



Redefining Self-Care in the Midst of a Global Pandemic - Part 2

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 at

<https://www.carli.illinois.edu/professional-development-alliance>



REVIEW

SELF-CARE ESSENTIALS

- Sleep
- Diet/Nutrition
- Hydration
- Movement
- Social Engagement



REVIEW

SELF-CARE AS PRACTICE

- Requires intentionality
- Internal and external components
 - Internal: Self-awareness
 - Self and "parts"
 - External: Types of stressors
 - Eustress, distress, situational stress, trauma



REVIEW

WHEN TO SEEK PROFESSIONAL HELP

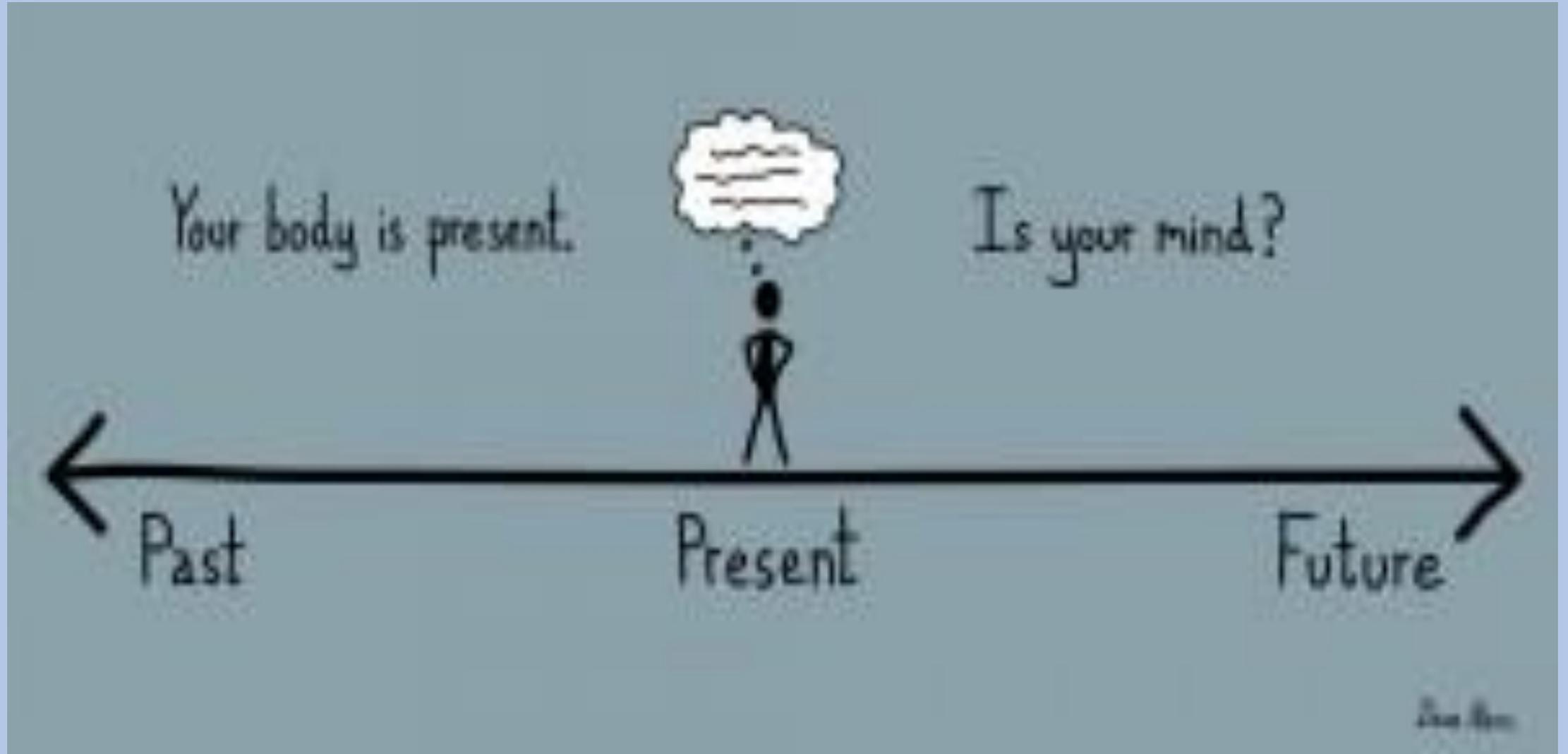
- How disruptive are the symptoms?
- How are you functioning at home, work, socially?
- Can you see options?

GOALS

Suggest resources, exercises, and tools that support good self-care

Provide tips for finding professional help

Mindfulness Meditation



How to Be More Mindful

- Spending some quiet time every day
 - Enjoy nature
 - Listen to your emotions
 - Notice your thoughts
 - Use technology mindfully
-
- Alidina, Shamash. *Mindfulness for Dummies*. 3rd ed. Hoboken, NJ: John Wiley & Sons, 2020.

Building Self-Awareness

- Five Cornerstones of Collective Insight:
 - 1) Objectives
 - 2) Progress
 - 3) Processes
 - 4) Assumptions
 - 5) Individual Contributions
- Three Building Blocks:
 - 1) A leader who models the way
 - 2) Psychological safety
 - 3) Ongoing process
- Eurich, Tasha. *Insight: Why We're Not as Self-Aware as We Think, and How Seeing Ourselves Clearly Helps Us Succeed at Work and in Life*. New York: Crown Business, 2017.

24/7 Hotlines:

- [The National Domestic Violence Hotline](https://www.thehotline.org) is available 24/7 at (800) 799-7233 and through chat at [thehotline.org](https://www.thehotline.org)
- **SAMHSA's National Helpline** (1-800-662-HELP [4357]) is a *free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish)* for individuals and families facing mental and/or substance use disorders
- **National Suicide Prevention Hotline** provides 24/7, *free and confidential* support for people in distress, prevention, and *crisis resources* for you or your loved ones, and best practices for professionals. (1-800-273-8255)

Self-Care Resources

1) Sleep:

The Best Healthy Sleep Apps of 2020 (<https://www.healthline.com/health/healthy-sleep/top-insomnia-iphone-android-apps>)

2) Nutrition:

The Best Nutrition Apps of 2020 (<https://www.healthline.com/health/food-nutrition/top-iphone-android-apps>)

Bawden, Emmy. *Good Nutrition is Good Self-Care*.

<https://www.therealgoodnutrition.com/therealgoodblog/2019/3/25/good-nutrition-is-good-self-care>

3) Hydration:

The Best Hydration Apps of 2020 (<https://www.healthline.com/health/hydration-top-iphone-android-apps-drinking-water#hydro-coach>)

Self-Care Resources (cont.)

4) Movement:

17 Best Apps to Help You Move More at Work and Stay Healthy (<https://www.wholefamilyliving.com/apps-to-help-you-move-more-at-work/>)

The Best Fitness and Workout Apps of 2020 (<https://www.healthline.com/health/fitness-exercise/top-iphone-android-apps>)

5) Social engagement: 5 Self-Care Group Activities You Can Do Virtually (That Aren't Another Happy Hour) (<https://www.purewow.com/wellness/self-care-group-activities-olay>)

6) Virtual Self-Care Resources: <https://careadvocate.ucsf.edu/virtual-self-care>

Common Stressors:

- Parenting
- Eldercare
- Boundaries
- Grief and Loss
- Fear of the Unknown
- Lack of opportunities for social engagement

Working from Home?

Millard, Elizabeth. *Your Work-From-Home Survival Guide for Self-Care.*

<https://www.everydayhealth.com/healthy-living/your-work-from-home-survival-guide-for-self-care>

- 1) Create a “Home-to-Work” commute
- 2) Carve out a designated workspace
- 3) Involve kids in self-care routines

Hickman, Steven. *Zoom Exhaustion is Real. Here Are Six Ways to Find Balance and Stay Connected.*

<https://www.mindful.org/zoom-exhaustion-is-real-here-are-six-ways-to-find-balance-and-stay-connected/>

- 1) Settle & ground your attention first
- 2) Greet attendees with your full attention
- 3) Choose “speaker view”
- 4) Resist the urge to multitask
- 5) Take measured breaks
- 6) Recognize Zoom as the place in-between

Resources for Grief and Loss

- Elisabeth Kübler-Ross Foundation: <https://www.ekrfoundation.org/>
- Kübler-Ross, Elisabeth, and David Kessler. *Life Lessons: Two Experts on Death and Dying Teach Us about the Mysteries of Life and Living*. New York: Scribner, 2000.
- Chicagoland's Grief Resource Network (<https://help4grief.com/>)
- The Best Depression Apps of 2020 (<https://www.healthline.com/health/depression/top-iphone-android-apps>)

Resources for Anxiety

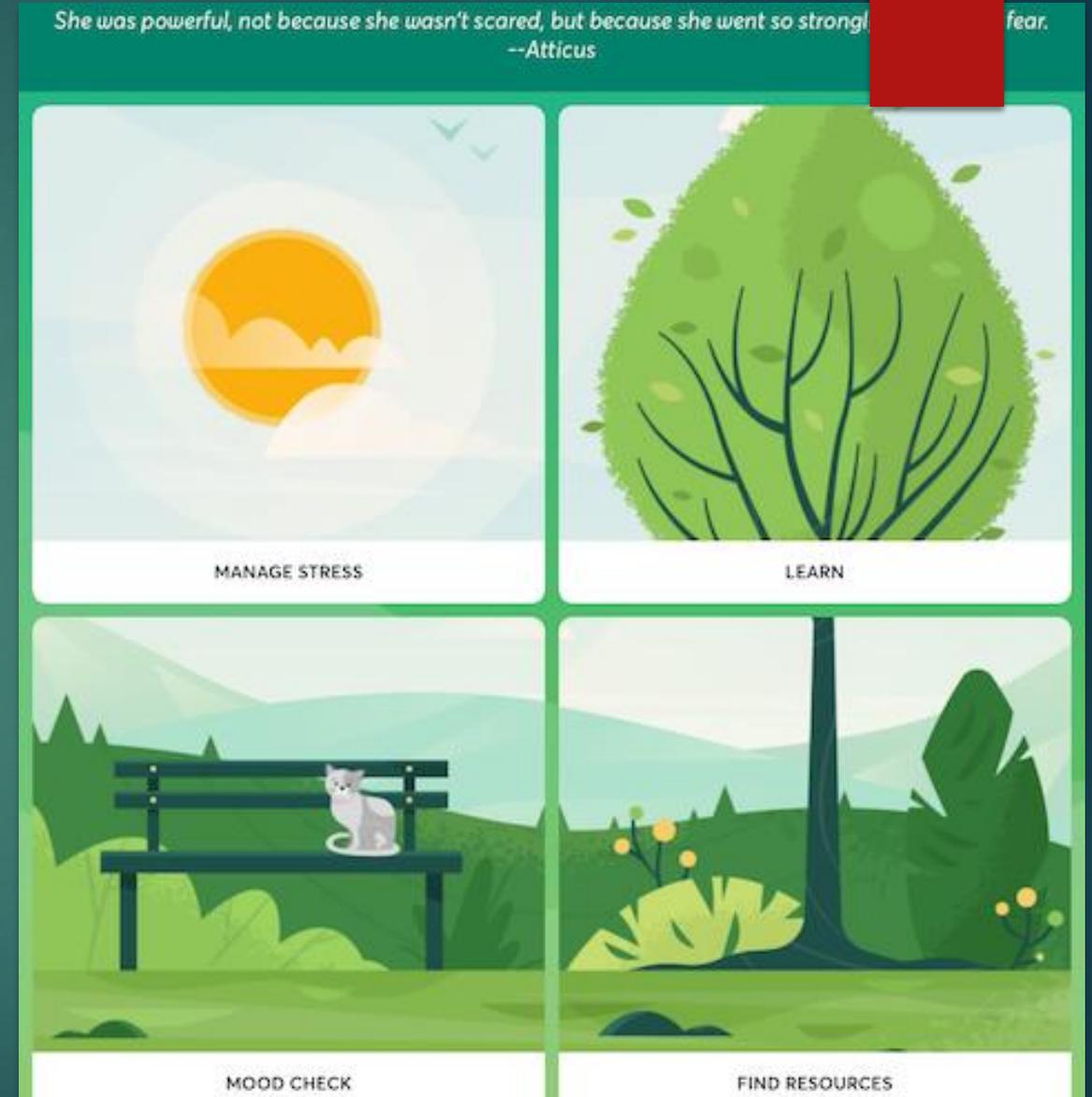
- Best Anxiety Apps of 2020 (<https://www.healthline.com/health/anxiety/top-iphone-android-apps>)
- Coping with Stress (<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>)
- 7 Self-Care Recommendations for College Students During Covid-19 (<https://timely.md/7-self-care-recommendations-for-college-students-during-covid-19/>)

Managing Social Media

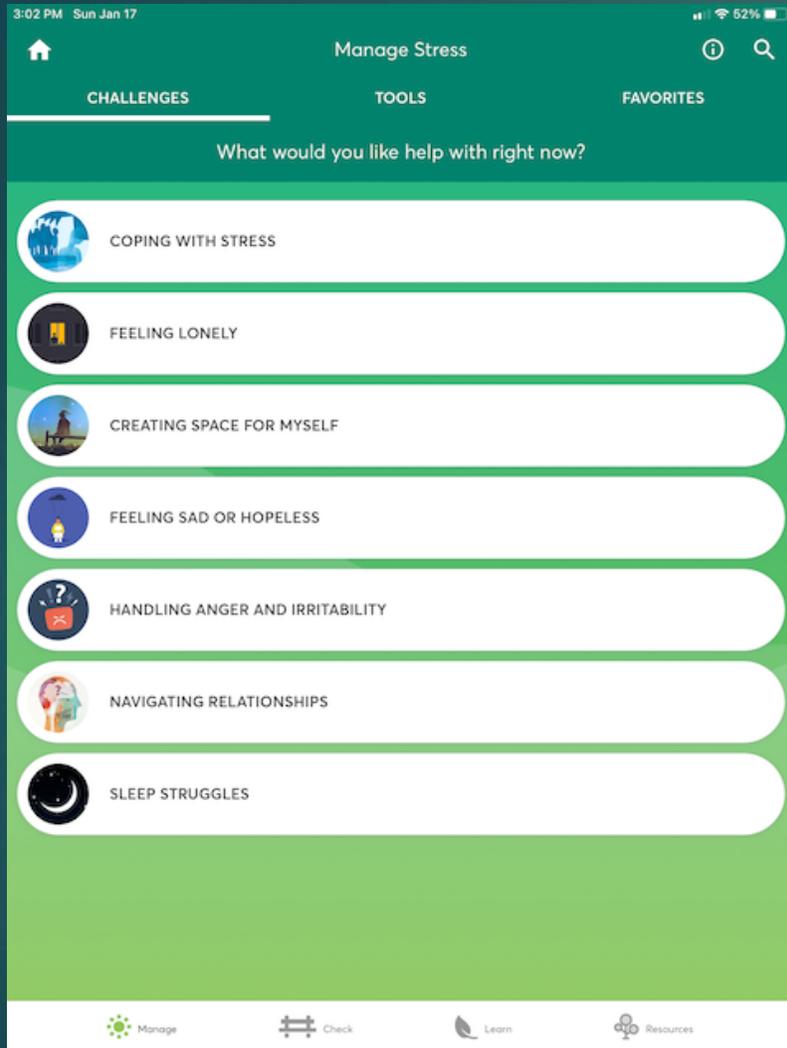
- Gallucci, Nicole. *5 Practical Ways to Cut Back on Doomscrolling*.
<https://mashable.com/article/how-to-stop-doomscrolling-unplug-tips/>
 - 1) Reorganize the apps on your phone
 - 2) Set usage limits and be aware of your screen time
 - 3) Switch to a Good Screen (or abandon screens all together)
 - 4) Physically distance yourself from your screens
 - 5) Switch up the ways in which you consume news
- Headlee, Celeste. *10 Ways to Have a Better Conversation*.
https://www.ted.com/talks/celeste_headlee_10_ways_to_have_a_better_conversation#t-885

COVID COACH

- ▶ Created by Veteran's Administration
- ▶ Suggestions for how to practice self-care during these difficult times
- ▶ Can track your mental health over time, set goals, personalize
- ▶ <https://apps.apple.com/us/app/covid-coach/id1504705038>



COVID COACH



A FEW ODDS & ENDS...

- ▶ Headspace: app that focuses on teaching mindfulness meditation
 - ▶ Full version is pricey
 - ▶ <https://apps.apple.com/us/app/headspace-meditation-sleep/id493145008>
- ▶ HeartMath: Practice of bringing the intelligence of the heart and mind into "coherence"
 - ▶ Childre, D., & Martin, H. (2011). *The HeartMath solution: The Institute of HeartMath's revolutionary program for engaging the power of the heart's intelligence*. Harper Collins.
 - ▶ <https://www.heartmath.com/>
 - ▶ <https://certified.heartmath.com/>

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Addiction Recovery Apps | Hazelden Betty Ford Fou... Hazelden Store: Spirituality and Personal Growth

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SPIRITUALITY AND PERSONAL GROWTH

Seek greater purpose and potential as you learn to live with greater honesty, compassion, gratitude, and awe.

Change Category ▾

SEARCH TOPICS

MEDITATIONS HIGHER POWER CODEPENDENCY SELF-CARE

YOUR HIGHER POWER

Spirituality-based resources for learning to live with greater honesty, compassion, humor, gratitude, and awe.

Sought Through Prayer and Meditation
What was from the Master: 10th Year Meetings at the World Street Center in Larchmont

THE WISDOM YOU'VE BEEN MISSING FROM...
—LARRY DOUGLAS, M.D.

The Spirituality of Imperfection
+
Storytelling and the Search for Meaning

Acceptance
The way to serenity

A FEW ODDS & ENDS...

- ▶ Hazelden publications
 - ▶ Recovery & codependence focus
 - ▶ Excellent source of meditation and self-care titles
 - ▶ Some also exist as apps
- ▶ <https://www.hazelden.org/store/publicpage/spirituality-and-personal-growth>

FINDING A MENTAL HEALTH PROFESSIONAL

- ▶ So many initialisms...
 - ▶ LCSW, LCPC, MAPC, LMFT, etc.
 - ▶ All share core counseling coursework
 - ▶ Can identify specialties
 - ▶ NOTE:
 - ▶ LCSW: only therapists that can take Medicare/Medicaid
 - ▶ LMFT: focus on marriage and family counseling
 - ▶ MAPC: openness to work with client's spirituality

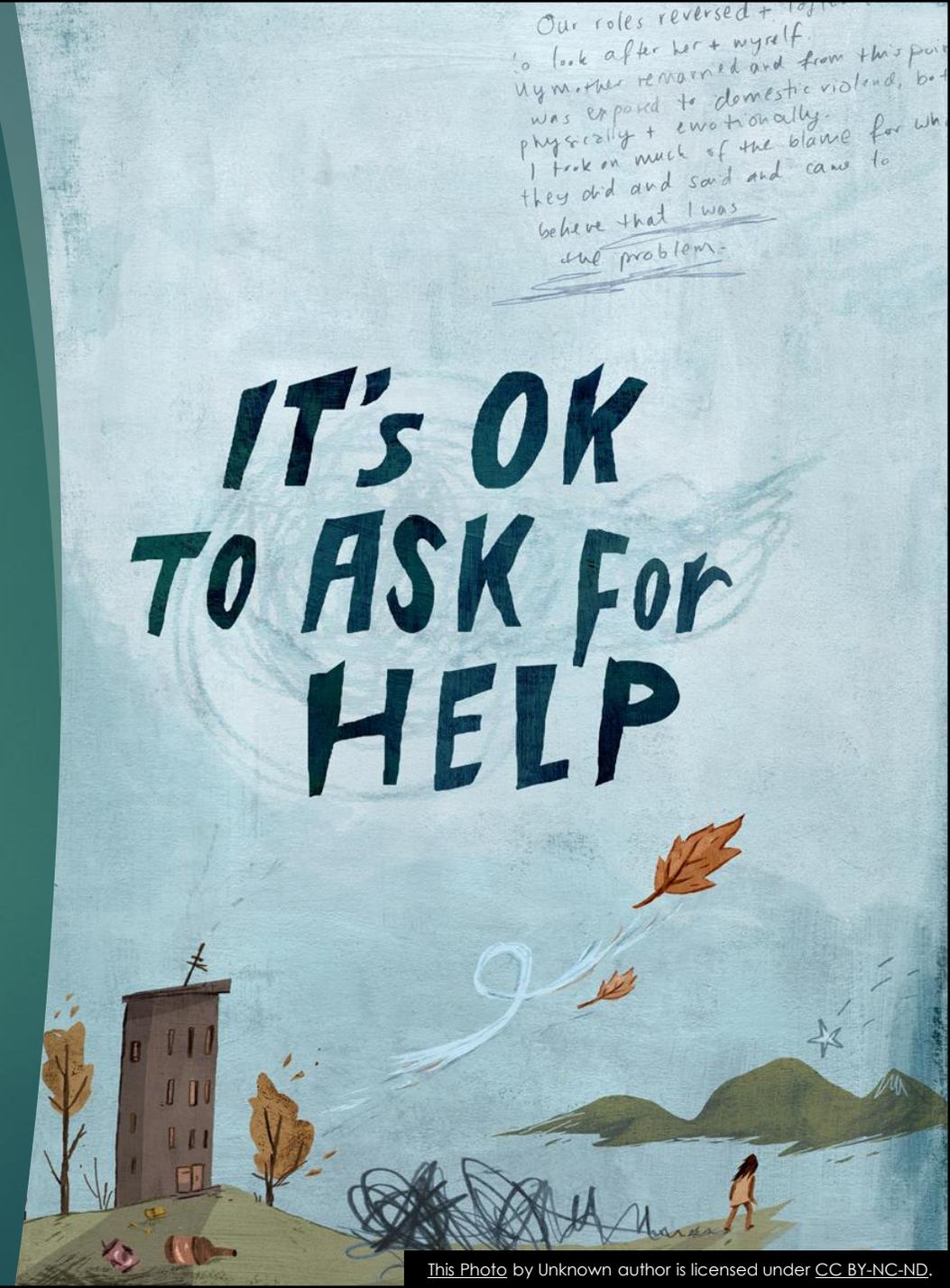
IT'S OK
TO ASK FOR
HELP

Our roles reversed + I often
to look after her + myself.
My mother remained and from this point
was exposed to domestic violence, both
physically + emotionally.
I took on much of the blame for what
they did and said and came to
believe that I was
the problem.



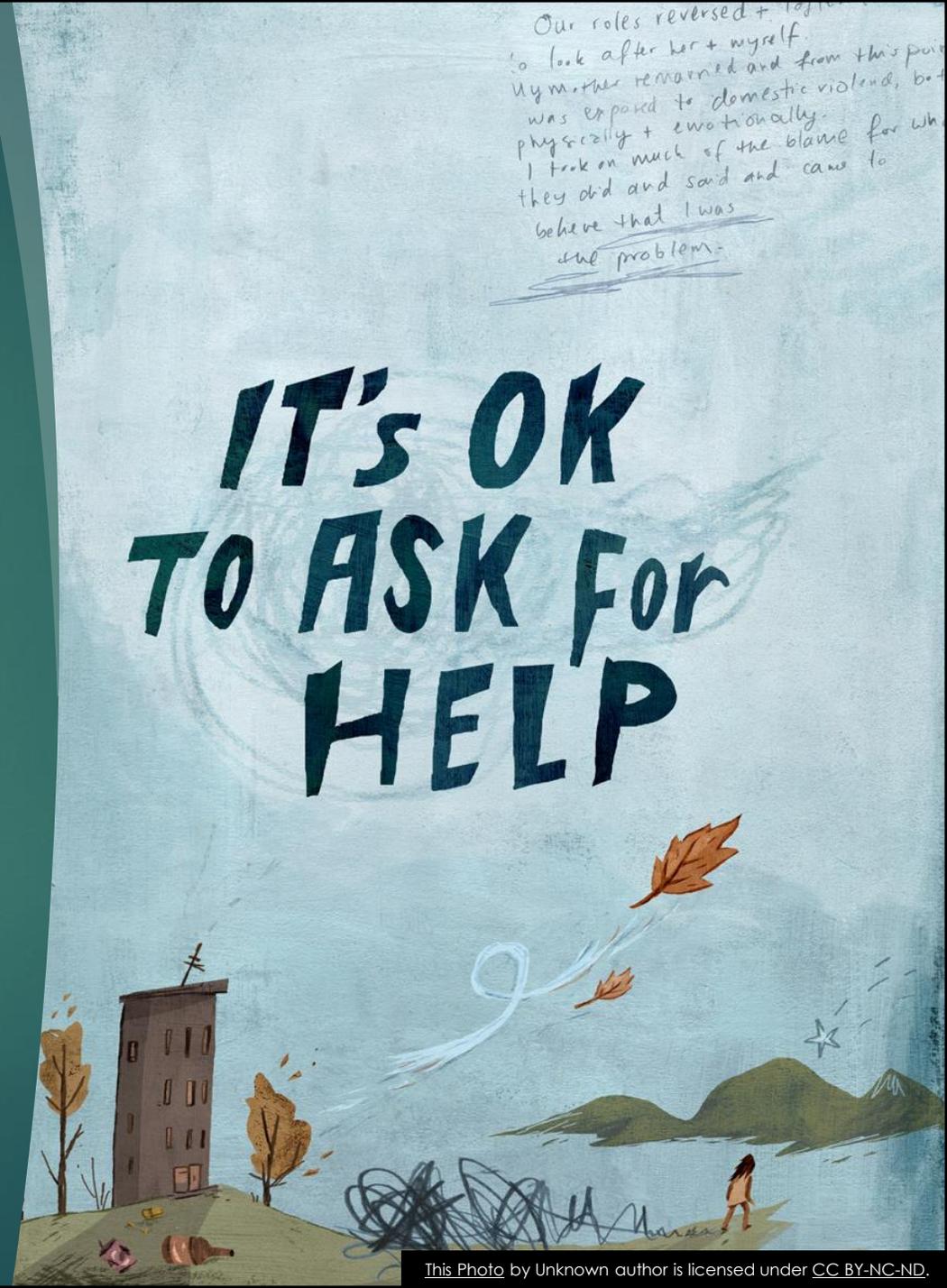
FINDING A MENTAL HEALTH PROFESSIONAL

- ▶ Psychiatrists are MDs
 - ▶ Prescribe medications
 - ▶ Some have counseling practices
 - ▶ Preference for psychiatrist over primary general physician
 - ▶ Stay connected to mental health specialists



FINDING A MENTAL HEALTH PROFESSIONAL

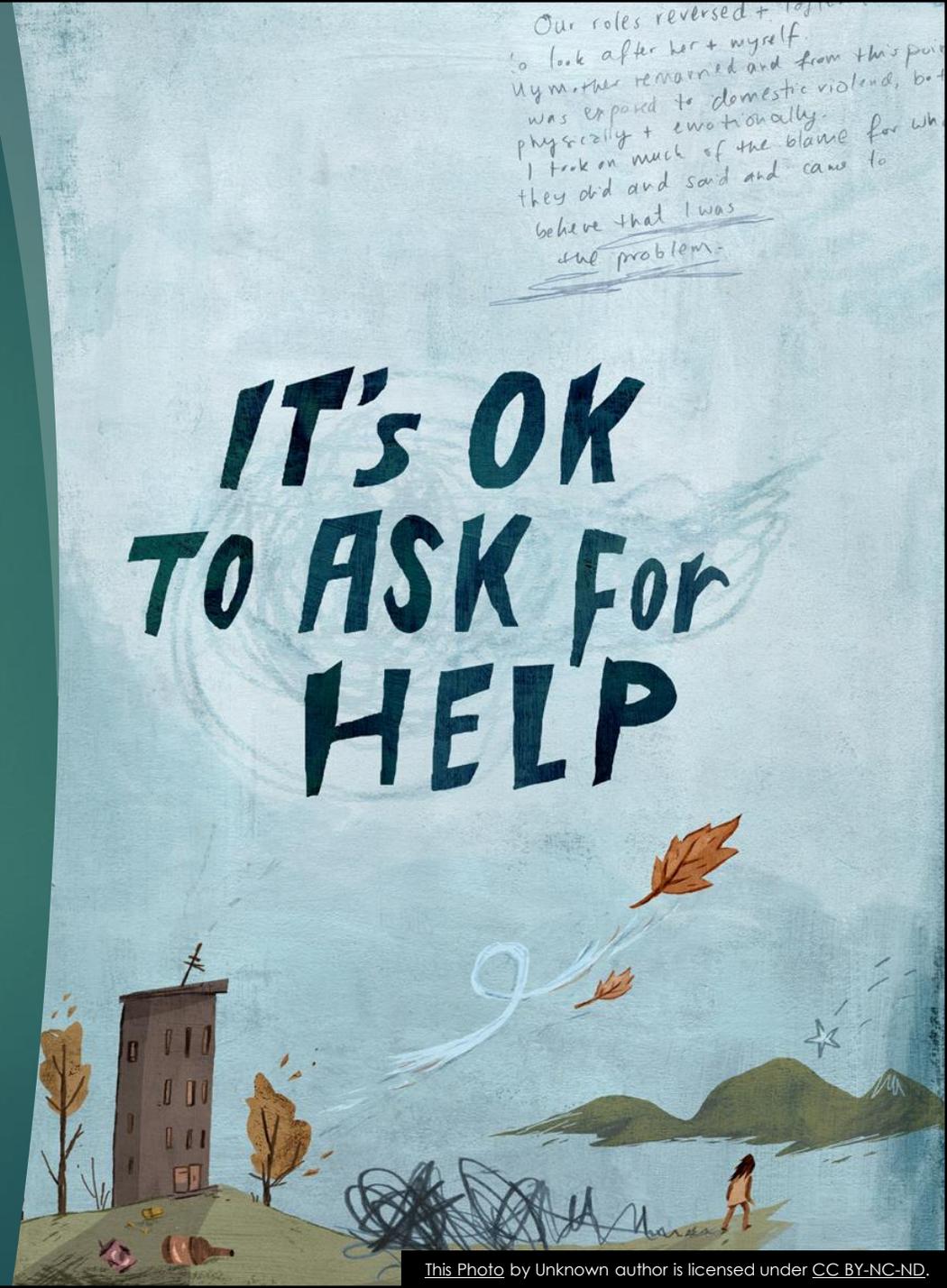
- ▶ Referrals
- ▶ Insurance coverage
- ▶ Websites
 - ▶ General: Find a therapist
 - ▶ <https://www.psychologytoday.com/us>
 - ▶ Specific: Internal Family Systems
 - ▶ <https://ifs-institute.com/practitioners>



FINDING A MENTAL HEALTH PROFESSIONAL

▶ REMEMBER:

- ▶ You don't have to self-diagnose to choose
- ▶ You can ask for a consultation/interview
- ▶ Key to success:
 - ▶ Safe, trusting relationship
- ▶ Intentionality & curiosity
- ▶ Just call!



Resources for POC

Filling our Cups: 4 Ways People of Color can Foster Mental Health and Practice Restorative Healing. <https://solidaritywoc.medium.com/filling-our-cups-4-ways-people-of-color-can-foster-mental-health-and-practice-restorative-healing-64e5e7584127>

- 1) De-stigmatize mental health
- 2) Seek culturally competent mental health services
- 3) Practice self-care
- 4) Endorse multicultural and social justice counseling competencies

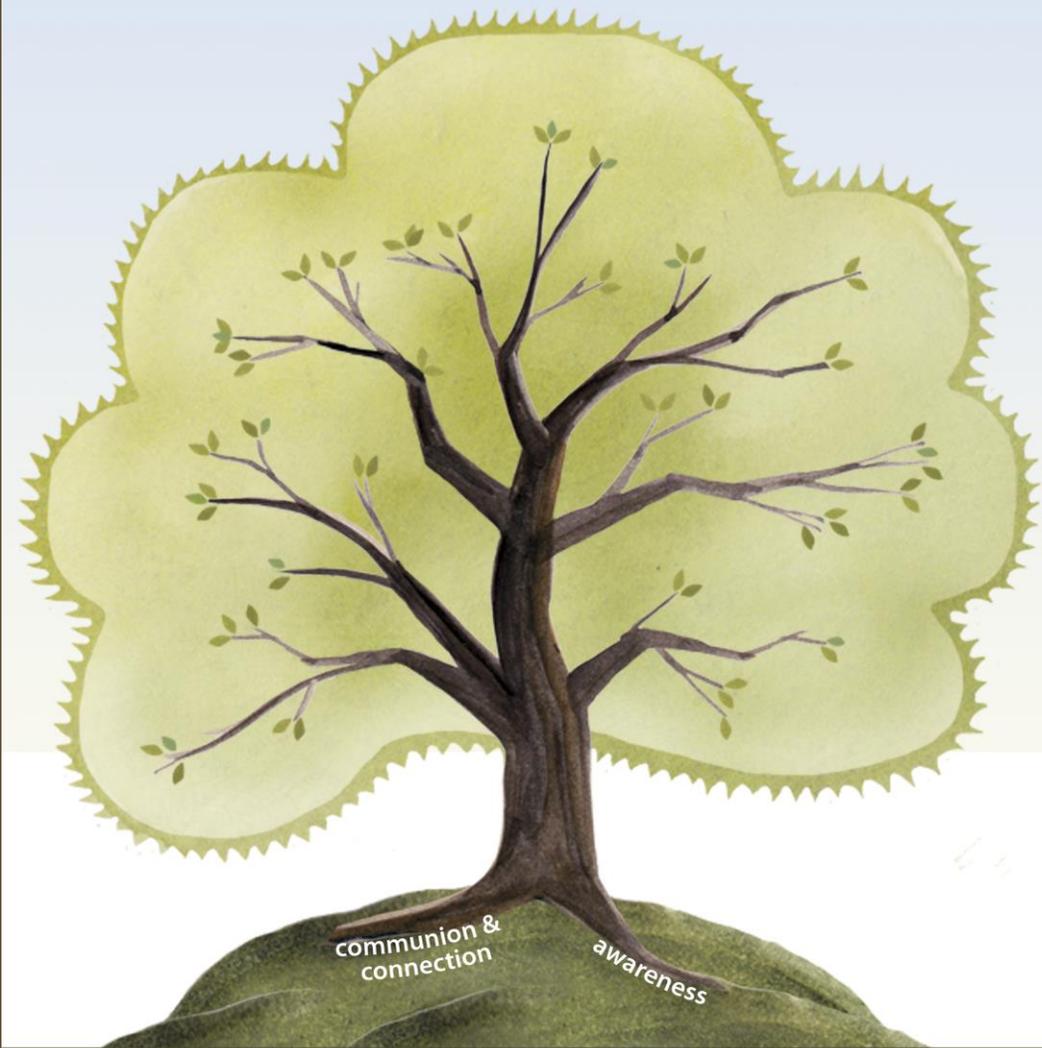
Resources in the Arts

- Expressive therapies, including art, dance, movement, drama, and music
 - Institute for Therapy Through the Arts located in Evanston, Chicago, and Highland Park, IL (<https://itachicago.org/>)
- Stiver, Shawnna. *Art Therapy Activities for Your Self-Care Routine*.
<https://www.cratejoy.com/box-insider/fun-and-easy-art-therapy-activities/>

Finding a trauma therapist:

- EMDR Therapist Directory: <https://www.emdria.org/find-a-therapist/>
- SE Trauma Institute Practitioner Directory: <https://directory.traumahealing.org/>

The Tree of Contemplative Practices



The Center for Contemplative Mind in Society
www.contemplativemind.org



The Tree of Contemplative Practices

www.contemplativemind.org

SISU

Wikipedia defines sisu as “stoic determination, tenacity of purpose, grit, bravery, resilience, and hardiness and is held by Finns themselves to express their national character. It is generally considered not to have a literal equivalent in English.”



Lagom

Dictionary.com defines lagom as “the principle of living a balanced, moderately paced, low-fuss life: those who achieve lagom routinely take time to appreciate their surroundings, take several breaks during the workday, dress from a minimal and versatile wardrobe, and treat others with respect and kindness.”





SPIRIT GATE BREATHING

- ▶ Qigong energy breathing practice
 - ▶ Center us in the moment
 - ▶ Open gateway to connection with our ancestral genetic wisdom
- ▶ Reverse breathing
 - ▶ Takes practice
- ▶ <https://www.grandmasternanlu.com/learn/about/spiritual-gate-breathing/>

QUESTIONS?

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