

Cultivating a Lifestyle of Self-Care

Dr. Tracey Shenell



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Overview

<b>First Session</b> <ul style="list-style-type: none"><li>• Why Self-Care Matters</li><li>• What Is Self-Care</li><li>• Barriers to Self-Care</li></ul> <b>Q&amp;A</b>	<b>Second Session</b> <ul style="list-style-type: none"><li>• Shifting Our Mindset</li><li>• Preparing Our Hearts</li><li>• Embracing Rhythms of Self-Care</li></ul> <b>Q&amp;A</b>
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Centering Exercise

Please get comfortable.

I will walk us through a centering exercise.

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## Reflection Question

Why are you here and/or what are you hoping for by being here today?

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## Why Self-Care Matters

A Bit of My Story



Choosing to care and love ourselves is a revolutionary concept

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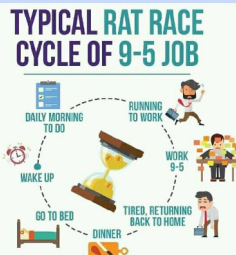
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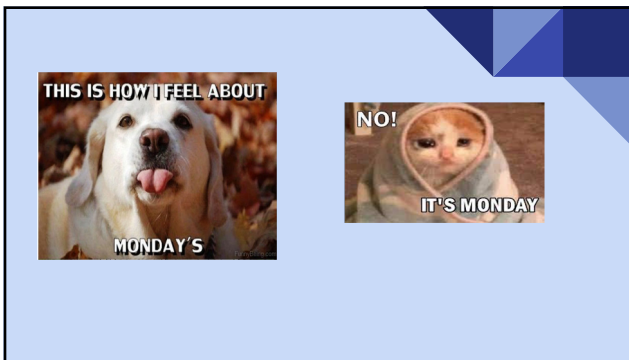
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### What is Self-Care

The Global Self-Care Federation:

"The practice of individuals looking after their own health using the knowledge and information available to them. It is a decision-making process that empowers individuals to look after their own health efficiently and conveniently, in collaboration with health and social care professionals as needed."

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## What is Self-Care

The Oxford Dictionary

- The practice of taking action to preserve or improve one's own health.
- The practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.

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## What is Self-Care

"A multidimensional, multifaceted process of purposeful engagement in strategies that promote healthy functioning and enhance well-being."

"the goal of self-care is not only to maintain resilience in the face of stress, but also to flourish in personal and professional life"

Durochal, R.E., Rupert, P.A., Bryant, P.B., Zahrisler, E. [Development of a self-care assessment for psychologists](#). *Journal of Counseling Psychology*

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## 5 Areas of Well-Being

- Physical
- Mental
- Emotional
- Spiritual
- Relational

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## What is Self-Care

World Health Organization:

"Self-care is the ability of individuals, families, and communities to promote health, prevent disease, maintain health and cope with illness and disability with or without the support of health workers."

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## What is Self-Care Summary

- Begins with an informed decision
- Requires purposeful and intentional actions
- Incorporates various areas of our life personal and professional
- Attends to our overall well being
- Requires individual agency that is guided and supported by the community as a whole

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## Why Self-Care Matters

**50 M** OF AMERICANS EXPERIENCE A MENTAL ILLNESS IN 2019.

**4.58%** OF ADULTS REPORT HAVING SERIOUS THOUGHTS OF SUICIDE. THIS HAS INCREASED EVERY YEAR SINCE 2011-2012.

**24.7%** OF ADULTS WITH A MENTAL ILLNESS DO NOT RECEIVE TREATMENT. THIS NUMBER HAS NOT DECREASED SINCE 2011-2012.

**15.08%** OF YOUTH WITH MAJOR DEPRESSION DO NOT RECEIVE TREATMENT.

**60%** OF YOUTH WITH MAJOR DEPRESSION DO NOT RECEIVE TREATMENT.

**10.6%** OF YOUTH WITH MAJOR DEPRESSION DO NOT RECEIVE TREATMENT.

**11.1%** OF AMERICANS WITH A MENTAL ILLNESS ARE IN A JOB THAT THEY HATE.

**14.5%** OF AMERICANS WITH A MENTAL ILLNESS ARE IN A JOB THAT THEY HATE.

**8.1%** OF AMERICANS WITH A MENTAL ILLNESS ARE IN A JOB THAT THEY HATE.

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## Why Self-Care Matters

Stress Impacts Your Body

- Headaches
- Muscle tension and pain
- Chest pain
- Change in sex drive
- Digestive problems

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## Why Self-Care Matters

Stress Impacts Your Mood

- Anxiety
- Restlessness
- Lack of motivation
- Inability to focus
- Feelings of being overwhelmed
- Sadness or depression

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## Why Self-Care Matters

Stress Impacts Your Behavior

- Over- or undereating
- Angry outbursts
- Misuse of substances and alcohol
- Social withdrawal
- Overconsumption and other unhealthy behaviors

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## Reflection Question

What are some barriers for you when it comes to self-care?

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## Barriers to Self-Care

- Time
- Resources
- Work/Job/School
- Responsibilities
- Responsibility to others
- Guilt

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## Barriers to Self-Care

Perception about what self-care is



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## Barriers to Self-Care

- Perception about ourselves
- Perception about our value
- Perception about our worth



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## Q & A

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## Break

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## Breathing Exercise

Please get comfortable.

I will walk us through a breathing exercise.

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## Shifting Our Mindset

In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters. Then God said, "Let there be light", and there was light. And God saw that the light was good; and God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

6 And God said, "Let there be a dome in the midst of the waters, and let it separate the waters from the waters." So God made the dome and separated the waters that were under the dome from the waters that were above the dome. And it was so. God called the dome Sky. And there was evening and there was morning, the second day.

9 And God said, "Let the waters under the sky be gathered together into one place, and let the dry land appear." And it was so. God called the dry land Earth, and the waters that were gathered together he called Seas. And God saw that it was good. Then God said, "Let the earth put forth vegetation: plants yielding seed, and fruit trees of every kind on earth that bear fruit with the seed in it." And it was so. The earth brought forth vegetation: plants yielding seed of every kind, and trees of every kind bearing fruit with the seed in it. And God saw that it was good. And there was evening and there was morning, the third day.

**Genesis 1: 1-13**  
**NRSV**

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## Shifting Our Mindset

Within the time from sunrise to sunrise there is space for:

- imagining
- speaking(working)
- creating(playing)
- reflecting
- resting

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## Shifting Our Mindset

God spoke: "Let us make human beings in our image, make them reflecting our nature So they can be **responsible** for the fish in the sea, the birds in the air, the cattle, And, yes, Earth itself, and every animal that moves on the face of Earth." God created human beings; he created them godlike, Reflecting God's nature. *God* created them male and female. God blessed them: "Prosper! Reproduce! Fill Earth! Take charge! Be responsible for fish in the sea and birds in the air, for **every living thing** that moves on the face of Earth."

**Genesis 1:26-28**  
**Message**

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## Shifting Our Mindset

"The creation story does not make us conquerors; it makes us stewards...humans are responsible before God to protect and preserve the planet's resources so that all of the earth's inhabitants can partake of its fruit"

Miguel A. De La Torre, *Genesis*, (Louisville: Westminster John Knox Press, 2011), 31.

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## Shifting Our Mindset

Thus the heavens and the earth were finished, and all their multitude. **2** And on the seventh day God finished the work that *God* had done, and *God* rested on the seventh day from all the work that *God* had done. **3** So God blessed the seventh day and hallowed it, because on it God rested from all the work that *God* had done in creation.

**Genesis 2: 1-3**  
**NRSV**

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## What this teaches us

1. There are natural rhythms and boundaries that encourage us to stop.
2. We're invited to be creative, play, and imagine
3. It's important to take time to reflect on the goodness in our daily activities.
4. There will always be more to do, but we must learn to allow it to be good enough for this day.
5. God models for us this act of rest and invites us into it as well.

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## Preparing Our Hearts

In order to cultivate a lifestyle of self-care we must believe we are worthy to be cared for.

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## Reflection Question

What prevents you from believing you're worthy to be cared for?

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## Preparing Our Hearts

As a part of God's creation we too get to be cared for and need to be stewards of our life and well-being.

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## Embracing New Rhythms



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## Embracing New Rhythms



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## Embracing New Rhythms

**TYPES OF SELF-CARE**

PHYSICAL	EMOTIONAL	SOCIAL	SPIRITUAL
Sleep management Stretching Walking Physical relaxation Healthy food Yoga Rest	Stress management Emotional maturity Forgiveness Compassion Kindness	Boundaries Support systems Positive social media Communication Time together Ask for help	Time alone Meditation Yoga Connection Nature Journaling Sacred space

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## Embracing New Rhythms

Activity Together

- Self-Care Assessment

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## Embracing New Rhythms

Activities to Work on At Home

- My Maintenance Self-Care Worksheet
- Emergency Self-Care Worksheet

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## A Few Takeaways

1. Remind yourself that you are worthy to be cared for **EVERYDAY.**
  - o You are good
  - o You are worthy
  - o You matter
  - o You are God's Beloved

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## Reflection Question

What is one truth you can hold on to, that helps you believe you are worthy to be cared for?

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## A Few Takeaways

2. Figure out the one thing you need to do each day no matter what (Emergency Self-Care Plan)
3. Examine your current rhythms
  - What are you doing
  - When are you doing it: daily, weekly, monthly
  - Why are you doing it
  - Who are you doing it for
  - How is it sustaining your flourishing

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## A Few Takeaways

4. Imagine what new rhythms could look like for you.
5. Remember Self-Care is Communal
  - Who do you need on your care team
6. Reflect on the goodness of your work daily

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## Stay in touch with Dr. Tracey

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You can go to: <https://www.menti.com>  
and enter the following code: 7982 3619 to  
sign share your contact information with  
me as well

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## Q & A

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