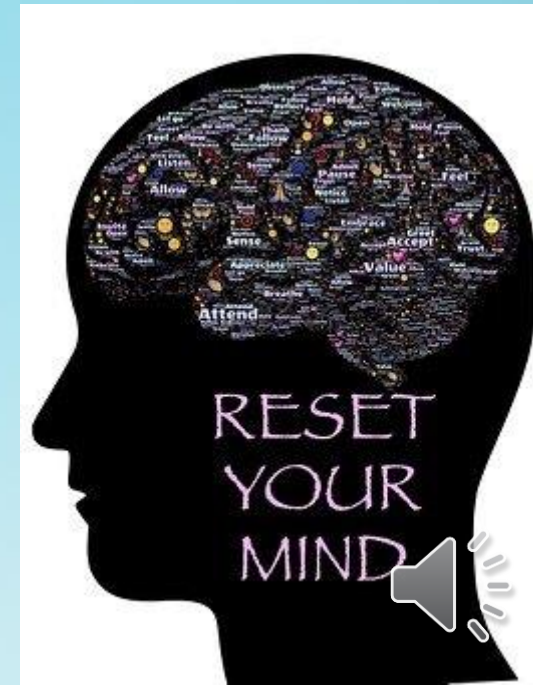
Why is Self-Care necessary?

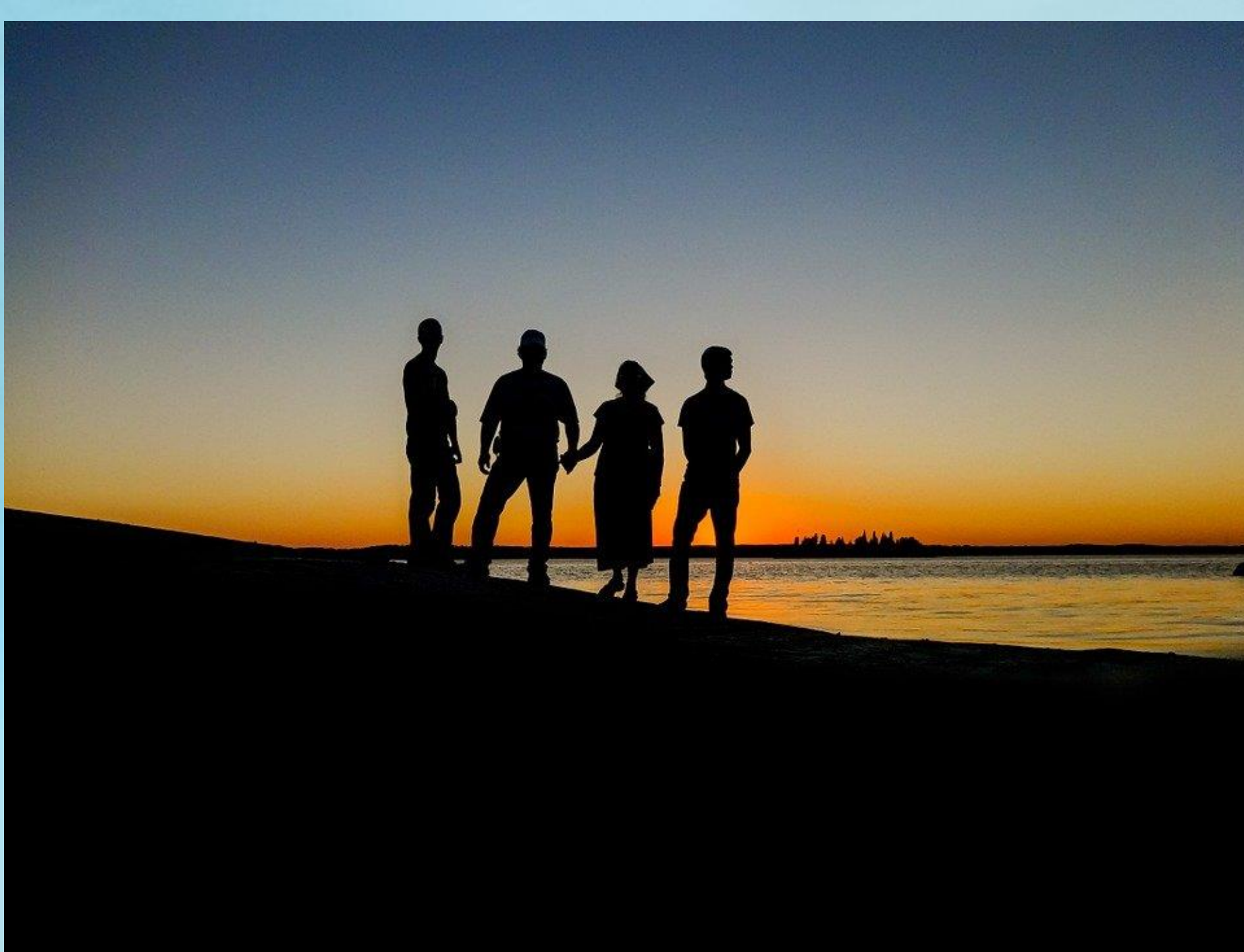


Mindset shift

Self-care is *not* selfish.

Self-care is *essential*
for my well-being and
my children's well-being.





Gasping for air while
volunteering to give others

CPR is not heroic

- Brené Brown

ourmindfullife.com



Positive Emotions

- Helps our minds
 - Improves problem solving skills
 - Improves organizational skills
 - Improves memory
 - Improves focus
- Helps our bodies
 - Improved physical well-being
 - Less stress
 - Less anxiety
 - More social connection





Set an intention.

Research shows that writing something down increases the chances that we will do it!



Self-Care Ideas



- Mindfully drink your coffee in the morning, to the bottom of the mug, without interruption.
- Connect with nature, walk each day, move.
- Read.
- Go to sleep earlier.
- Connect with a positive friend.
- Take a break from the news and social media.



Self-Care

Gratitude

Facts about gratitude:

Gratitude improves our psychological well-being, [increasing](#) happiness, life satisfaction, and positive emotions, and to decrease anxiety and depression.

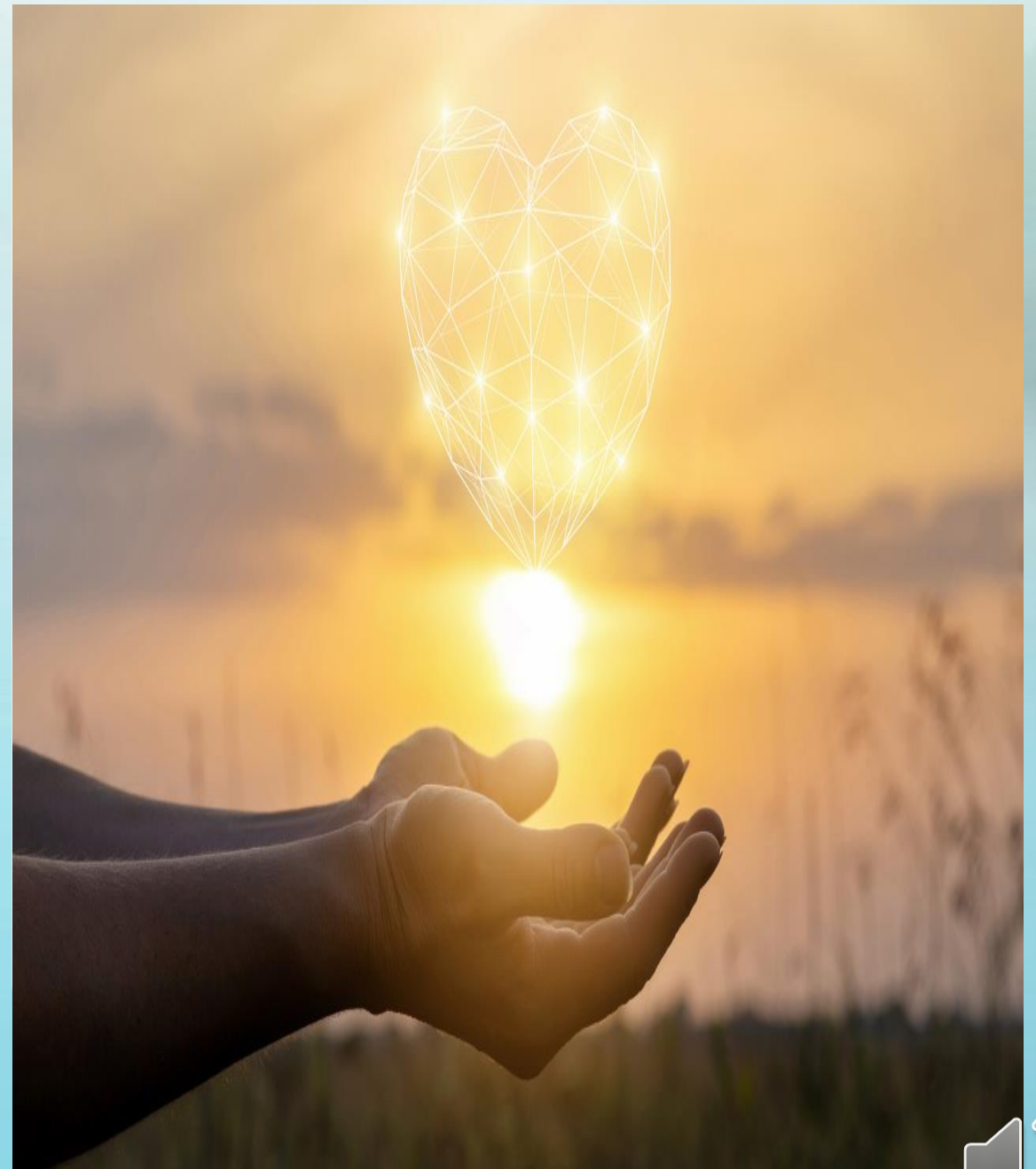
Gratitude is good for our bodies - strengthening our immune systems, reducing physical symptoms, helping us [sleep](#) better, and encouraging us to take care of our [health](#).

Gratitude improves our relationships, by promoting [forgiveness](#), compassion, [helpfulness](#), and [altruism](#).

Practicing gratitude helps us feel [closer and more committed](#) to friends and partners, and [less lonely](#). – (Greater Good Center for Science and Education – 2020)

“We can only be said to be alive in those moments when our hearts are conscious of our treasures.”

–Thornton Wilder



Self-Care - Gratitude

tell someone
something you are
looking forward to

find someone
who has taught
you something
new and say
thank you

tell someone
something that was
hard from your day,
and then thank them
for listening

"Gratitude is one of the sweet shortcuts to finding peace of mind and happiness inside. No matter what is going on outside of us, there's always something we could be grateful for." – Barry Neil Kaufman

 *Constant*
LOVE & LEARNING



Self-care: Fresh air, movement, nature and Vitamin D!

Connecting with nature is a great way to engage in self-care!



Self-Care: Benefits of sleep!



Aim for 7-8
hours for a full
night's rest!



Self-Care for Families in Challenging Times

**Tip:
Simply and Find
Gratitude**

Every day,
consider...



What is the one thing
I need to get done
today?



What is something I
can let go of today?



What is something I am
grateful for today?



Self-Compassion

- Notice and name your feelings.
- Connect to common humanity – we all have bad days.
- Think of the advice you would give your best friend.
- Take that advice for yourself!



Mantras that Promote Self-Compassion

- I am doing the best that I can.
- It is ok to make a mistake.
- Everyone struggles at times.
- I am a human being.
- I will get through ..
- I will forgive myself.
- No one is perfect.
- “...during a global pandemic.”





What if...to What is...

Mindset Shift

Dr. Rebecca Branstetter





Although I can't...
I still can...

Mindset Shift



Self-Care Apps

- Calm
- Headspace
- Happify
- Moment
- MindShift
- Daylio
- Ten Percent Happier
- Five Minute Journal



Self-Care Activities

- Gratitude Journal
- Bullet Journaling
- Coloring



Thank You!

- We would like to credit the work of professionals in our field: Dr. Rebecca Branstetter, Elizabeth Sautter, Dr. Katie Rahe, Dr. Dan Siegel, Dr. Kristin Neff



Reach out...we are glad to help!

