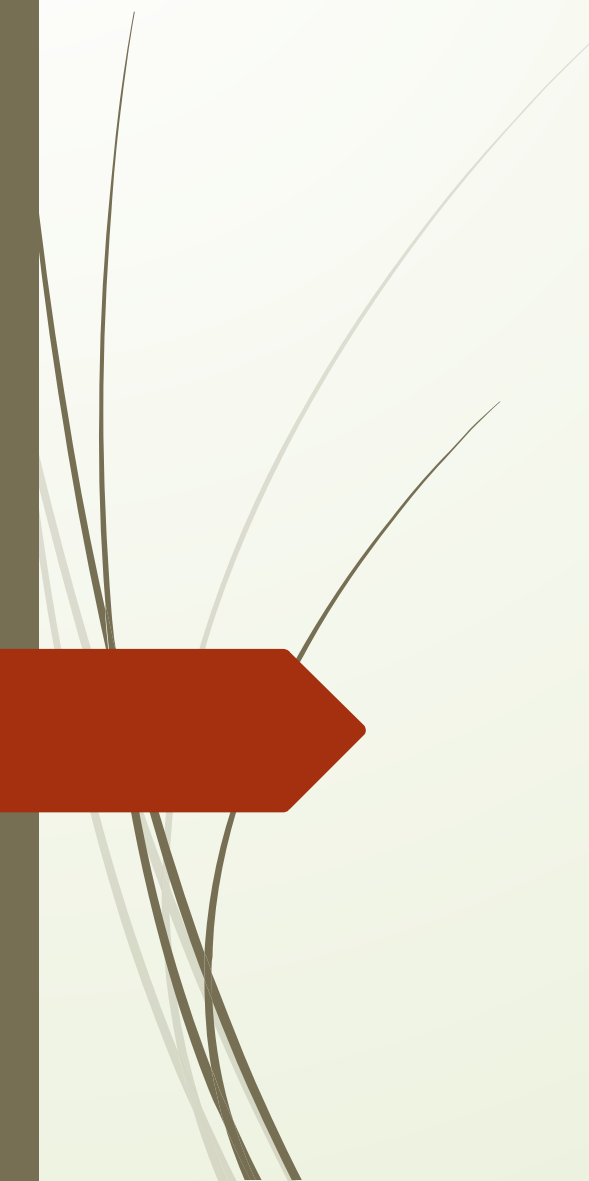
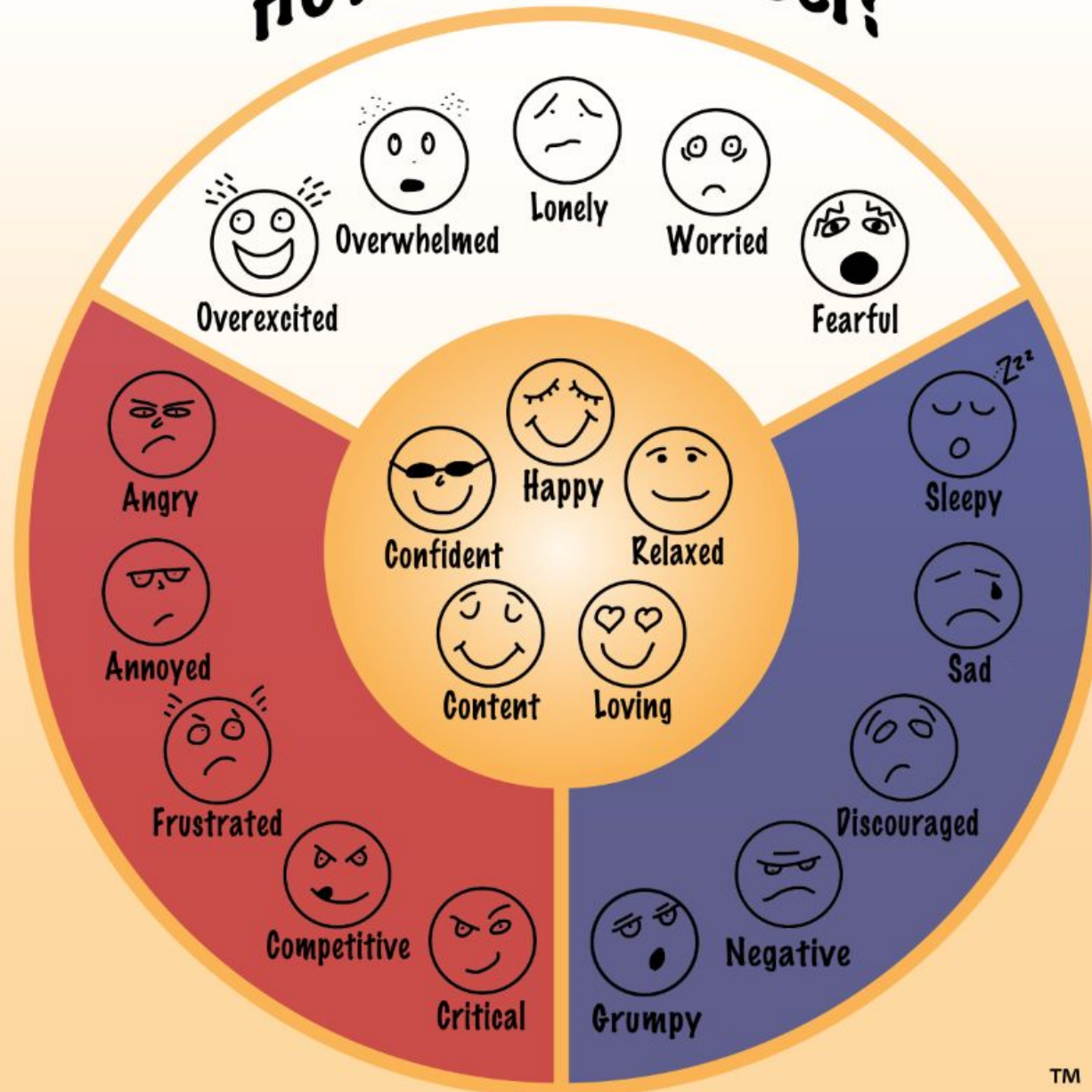


# Self-Care:

Creating your personal self-care toolkit



# How do you feel?



TM

# Self-Care

**Self-care is never a selfish act- it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others.**

Anytime we can listen to true self and the care it requires, we do it not only for ourselves but for the many others whose lives we touch. Parker J. Palmer


- ❑ Self care becomes an “appetite issue” if we do not find the time for it-hit and miss is not ever what we really need.
- ❑ Caring for your self we receive an increased consciousness of our use of self as a tool, thus we become more self-aware and able to manage feelings
- ❑ Keeping your cup full-Self-care is essential, especially when caring for another





# Your Management Tools

## Healthy



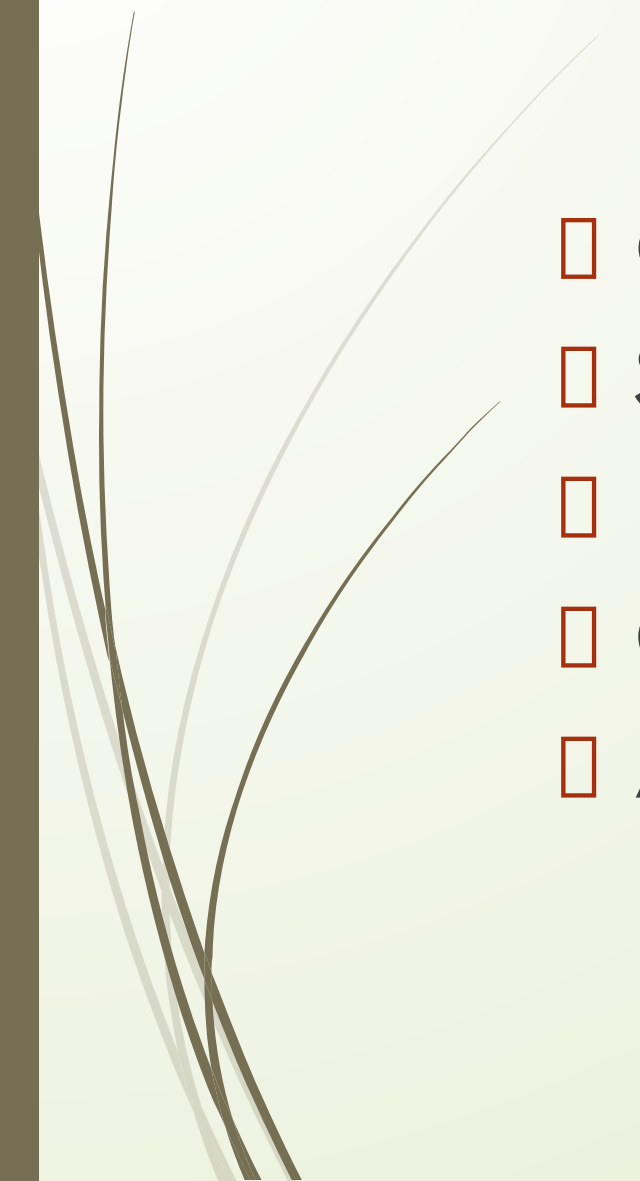
- Low/Deep Breathing
- Stretching
- Mediate
- Music
- Exercise
- Reading
- Walking
- Bathing/showering
- Sitting/Getting outside
- Time with friends& family
- Writing

## Just Coping or Not

- Yelling
- Acting aggressively
- Overeating
- Excessive alcohol
- Smoking
- Pacing
- Biting nails
- Drugs
- Skipping meals
- Withdrawing from family & friends
- Dangerous driving



# Healthy Coping Interventions

- Good diet, exercise/movement, sleep
  - Support group/circle of friends
  - Reaching out to spiritual/religious support
  - Controlled use of alcohol
  - Ask for help
- 

# The Mix of Six


*Anti-cancer Living* by Lorenzo Cohen & Alison Jefferies

- Diet
- Physical activity
- Stress management
- Sleep
- Love & Support
- Environment Toxins





# Why Healthy Coping Modalities Help

- Takes us beyond thinking
  - Takes us into the breath, making us sensitive of our bodies
  - Less focus on fixing oneself, more on the healing
  - More focus on the strengths we do have
- 

# Effects of complementary modalities/healthy coping on the brain

- Allows for a retraining of the brain:
  - Stress □ physiological response (increased heart rate, faster breathing, muscle tension) □ limbic system activated (emotional response) □ anxious thoughts (activation of sympathetic nervous system)
  - Slowing the breath, relaxing muscles □ less anxious thoughts (activation of parasympathetic nervous system)
  - Practicing these techniques in a calm environment over time allows us to apply them in real life.

Neuroplasticity

Rewiring the brain (infographic)



# Eat Healthy Foods

## Select

Complex carbs

Fruits/veggies

Protein

Water

Dark chocolate

## Limit/avoid

Simple carbs

Excess alcohol

Soda

Excess sugar and white flour





# Yoga's (Somatic Movement) Three Premises




the art of *breathing*

the art of  
*conscious stretching*  
*movement*

the art of *balance*  
*And just sitting...*  
*meditating*




# PRINCIPLES OF Self Care Through a Yogic Lens

- 
- • Become aware of your body, emotions & mind
  - • Improve your dietary habits
  - • Relax yourself consciously
  - • Let your breathing be calm and deep
  - • Let your mind focus inwardly
  - • Improve flow of healing breath
  - • Fortify yourself against omnipresent stressors.
  - • Increase your self-reliance and self-confidence
  - • Facilitate natural elimination of waste.
  - • Self responsibility for well-being and happiness.



# Pranayama: Breathwork

When the breath is calm so is the mind. As long as we are breathing we are having a successful Yoga practice...

- Abdominal breathing
  - Breath awareness
  - Nostril Breathing
- 



# Kinds of Breath & Benefits


*Think about various kinds, depressed, anxious, relaxed, angry*

Breath influences and controls our autonomic nervous system

Stress kicks in the sympathetic nervous system

Relaxed or calm breathing turns on the parasympathetic system

- Cortisol levels lowered
- Vagal nerve stimulated
- Glucose to brain
- Heart Rate Variability (HRV) elevated
- Oxytocin (the love hormone) & dopamine levels likely elevated



**Breathing is accessible every moment...can me  
done any time, any where...want to try?**

- Breath of joy
- Power Hara-"Ha" breath
- Alternate nostril breathing
- 4-6 or 6-4 count breath
- Stair step breath
- Bees breath

PRACTICE

# Energizing/ Activating Techniques

## *Postures/ Movement:*

- Sun Salutations
- Twisting (Washing Machine, Seated Twist)
- Backbending (Standing Backbend, Camel)

## *Breathwork:*

- Lion's Breath
- "Ha" Breath

## *Sound and Mantra:*

- Vowel sound chanting
- Mantra in postures

PRACTICE



# Grounding/ Calming Techniques

## *Postures/ Movement:*

- Standing (Mountain, Warrior I and II, Triangle)
- Balancing (Tree, Eagle, Warrior III)
- Seated (Forward fold)

## *Breathwork:*

- Anchor Breath
- Straw-sipping Breath/Situli

## *Meditation/ Relaxation:*

- Clouds in the Sky
- Color Meditation
- Progressive Relaxation

PRACTICE





# Meditation



- Meditation is a set of practices that have been around for more than 4,000 years, with roots in Buddhism, Ayurveda, and other contemplative traditions such as Catholicism and Quaker prayer. *Medi means to take the measure of or to care for*-also root of medicine
- Two distinctive intentions associated with meditation practice: (be here/there and focus)
  - Expand **awareness** of the moment-to-moment existence in a nonjudgmental and non-attached manner –reflection and quiet to bring about a state of rumination
  - **Concentration** by cultivating an attitude of love and **compassion** in encountering life and the world



# Types of Meditation

- **Concentrative**-includes transcendental- mantra meditation, focus is on the sound, image or words such as prayer including contemplative prayer-centering prayer, focusing on a word, clearing mind so God's/higher power voice can be heard
- **Mindfulness meditation**-moment to moment awareness, in the present, non-judgmental
- **Expressive meditation**-oldest on the planet, deep breathing, shaking, dancing, energizes body, relaxes mind-bringing chaos to bring order

End objective to teach busy mind to quiet, freeing the mind of stress and contemplation & reflection



# Neurobiological effects of meditation: The relaxation response


- Meditation has a stress-reducing phenomenon that brings about “the relaxation response” by inducing favorable brain waves and lowering the physiological and biochemical byproducts of stress, such as:
  - lowered respiration rate
  - decreased heart rate
  - lowered blood pressure.
  - increase in blood oxygen saturation levels
  - increased activation of frontal and prefrontal regions of the brain associated with cognitive control, attention



# Neurological benefits of meditation

- Certain neurological effects of meditation practice inversely coincide with neurological effects of trauma, meditation may serve as an ideal countermeasure for the hypersensitivity of emotion responses by allowing greater control over one's emotions in the moment
- Enhance ones' ability to stay physiologically calm
- Foster ones' capacity to recognize and attend to current experiences
- Enhance ones' self-regulating abilities so they make choices that are responsive and beneficial to their current needs and situations

PRACTICE



# Designing Your Self Care Plan for Mental/Physical Health

- Talk to the Doctor-check out any contra-indications to current tx
- Keep things Simple-simple foods
- Do what Works for YOU
- Mix it Up
- Have Fun


# Self Care Plan

- Somatic/Body movement
- Breath work-relaxation
- Nutrition/Healthy eating
- Spiritual/Religious connection - Meditation
- Social relationships/Support
- Skill building/Being Creative
- Personal Growth/Do something new

(When is the last time you did something for the first time?)



# Wellness/Health Menu




What	How	When	Accountability
Nutrition			
Somatic Exercise			
Skill Building			
Personal Growth			
Social Support			
Relaxation or Meditation			
Spiritual connection			

# Stress Management Tools/References

- ❑ Creating lasting positive change for yourself: 3 Gratuities (Emmons & McCullough, 2003) Writing 3 Gratuities every day trains your Brain to Look for the Positive
- ❑ Journaling (Slatcher & Pennebaker, 2006) Journaling about 1 good thing allows your Brain to Relive it.
- ❑ Exercise, including yoga (Babyak et al., 2000), (Owen et al. 2010) Move around every 20 mins during your day and Exercise for 20 mins. every day increases longevity and improves Brain Function
- ❑ Meditation (Dweck, 2007) 2 minutes of Meditation daily trains the Brain to Focus Better
- ❑ Random Acts of Kindness (Lyubomirsky, 2005) Starting Your Day with a Kind Word improves your Sense of Self





**Just for today, I will not worry,**

**Just for today, I will not be**

**angry,**

**Just for today, I will count my**

**many blessings,**

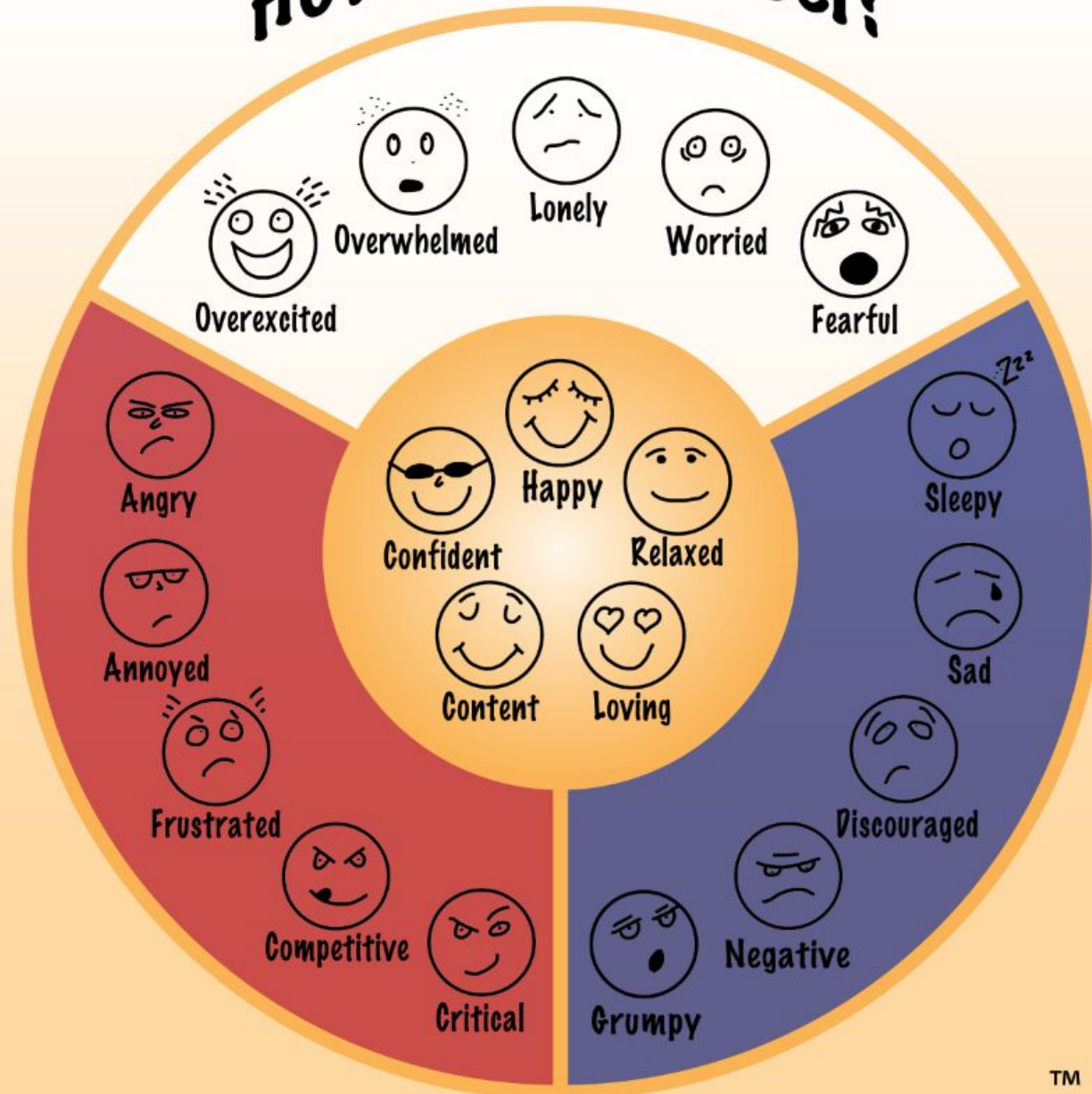
**Just for today, I will live honestly,**

**Just for today, I will be kind to all**

**living things.**

*adapted by Mikao Usui from Emperor Meiji  
to be integrated into daily life.*

# How do you feel?



TM

Try it; you'll be glad you did.





Susan Tebb, PhD, MSW, RYT500, C-IAYT

[susan.tebb@slu.edu](mailto:susan.tebb@slu.edu)

<https://taoporchonlynch.com/>