
Self-Care for Those That Serve

Cooperating Raleigh Colleges Conference

July 13, 2023

Today We Will..

- 1) Frame well-being on NC State's campus
- 2) Explore the links between self-care and helping professions
- 3) Outline strategies to support your personal wellness
- 4) Identify resources and tools you can use on your campus



What is your one
word check-in
for today?



Connected

What is your one
word check-in
for today?

What ideas come to mind when you think about the word wellness?



Think - Pair - Share

Wellness Common Language

Wellness is the connected and interactive combination of six elements that foster a balanced, holistic life. This is achieved by having: love for what is done each day, security of finances, the vibrancy of physical health, self-awareness and emotional resiliency, high-quality relationships and pride in what is contributed to our communities.



Elements of Wellness



PURPOSE

Regularly engaging in meaningful and satisfying work that aligns with personal values and goals.



PHYSICAL

Managing health through regular exercise, eating a balanced, nutritious diet and maintaining adequate sleep.



FINANCIAL

The awareness of current financial position and budgets and having resources to meet basic needs by saving and spending wisely.



EMOTIONAL

The ability to be self-aware and cope with challenges and needs while developing overall resiliency.



SOCIAL

Developing supportive networks by cultivating new or existing relationships.



COMMUNITY

The opportunity to contribute and connect individual passions and strengths that foster a safe and supportive environment.

Build a Thriving Pack



"WE'LL BE
FINE"



"WE'RE ALMOST
OUT OF GAS"



Defining Self-Care

Care that is provided
“for you, by you.”



Self-Care Is...

- Identifying your own needs and taking steps to meet them.
- Taking time to do the activities that nurture you.
- ***Proactively*** managing your stress in a healthy and effective way
- Taking proper care of yourself and ***treating yourself as kindly as you treat others.***

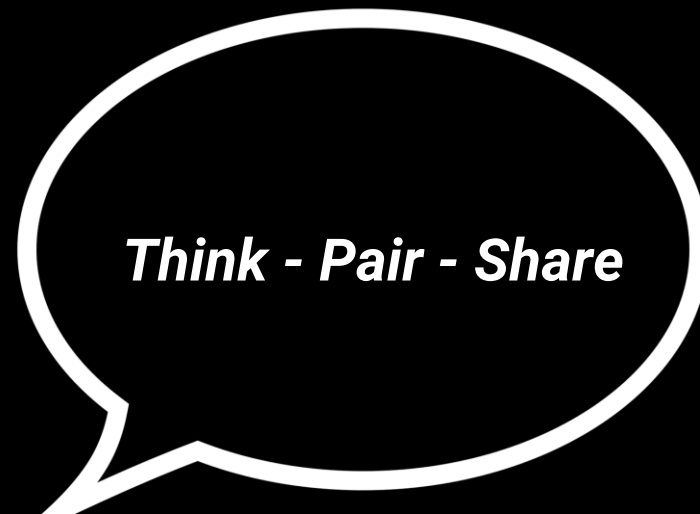


Self-Care Is Not...

- Meant to be exclusively “picture worthy” or Instagramable (sp.?)
- Doing things that we think we “should” be doing.
- ...always an easy thing to incorporate into your life.



**What gets in the way of
practicing self-care?**



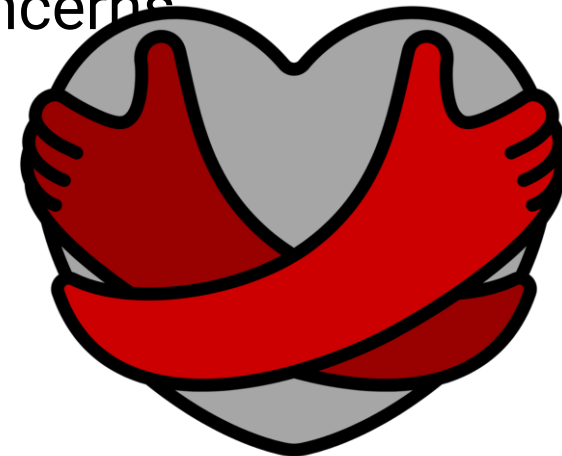
Think - Pair - Share

Emotional Wellness

The ability to be self-aware and *cope* with challenges and needs while developing overall *resiliency*.

Importance of Self-Care

- ***Increased resiliency***
- ***Helps you cope with stressful events and emotions***
- Increased enjoyment of life
- Helps maintain positive relationships
- Reduced symptoms of mental health concerns
- Optimizing your personal well-being
- ***Helps you be the person you hope to be***



Adapted from *Raw Coping Power: From Stress to Thriving*, Joel Bennett, 2014.

5 Factors of Resilient People

1. They are connected with others, such as family and friends.
2. They have social support available to them.
3. They are resourceful and have good problem solving skills.
4. They are more likely to seek help.
5. They hold the belief that they can do something that will help them manage their feelings to cope.

The Gifts of Imperfection, Brene Brown, 2010.

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Consider These Questions to Identify Your Needs

Awareness: Where am I unbalanced?

Knowledge: What options do I have?

Decision Making: What option is most aligned with my needs?

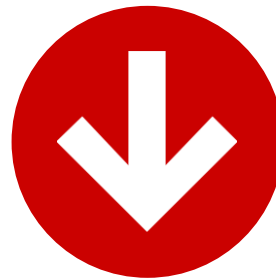
Planning: What is the most realistic plan?

Action: When, where, and how can I take action?

3 Self-Care Tips For Those Who Serve



**Upload the
positive**



**Download the
negative**



**Create a culture of
wellness**

—
Upload The Positive



1.

Upload The Positive

Life presents challenges for us all, but we can make an effort to see and elevate the good that is present in our lives.



We all want to feel healthy, happy, and whole.

Upload The Positive

- Regularly check-in on family, friends, and loved ones
 - Connect with someone you miss or may have lost touch with
 - “I should really text/call ____”
- Get outside, get moving
- Prioritize **one thing** that is not work related
- Seek out mindfulness practices that support your body and mind
- Make and keep one small promise to yourself each day
- Set and work towards goals
 - Life evolves constantly; focus on your goals now.
 - Even small tasks help us feel accomplished
- Reconnect with hobbies or activities you love

***Make and keep one small promise
to yourself each day.***

What will yours be?

Download The Negative



2.

Download The Negative

Give yourself and others
some grace,
understanding, and
flexibility.



**We are all constantly
evolving and learning
how to adjust to our
current environment.**

Download The Negative

- Be patient with yourself and listen to your needs ***without judgement***
- Catch your stress before it catches you
 - Our bodies like to tell us we're stressed:
 - Look for warning signs
 - Take an inventory of your current stressors and identify *the root*
 - Create an action plan for when stress knocks on your door
- Coping vs. self-care
 - Coping: reaction to stress
 - Self-care: preventative measure taken to reduce impact of stress
 - Stop, Drop and Roll Method
- Before you react, breathe!
- ***Practice setting boundaries*** in the areas of your life you need it the most

Catch your stress before it catches you.

How will you tune into your body to catch it's whispers?

Create a Culture of Wellness



3.

Create a Culture of Wellness

Expand your self-care practices to include community care.



**Model the way to
inspire an environment
where all can thrive.**

Create a Culture of Wellness

- Recognize and acknowledge shared employee stressors
 - Home life, finances, caregiving responsibilities, health concerns, what else?
- Seek to understand and reaffirm your support
- Utilize and share resources when appropriate
- Practice catching yourself in limited or fixed mindsets when it comes to professional and personal challenges
- Implement small changes in the workplace and shift the “norm”
 - Some ideas: taking breaks, going for a walk, having healthy options or movement breaks in meetings

Helping a Colleague in Distress

As professionals in higher education, the ***priority to support students applies to everyone***. This includes our colleagues and ourselves. Supporting one another during challenging times can help strengthen teams and maintain employee retention and enhance your sense of community.



Tap Into Employee Resources

Campus Partners

Look internally for the wealth of programs and events already taking place

- Recreation Center, Dining, Housing, Staff/Faculty Senate, etc.

Human Resources

Seek out information about free and low cost resources covered by benefits.

- Nutrition and Mental Health Counseling, Screenings, etc.
- Employee Assistance Programs

State Resources

See what is available from state and local agencies.

- Eat Smart, Move More
- Chronic Disease Self-Management Programs

Thought Leaders

Get connected with researchers and practitioners on your campus

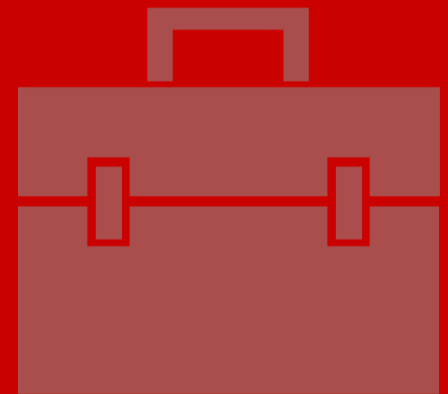
- Key disciplines like nursing, health and human performance, agriculture
- What else?

NC State Faculty/Staff Resources

- University Human Resources
 - FASAP
- Wellness and Recreation
 - Education Sessions
- Wolfpack Wellness
 - Wellness Champions
 - Power Lunch



Tools You Can Use



Self Care Strategies For the Workplace

- ***Start with hydration***
- Fuel your body with foods that energize
- Take breaks (bonus points for getting outside!)
- Practice flexibility and adaptability
- Schedule time for small bouts of movement
- ***Utilize “Tech Breaks” like the 20 - 20 - 20 rule***
- ***Carve out moments for mindfulness***
- Listen to your body!



Build Your Self-Care Kit



- **Sight**: Photos, postcards, old greeting cards, colors you love, mementos filled with fun memories.
- **Smell**: Perfume, scented candles, room freshener, shower gel samples.
- **Touch**: Hair brush, massage bar or moisturizer, warm socks.
- **Taste**: Special lip balm, lip scrub, gum, favorite snack.
- **Sound**: A list of your favorite feel good songs, a poem you love, a note reminding you of an encouraging voice memo you made on your phone.
- **Spirit**: Song lyrics, poems, love notes, quotes, religious readings.

Two Stars and A Wish Activity



I have worked hard to get my physical health in check this year.



I am hitting a stride in my role and feel confident in my abilities.



What is your wish?

Think - Pair - Share

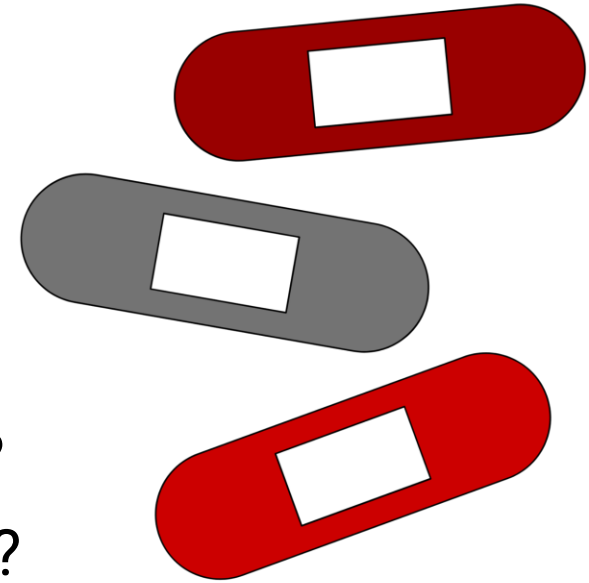
On a sheet of paper, write down two things that are going well for you or things you feel are in balance.

Next, write the one thing you wish you had more knowledge, support, or ability to change.

Spend time celebrating your stars and seeking out ways bring your “wish” to life.

Emergency Self-Care

- Did I get good sleep last night?
- Have I eaten/had enough to drink today?
- Have I taken a moment for myself today?
- Have I talked to someone I care about?
- Have I done the necessary things for me to function (i.e. showering, laundry, etc.)?



What are
you doing?

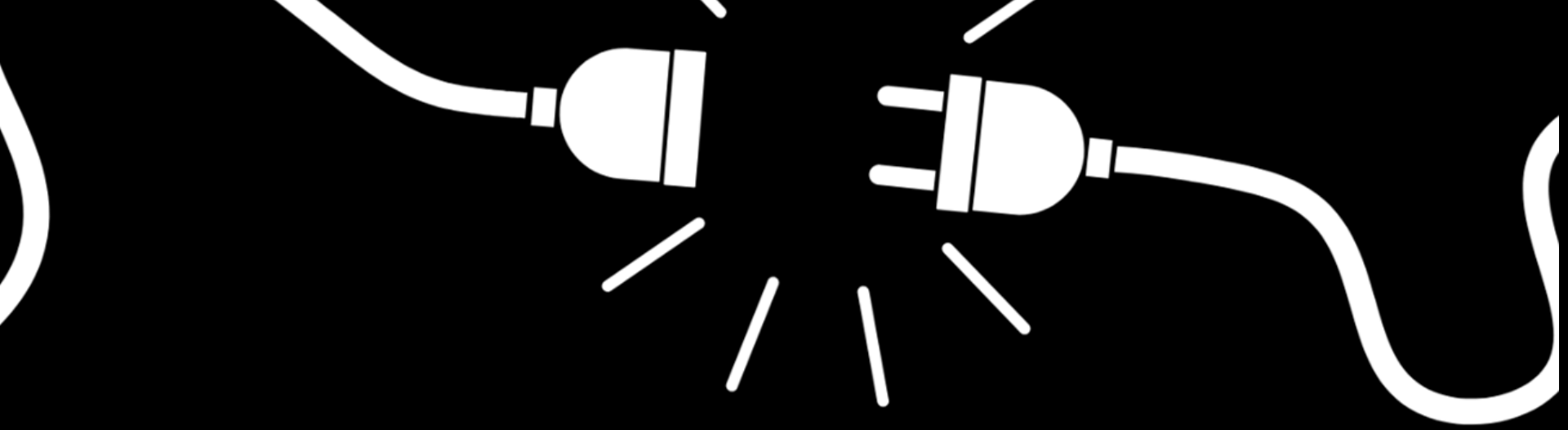


Taking Care
of Myself



Here I'll
- take care
of you
too!

@ aloebud



*What **clicked** for you during today's session?*

Think - Pair - Share



Questions and Connection

→ <https://wellrec.dasa.ncsu.edu>

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