

SELF-CARE TO PROVIDE QUALITY CARE IN A CRISIS



A Read to Succeed Workshop
UNITED WAY OF METROPOLITAN NASHVILLE

References:

Matthew S. Bennett, MBA, MA

<https://connectingparadigms.org/>

Marc Brackett, Ph.D.

<https://elemental.medium.com/how-to-regulate-your-stir-crazy-emotions-de432d6410ad>

Kristie Pretti-Frontczak Ph.D.

<https://prekteachandplay.com/>

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<https://withoutwindows.com/>

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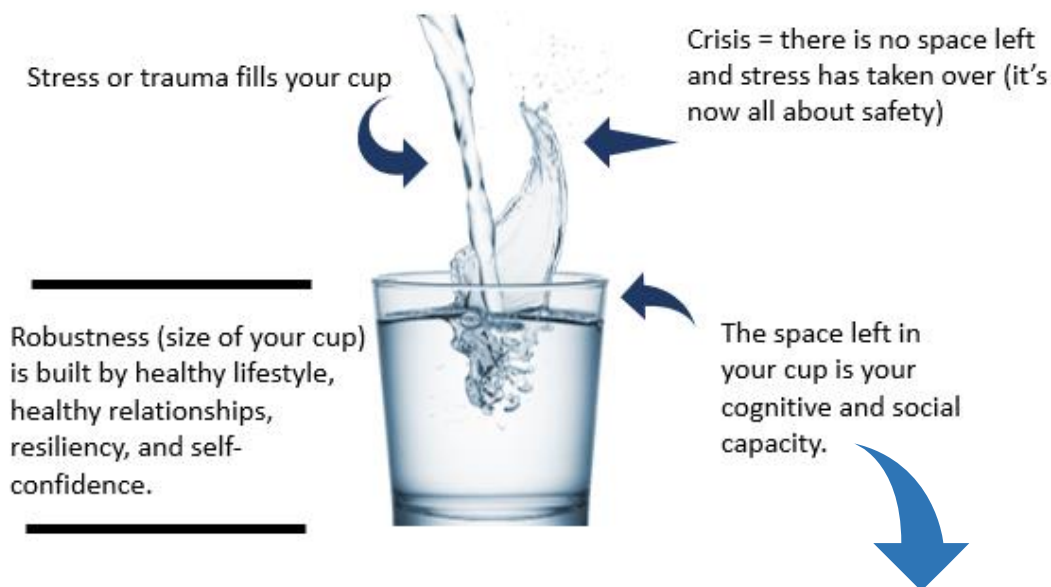
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“Self-care is never a selfish act – it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others. Anytime we can listen to true self and give the care it requires, we do it not only for ourselves, but for the many others whose lives we touch.” – Parker Palmer

Robustness = the capacity to hold the energy needed to live the life the individual desires to live.



Window of Tolerance – where's there's still room in the cup

Within our window of tolerance, we are:

- Flexible
- Adaptive
- Coherent
- Energized
- Stable

Outside our window of tolerance, we experience:

- Hyperarousal (fight or flight)
- Hypoarousal (freeze)

“Self-care is simply giving the same kindness to ourselves that we would give to others.” – Christopher Germer

“Self-care is giving the world the best of you, instead of what’s left of you.” Katie Reed

Stress is a biological reaction to changes in the environment that affects our robustness.

- It's impact is based on our past experiences, expectations, and current robustness
- It's intensified by the event's importance, duration, and level of uncertainty associated with it

Burnout happens when stress builds up over time

- Expectation Burnout is when your expectations fail to meet the reality of the situation. (The brain actually experiences unmet expectations as a threat.)
- The first stage of burnout is exhaustion

Self-care during isolation can be challenging –
but more important than ever.

Isolation goes against what it means to be human

We are designed to engage with others

When our social connections are broken our brains can view this a threat and we then can become dysregulated



Self-care helps us to be able to regulate our emotions

We can minimize unpleasant emotions (down-regulation)

We can increase pleasant emotions (up-regulation)

We can maintain emotions we want

“Regulating your emotions does not mean denying your reality.” Marc Brackett, Ph.D.

Staying healthy requires you to have a strategy of self-care.

Protective Factors

- Exercise
- Sleep
- Nutrition
- Being outside
- Mindfulness
- Social Connections
- Passion
- Therapy

Performance Factors

- Hyper-efficiency
- Recovery Time
- Keeping a regular schedule

“Sometimes the most important thing in a whole day is the rest we take between two deep breaths.” – ETTY HILLESUM

Become informed AND lessen your media exposure

- this includes social media

Reframe your outlook

- "Our elders survived catastrophes, we can too."
- "I have an important role to play in protecting others."
- "Now is not forever, normal life will resume."

Monitor your self-talk

- What advise would you give a loved one?
- Now try taking that advise.

Give yourself psychological distance

- It's okay to give yourself time away from a difficult moment with a healthy distraction.

Parry the stressor

- Remember, you get to choose if you want to deal with a stressor right now or not.

“The greatest weapon against stress is our ability to choose one thought over another.” William James

Other strategies include:

“Everything in nature invites us constantly to be what we are.” Gretel Ehrlich

Want a shortcut to self-care? Go outside!

Are more active

Improve our nutrition

Practice mindfulness by being more aware of our surroundings

Give ourselves recovery time

When we are outside, we:

Build relationships with plants and animals to help fill the connection void

Keep a more regular schedule

Have something else to track time by than how many days we’ve been in isolation.

“Adopt the pace of nature: her secret is patience.” – Ralph Waldo Emerson



Supporting Families (and Staff)

Ask yourself and your families these questions:

When is a good time to connect?

When am I at my best to provide support?

When are you able to receive my support?

What is the best way to connect?

How can you best receive my support?

How can I best show you that I am here for you?

What supports are needed?

What needs can I help you meet today?

What rituals can I use to support you?

Brain Smart Start

Wish Well Ritual

Welcome and Goodbye Ritual

I love you Rituals

An invitation to be intentional about your self-care:



What can you do in your day to care for you?



High expectations, High Grace



Go outside

You are a revolutionary,
you are standing bold sentinel on the frontiers
of consciousness, of being,
you are making the roads out into the
unknown,
the subtle foot path of your wandering,
and for the rest of your life you will be learning lessons,
learning what it is to be human,
there is not choice when your eyes are open,
but to see,
you are wholeness, all the parts of you adding up,
to a piece of the universal puzzle,
to imagine that anything is separate is only that,
imagination,
and every little act and every little thought is
transformative,
and your words will be the story of the world,
tell it beautifully, truly,
and know that you serve us all,
there is no time to waste,
only time to spend,
seeing and being,
human,
heart beating,
breath in and out,
improbably and elegantly human

-Andrew Bohn 2016



“Caring for myself is not self-indulgence. It is self-preservation, and that is an act of political warfare.”

Audre Lord

Notes: