



Redefining Self-Care in the Midst of a Global Pandemic - Part 1

Presenters: Joan Schuitema; Lynn Gullickson Spencer

Welcome Professional Development Alliance member libraries!

This session will begin at 10:00 a.m. (Central) and run until 11:00 a.m.

Please mute your microphone.

Near the end of the session, you will have an opportunity to ask questions via the chat box or by unmuting your microphone.


This session will be recorded.

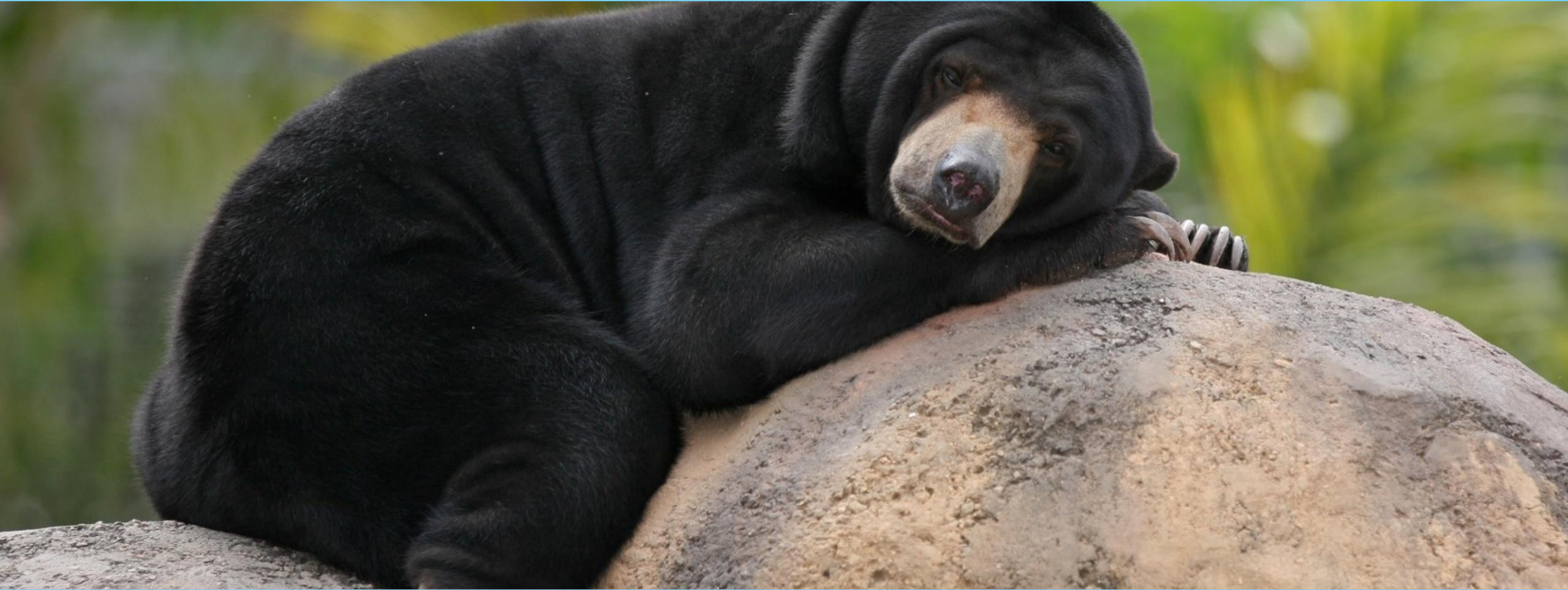
Slides and the recording will be shared after the event.





SESSION GOALS

- ❖ Define what "self-care" is and what it is not
 - ❖ Differentiate between types of stress
 - ❖ List symptoms which may indicate a need for professional help
 - ❖ Select healthy self-care choices
 - ❖ Identify supportive resources
- 



SELF-CARE BEGINS WITH SLEEP...

**Time, Intention, &
Practice**



ORIENTING EXERCISE
(SALLY, TECHNICAL SERVICES MASCOT)

**Goal = Slow Down &
Get Grounded**




SELF-CARE

"Like so many "things" in the West, self-care has been commodified, commercialized, objectified, and turned into an accomplishment. Either that or it has become code for sleeping in or finding other means of shutting the proverbial world out: distraction, if not dissociation."

--Shirley, Doug. "Self-Care is Dead." The Seattle School of Theology and Psychology.



SELF-CARE IS NOT....

- ❖ A "problem" to be "solved"
 - ❖ Something found in the self-help section of a bookstore or library
 - ❖ A new commercial product
 - ❖ Comfort food
 - ❖ A list of New Year's resolutions
- 

SELF-CARE ESSENTIALS

Building Blocks:

Sleep

Diet/Nutrition

Hydration

Movement

Social engagement

1) *Am I sleeping too much or too little?*

2) *Am I eating too much or too little?*

3) *Am I staying well hydrated, or drinking too many caffeinated beverages and/or alcohol?*

4) *Am I moving my body regularly?*

5) *Am I connecting with people or isolating?*



ARE YOU SLEEPING TOO MUCH OR TOO LITTLE?

**Good sleep hygiene =
Most powerful self-care
practice**

KEY STEPS TO IMPROVING YOUR SLEEP:

- 1) **Consistency**
- 2) **No screen time *at least 30 minutes* before bedtime**
- 3) Establish a relaxing bedtime ***routine***
- 4) Make bedroom ***quiet, dark, relaxing, and cool***
- 5) **Reduce food and fluid intake** before bedtime, esp. *caffeinated and alcoholic beverages*
- 6) **Be active** throughout the day



TO INDULGE, OR NOT TO INDULGE...

***Why am I eating
this right now?***



SUPPORTING THE BODY'S IMMUNE SYSTEM...

Stay hydrated!!



DAILY MOVEMENT...

**We are made to
move!!**



SOCIAL ENGAGEMENT...

**Physical distancing,
not Social distancing**



SELFCARE DURING A GLOBAL PANDEMIC

What now?!

JOHN HOPKINS PEABODY INSTITUTE LUNCH & LEARN SERIES

Leading with Science: Returning to Music Instruction and Performance in the Time of COVID-19

July 8, 2020

Leadership Team: Dr. Stephen Gange, Dr. Jonathan Links, and Dr. Aaron Milstone

Leading With Science: An Update

December 1, 2020

Leadership Team: Dr. Stephen Gange, Dr. Jonathan Links, and Dr. Aaron Milstone

Both webinar recordings and chat logs may be found here:

<https://peabody.jhu.edu/life-at-peabody/student-services-resources/information-technology-services/remote-teaching-and-learning-at-peabody/lunch-and-learn-series/>



PUBLIC HEALTH PILLAR #1

Masking



PUBLIC HEALTH PILLAR #2

Distancing



PUBLIC HEALTH PILLAR #3

Hygiene



PUBLIC HEALTH PILLAR #4

Ventilation

MODES OF TRANSMISSION

Primary = Aerosols


*Masks and distancing are most effective at prevention

Secondary = Ventilation

*Multiple air exchanges and fresh outdoor air are most effective at prevention



SELF-CARE

- ❖ Pandemic time calls us back to basics
 - ❖ Beware of consumerism's promise of false expectations
 - ❖ Process vs. product
 - ❖ Focus on the process, not the tools
 - ❖ Find the right tools for the journey
- 



FOCUS ON PROCESS

- ❖ Internal component
 - ❖ Self-awareness
 - ❖ What defines your "self"
 - ❖ A unique combination of parts (neither good nor bad)
 - ❖ Extrovert/introvert; depressive/manic; narcissistic; anxious; obsessive/compulsive; angry/content, etc.
 - ❖ Know your Firefighters



FOCUS ON PROCESS

- ❖ External component
 - ❖ Knowledge of stressors
 - ❖ Eustress
 - ❖ Distress
 - ❖ Situational stress
 - ❖ Trauma




STRESSORS



- ❖ **Eustress:** Positive stress associated with growth
 - ❖ Examples: Challenging work assignment; parachuting; strength training; performing, etc.
- ❖ **Distress:** Negative stress associated with emotional suffering in daily life
 - ❖ Examples: perceived threats; financial strain; frustration over instability of internet in online environment; disappointment of not winning an award, etc.



STRESSORS

- ❖ **Situational stress:** stress associated within an external event that has defined boundaries
 - ❖ Examples: implementing a new library system; planning for retirement; having a baby; loss of job; divorce, etc.
 - ❖ **Trauma**
 - ❖ **Pandemic as perfect storm**
- 

PETER LEVINE

Definition of Trauma

“the debilitating symptoms that many people suffer from in the aftermath of perceived life-threatening or overwhelming experiences.”

Levine, *Healing Trauma* (Boulder, CO: Sounds True, 2008) 7.

PETER LEVINE

“In short, trauma is about loss of connection—to ourselves, to our bodies, to our families, to others, and to the world around us. This loss of connection is hard to recognize, because it doesn’t happen all at once. It can happen slowly, over time, and we adapt to these subtle changes sometimes without even noticing them. These are the hidden effects of trauma, the ones most of us keep to ourselves. We may simply sense that we do not feel quite right, without ever becoming fully aware of what is taking place; that is, the gradual undermining of our self-esteem, self-confidence, feelings of well-being, and connection to life.” Levine, *Healing Trauma* (Boulder, CO: Sounds True, 2008) 9.

IMPORTANT QUESTIONS TO ASK WHEN CONSIDERING PROFESSIONAL HELP:

1) How disruptive are the symptoms?

Sleeping difficulties

Overeating

Drinking too much alcohol

Social isolation

Exaggerated emotional responses

Etc.

2) How are you functioning:

1) at home?

2) at work?

3) socially?




OPTIONS & RESOURCES

- ❖ When to seek professional help
 - ❖ Lynn has mentioned many specific indicators
 - ❖ Number one reason:
 - ❖ Inability to see any options
 - ❖ Sense of being stuck with no relief




OPTIONS & RESOURCES

- ❖ Bibliography for today's session
 - ❖ Make use of local tools:
 - ❖ Workplace: Ombuds, EAP program, Counseling services
 - ❖ Health insurance benefits
 - ❖ Local clinics: many local organizations offer counseling services for the public
 - ❖ Reliable apps from known organizations
 - ❖ Lynn and Joan
- 



HOMEWORK

- ❖ Review session goals
 - ❖ Questions?
 - ❖ Reflect on those "parts" and "firefighters" that define who you are
 - ❖ For next week:
 - ❖ Identify feelings and/or stressors you might be willing to share
- 



ENGAGE IN SOME MOVEMENT NOW...

**Stretch, Walk,
Get Up & Move**

QUESTIONS?

Joan Schuitema

jeschui@ilstu.edu

Lynn Gullickson Spencer

L-GullicksonSpencer@neiu.edu

