

Self-Care and Resiliency: What'd we talk about??

REFLECTIVE STRATEGIES:

- ★ **Awareness:** Knowing is Half the Battle!
- ★ **Identify Strengths** and Build on them!
- ★ **Compliments:** Give them, Accept them!
- ★ **Find your Tribe:** Use them to Feel Better!
- ★ **LAUGH**
- ★ **Let It Go**
- ★ **Move Forward:** Regret & Worry get you Nowhere.

1. Prioritize Yourself
2. Recognize the signs/symptoms—where are you on the Warning Scale?
3. Fear that we're not enough—keeps us from Joy. YOU ARE ENOUGH! Joy = Energy
4. Protective Factors:
 - RELATIONSHIPS
 - INTERNAL BELIEFS
 - INITIATIVE = ATTITUDE
 - SELF-CONTROL/SELF-REGULATION
5. Identify and use your strengths
6. Identify your TRIBE—Keep in contact with them!
7. Why did you get into this work? Write it down & put it where you can see it every day!
8. An Attitude of Gratitude—focus on the JOY
9. Accept ATPs and compliments with “Thank you”
10. Give genuine compliments/ATPs often
11. Use reflection: “I Messages” and reframing positively
12. A positive attitude changes how we see change
13. HUMOR
14. Say No. Delegate, share, put on the back burner or don't give an answer immediately
15. If it's not working, LET IT GO
16. If you have no control over making it positive, LET IT GO
17. Silence—either seek it or break it and remember SILENT and LISTEN have the same letters!
18. Read your own cues to help identify your emotions. Accepting your feelings helps you understand and control them, then you can move forward in the thinking part of your brain.
19. NO BLAMING. What's the point? Just move forward!
20. Find your happy place.
21. Breathe. Center. Calm. Stretch.
22. Take a time out.
23. Take a nap.
24. Listen to your music and sing... loudly.
25. Exercise
26. LOVE CHANGES EVERYTHING. *Give yourself permission to enjoy life.* To love yourself!

JOY = ENERGY = RESILIENCE

A few other things to help you find your bounce...

How to Center:

- Close your eyes. Feel your position in space (are you sitting? Standing? Laying down?)
- Feel whatever is resisting against your body (chair? Bed? Sidewalk? Wall?) When you feel it, you can describe it. Look for the details.
- Feel the point at which your body is resisting against it.
- Now push your toes down hard for a count of 4... 3... 2... 1. Feel the resistance, the tension. Release.
- Moving up your body, repeat. Feel the resistance, imagining your muscles. Release.
- Roll your neck slowly one way all the way through a 4 count, then do the same the opposite direction. Feel the muscles, imagine the bend.
- Take a deep breath in for a 4 count, hold for a 4 count, and release all the way through a 4 count.
- Open your eyes.

How to do Deep Breathing:

- Close your eyes. Feel each step—and focus on the count and the rise and fall of your belly.
- Take in a breath through your nose, feeling your belly rise in reaction. 4... 3... 2... 1.
- HOLD for 4... 3... 2... 1.
- Release slowly through your mouth, all the way through 4... 3... 2... 1.
- HOLD for 4... 3... 2... 1.
- Repeat.

Journaling

- Streaming consciousness—just writing continually, whatever comes to mind
- Allowing yourself to express any emotions you've been tucking to the back, and describe in detail how your day went, made you feel, surprises, challenges, accomplishments
- Describe someone you love, in detail; why you love them, what you love about them, what you enjoy doing together, memories you have together
- Describe a dream you have—what would it look like? Sky's the limit
- Describe something that brings you joy, be very detailed.

Swing/rock

Stroke/play with a pet or an animal—go to the local shelter and play with the kittens!

Listen to music—doesn't matter what kind as long as it's your kind.

Exercise and concentrate only on your breathing and your muscles as they work.