Self-care for Changemakers: Creating pathways for health, wellness and sustainability in service

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Moment of Mindfulness
Agenda

• Laying the Foundation
• Self-Care Self-Assessment
• Connections – Stress, Trauma, Health and why Being Trauma-Informed Matters
• Key Components of Self Care
• Your Self-Care Action Plan

Our Mini Retreat

• Stay open
• Notice what works for you, forget what doesn’t
• Listen for ONE thing
• Stand or Move
• Avoid side conversations
Defining Changemaker

• One who desires change in the world and, by gathering knowledge and resources, makes that change happen.

What is Your Intention?

• What has brought you here today?
Who am I?

• My journey
• Why I do this work

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What is self-care for you?

Self-Care Assessment
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Connection – Stress and Health
Stress, Trauma and Health Outcomes

• Brain health and function
• Physical and mental disorders
• Cancer and chronic disease – heart disease, diabetes, asthma
• Physical pain
• Depression and anxiety
• Hormonal disruptions
• Nervous system function
• Life span

Beach Balls... and Why Being Mindful and Practicing Self-Care Matters
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Key Components of Self-Care

- Sleep
- Listening to the body
- Mindfulness
- Conscious Breath (Pranayama)
- Movement
- Heart-Brain Coherence
A Few Words on Sleep Hygiene

- Turn off electronics 1-3 hours before bed
- Cut caffeine after 3 pm
- Create ritual
  - Yoga/ Meditation
  - Bath
  - Gratitude
- Early is better
- Aim for 7-8 hours

Listening to the Body

“Don’t ask me to take away your symptoms. The symptoms are merely the messenger.”
Mindfulness: Wisdom Centers

Conscious Breath (Pranayama)
Breathing is Mindfulness

“Don’t let it fool you. It’s a death trap.”
Get up and Move! (movement heals)

Heart-Brain Coherence
Heart Brain Coherence

• Rewiring nervous system - 3 steps
  – Touch heart center physically >>awareness shifts
  – Slow breathing – inhale for 5, exhale for 5 >> creates safety
  – Feel the feeling for heart brain coherence:
    • Appreciation
    • Gratitude
    • Care
    • Compassion

Making it a Habit

• 72 hours to make the neural connections
• Practice every day to strengthen connections
• THREE minutes a day or more!
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Self-Care Action Plan/
Self-Care you Want
Accountability - Action Plan

• I commit to do (action)______________

• By or on (date and time)_____________

• ____times per ____ (Frequency)

Be the Change you Wish to See
Thank you!

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I would love to hear about your self-care success!