

# Self-Care in the Age of Corona

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## Roadmap

What is self-care?

What is a self-care plan?

How can self-care fit into  
your policies and procedures?

Resources for self-care

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## What is self-care?

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Self-care refers to activities and practices that we can engage in on a regular basis to reduce stress and maintain and enhance our short- and longer-term health and well-being.

Self-care is necessary for your effectiveness and success in honoring your professional and personal commitments.

University of Buffalo – School of Social Work

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## Why is self-care important?

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Where is this  
research  
coming from?



University of Buffalo –  
School of Social Work



<http://socialwork.buffalo.edu/resources/self-care-starter-kit/developing-your-self-care-plan.html>

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## Self-Care Plan

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1. How do you cope now?
2. What do you do for self-care now?
3. Maintenance self-care: Adding self-care practices and eliminating obstacles
4. Emergency self-care: Be prepared
5. Make a commitment to yourself
6. Share your plan
7. Follow your plan

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Who?

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Well, ideally you!

But also, your staff.

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1. How do  
you cope  
now

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“KNOW THYSELF”

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The way you live your life can have a big impact on your health, well-being, and how well or poorly you handle stress. Below are lifestyle behaviors that affect stress levels. Please check the boxes that apply to you. Doing an honest assessment of how well or poorly you take care of yourself can help you manage your stress in the future.

## Is your lifestyle causing you stress?

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## When you are under stress, do you:

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- Smoke/use tobacco
- Drink a lot of coffee or caffeinated drinks (more than 2-3 cups per day)
- Drink alcohol (more than the recommended levels of 1-2 per day)
- Overuse over-the-counter medications
- Overeat or under eat
- Spend too much money
- Abuse/overuse over-the-counter medications
- Watch too much television
- Have angry outbursts
- Take illegal drugs
- Withdraw from people
- Ignore or deny stress symptoms
- Engage in self-destructive behaviors

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## Poll Question- What is your score? (Anonymous)

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1. 0
2. 1 - 3
3. 4 - 6
4. 7 or more

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## When you are under stress, do you....

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- Engage in physical activity
- Get six to eight hours of sleep every night
- Maintain good eating habits
- Make time to relax
- Maintain a sense of humor
- Play
- Maintain healthy rituals and routines
- Be optimistic and think positive
- Spend time with family
- Spend time with friends
- Make plans for the future
- Figure out ways to manage stress
- Reward yourself for your accomplishments

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## Poll Question- What is your score? (Anonymous)

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1. 0
2. 1 - 3
3. 4 - 6
4. 7 or more

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## Coping now

The reason it's important to determine how you cope now:

Decreasing or eliminating at least one "negative" coping strategy can be one of the goals of maintenance self-care; employing more positive strategies can be another.

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## 2. What do you do for self care now?

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Wait, didn't we just talk about this?

### *Difference in Coping and Self-care*

Coping skills are the daily go-to tools that help to relieve stress and improve mood. Self-care is the regularly scheduled maintenance that helps to prevent and restore oneself from stress. If practiced frequently, one can minimize mental breaks and extended periods of stress.

From [PositiveTherapy.com](http://PositiveTherapy.com)

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## Coping skills are quick fixes that you use in the moment.

- *It's been a bad day so you decide to go to bed early to get a full night's rest, but you eat some extra dessert beforehand.*
  - *Positive and negative coping skills*
- *You've just had to deal with a rude person. When you answer the next call, you are short and lose your temper with the next caller. You then call a friend to decompress and laugh about the rude person.*
  - *Positive and negative coping skills*

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“Self-care is regularly scheduled maintenance that helps prevent and restore oneself from stress.”

- *Each week you attend a workout group with friends.*
- *Each morning, you schedule time for quiet/prayer/meditation*
- *Once a year, you and your spouse plan a time to get away.*

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# Self-Care Categories

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PHYSICAL, PSYCHOLOGICAL,  
EMOTIONAL, SPIRITUAL,  
RELATIONSHIP, WORK

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## Physical Self-Care

Eating

Exercising

Keeping up to date on medical  
appointments

Sleeping

Wearing clothes you feel comfortable and  
confident in,

Physical movement you enjoy (walking,  
dancing, swimming)

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## Psychological Self-Care

-Trips or vacations

-Unplug

-Journal

-Therapy

-Reading

-Practice listening to my thoughts

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Stay in

Stay in contact with important people

↓  
Identify

Identify comforting activities and seek them out

↓  
Allow

Allow myself to cry

↓  
Give

Give myself affirmations

↓  
Express

Express my outrage in social action such as letters, donations, etc.

↓  
Identify

Identify comforting activities and seek them out

## Emotional Self-Care

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## Spiritual Self-Care

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- Pray
- Find a spiritual community
- Spend time in nature
- Meditate
- Sing
- Contribute to causes in which I believe
- Read spiritual or inspirational literature or listen to inspirational talks, music

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## Relationship Self-Care

- Schedule dates with my partner
- Schedule activities with my children
- Make time to see friends
- Call, check on, or see my relatives
- Spend time with animals
- Make time to reply to personal emails, cards, letters
- Enlarge my social circle

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## Workplace Self-Care



-Take a scheduled break during the day



-Arrange workspace to be comfortable and comforting



-Take time to chat with co-workers



-Set limits with clients



-Have a peer support group



-Develop a non-trauma area of interest

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# What did you share in the chat?

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# 3. Maintenance self-care

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ADDING SELF-CARE PRACTICES AND  
ELIMINATING OBSTACLES

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Maintenance self-care refers to activities that you have identified as important to your well-being and you have **committed** to engage in on a regular basis to take care of yourself.

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# Maintenance Self-Care Plan Worksheet

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Current practice  
that is positive +  
new practice  
that is positive

Barriers - How  
you will address  
these barriers

Negative coping  
strategies -  
What will you do  
instead

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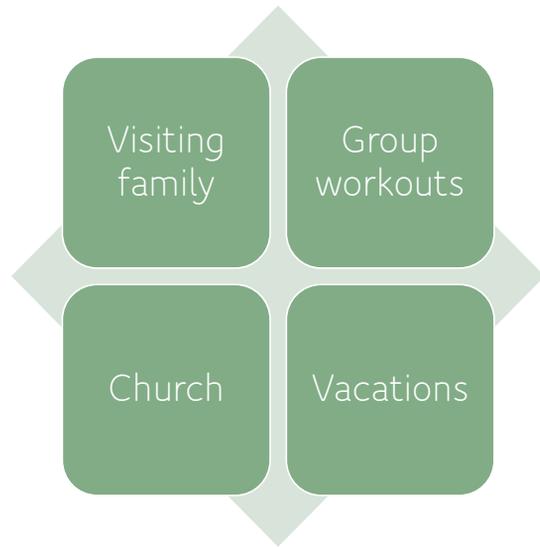
# This isn't a one time thing!

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YOUR MAINTENANCE PLAN SHOULD BE  
REVIEWED WHEN THINGS CHANGE.....

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Like COVID



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## What self-care activity did you adjust during COVID?

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Visiting family = Zoom happy hours & Pen pals with my grandma

Vacationing and trips = Taking drives, parking at the lake for lunch

Work conferences and meetings = Lots of online interaction

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What did  
you share  
in the chat?

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## 4. Emergency Self-Care

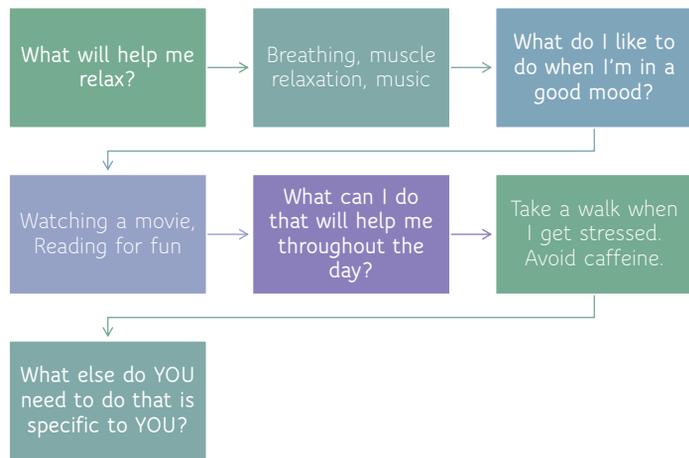
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*IT IS VERY HARD TO THINK OF WHAT TO DO  
FOR YOURSELF WHEN THINGS GET TOUGH.*

*IT IS BEST TO HAVE A PLAN READY FOR WHEN  
YOU NEED IT.*

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Make a list of what you can do when you are upset that will be good for you.



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## Emergency Self-Care

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- List of people to contact.
- List of positive things to say to yourself when you are giving yourself a hard time.
- List who and what to avoid when you are having a hard time.

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# 5. Make a commitment to yourself

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Put your  
own oxygen  
mask on  
first.

If you find making a commitment to be a challenge, then take some time to explore your reservations.

Do you have a tendency to put the needs of others first?

The truth is that your self-care is not only essential to your well-being, but it is also a necessary element for you to be effective and successful in honoring your professional and personal commitments.

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# 6. Share Your Plan

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## Take your commitment further...

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By involving friends, family, peers, and/or colleagues

Are you interested in a peer support group based off this webinar?

Email your name, email, and location to me or put it in the survey comments.

[jessforeman@txstate.edu](mailto:jessforeman@txstate.edu)

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# 7. Follow your plan

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## The hardest part!

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The final step is to implement your plan and keep track of how you are doing.



Keeping track of your progress will help you recognize your successes and identify and address any difficulties you may not have anticipated.



Don't forget that you can revise your plan as needed.



Remember, also, to employ your emergency plan should emotionally difficult circumstances arise.

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# Self-Care Policies and Procedures

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## 1. Normalize the conversation around self-care

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Open dialogue

Open self-door policy

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## Note for Managers

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Make sure your managers, be they Judges, Constables, or staff who manage other staff, know the rules on protection against discrimination and providing appropriate workplace accommodations.

Ensure managers are aware of key resources, like employee assistance programs, and maintain confidentiality when an employee discloses information.

- Michelle Jackson, "Five Practical Ways to Support Mental Well-Being at Work"

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## How?

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Your county HR department is the place to start.

Don't have one? Or want other resources?

<https://www.county.org/Risk-Management/Risk-Control/HR-Consultants-Services>

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## 2. Be aware of HR resources and rules for your county

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### County HR Policies What are they and does your staff know them?

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SICK LEAVE  
POLICIES



VACATION  
POLICIES



WELLNESS  
TIME AND/OR  
15-MINUTE  
BREAKS



LUNCH  
POLICIES

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## Insurance – Training for your staff

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THERAPY



TELEMED



WHAT WELLNESS  
ACTIVITIES ARE  
COVERED?

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## 3. Train Your Staff on Wellness Activities

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## Guest speaker program

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Lunch and Learn: Guest speaker comes to talk to staff about an important issue.

- HR representative
- Exercise at your desk class
- Time management speaker

*We are a small office – how would this work?*

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## Consider Professional Development as well

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TRAINING CENTER  
COURSES



NEW PROJECTS AND  
RESEARCH



INVEST IN YOUR STAFF  
AND YOURSELF

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## Working Self-Care into Meetings

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Acknowledging  
the difficulty of  
the job

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## 4. Kitchen Sink

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What else?



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# Resources

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# Mindfulness Resources

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“The awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally” (Kabat-Zinn, in Purser, 2015).

Mindfulness, the practice of being fully present in the moment— noticing thoughts and letting them go, without judgment—can help you make the most of your self-care practices. With this shift in mindset, the benefits of your self-care routine will be amplified, and you’ll see a boost in your mood as well.

Licensed Clinical Social Worker

By Nathalie Theodore, J.D., MSW, LCSW ⓘ

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# Mindfulness Resources

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## **Guided Mindfulness Practices for Workplace Mindfulness Programs**

Go to the website below for recordings of guided mindfulness practices of various lengths, including breath meditation, body scan, come to your senses, mindful chair yoga, mindful lying down yoga, mindful check in, and others.

[mindfullytoday.org/workplace](https://mindfullytoday.org/workplace)

Click on workplace programs - password is: Mindfulness (*note the capital M*)

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<http://mindfullytoday.org/workplace/>

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Focused Attention

Breath Awareness

Mindful Check/In

Extended Sitting

Yoga

What is mindfulness?

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## Physical Resources

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Desk Exercises

<https://www.tinypulse.com/blog/sk-desk-exercises>

<https://www.lifehack.org/articles/lifehack/29-exercises-you-can-do-at-or-near-your-desk.html>

<https://www.yogajournal.com/practice/beginners/how-to/office-yoga>

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## Jessica's Recs

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Take college courses online for free! EDX

<https://www.edx.org/learn/professional-development>

Some neat upcoming ones: Mindfulness and Resilience to Stress at Work, Communicating Effectively, Teamwork & Collaboration

Brene Brown: The Power of Vulnerability

Incredible speaker - Great video

[https://www.ted.com/talks/brene\\_brown\\_on\\_vulnerability?language=en](https://www.ted.com/talks/brene_brown_on_vulnerability?language=en)

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## Jessica's Recs

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Happiness lab - a podcast

*You might think more money, a better job, or Instagram-worthy vacations would make you happy. You're dead wrong. In "The Happiness Lab" podcast, Yale professor Dr Laurie Santos will take you through the latest scientific research and share some surprising and inspiring stories that will forever alter the way you think about happiness.*

<https://www.happinesslab.fm/>

Different Work - A First Course in Effective Supervision

A free online course through the National Center for State Courts for new supervisors on how to become effective managers.

[https://courses.ncsc.org/course/Different\\_Work](https://courses.ncsc.org/course/Different_Work)

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## Jessica's Recs

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### Brain Pickings

A blog that pieces together poetry, art, philosophy, science, and learning with several posts a week. A real joy to read!

<https://www.brainpickings.org/>

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## Drone Footage

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### 4K Mount Rainier National Park

[https://www.youtube.com/watch?v=hjK00d\\_umLc](https://www.youtube.com/watch?v=hjK00d_umLc)

### Flying Over Oahu

<https://www.youtube.com/watch?v=4AtjV7U3DLU>

### Islands from Above - 8 hours!

<https://www.youtube.com/watch?v=b7Cl7S0pLRw>

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