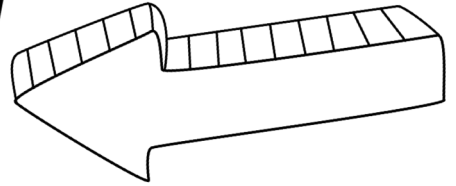


○ SELF-CARE [self- 'ker] (n):
 Activities and practices we
 engage in on a **REGULAR**
 basis to reduce stress and
 enhance our well-being



MASLOW'S HIERARCHY OF NEEDS

ABRAHAM
 MASLOW



SELF-ACTUALIZATION

MORALITY,
 CREATIVITY,
 SPONTANEITY,
 PROBLEM SOLVING,
 LACK OF PREJUDICE,
 ACCEPTANCE OF FACTS



Abraham Harold Maslow (April 1, 1908 - June 8, 1970) was a psychologist who studied positive human qualities and the lives of exemplary people. In 1954, Maslow created the Hierarchy of Human Needs and expressed his theories in his book, *Motivation and Personality*.

SELF-ESTEEM, CONFIDENCE,
 ACHIEVEMENT, RESPECT OF
 OTHERS, RESPECT BY OTHERS

ESTEEM



Self-Actualization - A person's motivation to reach his or her full potential. As shown in Maslow's Hierarchy of Needs, a person's basic needs must be met before self-actualization can be achieved.

FRIENDSHIP, FAMILY,
 SEXUAL INTIMACY

LOVE/BELONGING



SECURITY OF BODY, OF EMPLOYMENT, OF
 RESOURCES, OF MORALITY, OF THE FAMILY,
 OF HEALTH, OF PROPERTY

SAFETY



BREATHING, FOOD, WATER, SEX, SLEEP,
 HOMEOSTASIS, EXCRETION

PHYSIOLOGICAL



Physiological:

- Breathe
- Eat
- Drink
- Sleep 1, 2, 3
- Exercise 1, 2, 3

References:

Laskowski, E. *How Much Should the Average Adult Exercise Each Day?* Retrieved from:

<https://www.mayoclinic.org/healthy-lifestyle/fitness/expert-answers/exercise/faq-20057916>

Mayo Clinic Staff. *Healthy Breakfast: Quick, Flexible Options.* Retrieved from: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/food-and-nutrition/art-20048294>

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<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>

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Olson, Eric J. *How Many Hours of Sleep Are Enough for Good Health?* Retrieved from:

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/how-many-hours-of-sleep-are-enough/faq-20057898>

Peteron, L. *Decrease Stress by Using Your Breath.* Retrieved from: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/decrease-stress-by-using-your-breath/art-20267197>

Peterson, S. & Werneburg, B. (2018). *Sleep: The Foundation for Healthy Habits.* Retrieved from:

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep-the-foundation-for-healthy-habits/art-20270117>

Torborg, Liza. (2018). *Insomnia: What to do When You Can't Sleep.* Retrieved from:

<https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-q-and-a-insomnia-what-to-do-when-you-cant-sleep/>

Williamson, A. M., & Feyer, A. M. (2000). Moderate sleep deprivation produces impairments in cognitive and motor performance equivalent to legally prescribed levels of alcohol intoxication. *Occupational and Environmental Medicine*, 57(10), 649-655.

Hello there!

Are you feeling *stressed*?

----- Decrease *stress* by using your *breath* -----

The *benefits* of breathing:

- ... releases negative energy
- ... relaxes muscles
- ... eases feelings of anxiety and stress

Get into a *comfortable* position

Close your eyes

inhale deeply through your nose

hold the breath for a few seconds

exhale slowly through your nose

Repeat at least 3 times, feeling your body relax

#justbreathe

#selfcare

#SELPSAoftheweek

Why, Hello!

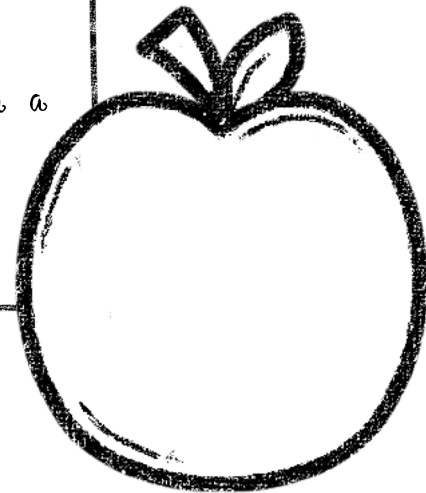
Did you eat **breakfast** today?

The **benefits** of breakfast:

- increases concentration
- helps you perform better at work
- gives you energy

What's at the core of a healthy breakfast?

- Whole grains like bread and cereal
- Lean protein like eggs, lean meat, and nuts
- Low fat dairy like milk, yogurt, and cheese
- Fruits and veggies, fresh or frozen, like in a smoothie



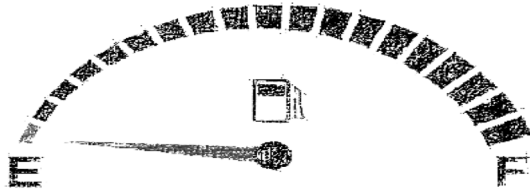
#nomnomnom

#selfcare

#SELPSAoftheweek

Hello there!

Are you operating on *empty*?



----- How are you *fueling* your body? -----

did you know...

Headaches, low energy, and **trouble concentrating** can be signs that your body needs fuel!

Stash a healthy snack or two somewhere that is easily accessible to help keep your body operating on *full* all day long!

Fill up on foods that keep you feeling full longer like:

nuts

lean meat

fatty fish

eggs

yogurt

broccoli

avocado

olive oil

dark chocolate

#fuelup

#selfcare

#SELPSAoftheweek

Hey, you!

Yes, **YOU!**

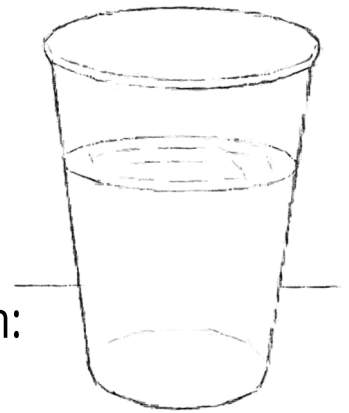
Have you had enough* **water** today?

*About 2 litres suggested by the Mayo Clinic



The **benefits** of staying hydrated:

- ... increases brain power
- ... prevents headaches
- ... provides energy



The **consequences** of dehydration:

- ... reduces your cognitive and motor skills
- ... affects your memory
- ... affects your mood

What are you waiting for?! Grab a glass of water!

#drinkup

#selfcare

#SELPSAoftheweek

Why, Hello!

Did you get enough* sleep last night?

*7-9 hours suggested by the Mayo Clinic



Why you should be catching every Z you possibly can:

- ... improves memory
- ... spurs creativity
- ... sharpens attention
- ... lowers stress

The consequences of not getting enough sleep:

- ... trouble concentrating
- ... weakened immunity
- ... high blood pressure

Sleep-deprived people
who were tested
using a driving simulator
or performing hand-eye coordination tasks
did as badly as— or worse than—
people who were intoxicated.

#aboutlastnight

#selfcare

#SELPSAoftheweek

Hello there!

Think you can get a good night's sleep when you're regretting, doubting, or dreading something?
Think again!

Inner peace is the key to a good night's sleep!

Set aside a little time before bed for relaxation. Try:

- ... deep breathing
- ... progressive muscle relaxation
- ... jotting down your thoughts in a journal
- ... releasing your fears and problems

sleep provides time for your mind and body to recover from the day!

#Givepeaceachance



#selfcare

#SELPSAoftheweek

Hello there!

are you still watching?

N

Let's talk sleep hygiene!

After a long day, it's easy to flop onto the couch and take a moment (or two... or five...) just to chill.

But have you ever thought about/ experienced how these habits **affect your sleep?**

*

Here are our **top tips** for better *sleep hygiene*:

- Create a **consistent routine** (brush teeth, wash face, change)
- **Dim lights and turn off electronics** 30- 60 minutes before you hit the sheets
- **Listen to your tummy:** Try not to go to bed hungry or stuffed
- Include **physical activity** in your daily routine (more on this coming soon)

#areyoustillwatching

#selfcare

#SELPSAoftheweek

Hello there!

Have you had enough* **exercise** today?

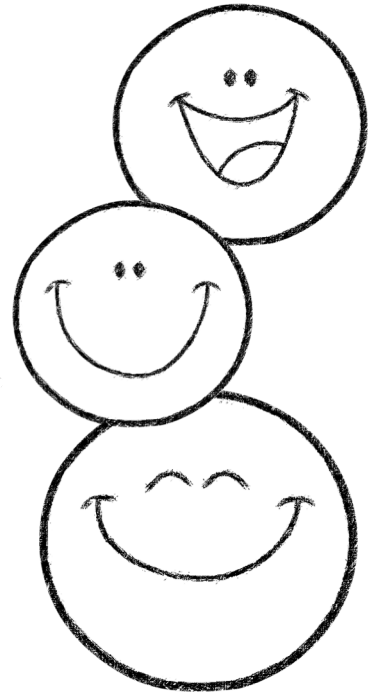
* 30 minutes/ day suggested by the Mayo Clinic



The **benefits** of exercise:

- ... reduces stress
- ... helps you sleep better
- ... increases happiness

hey! We're **endorphins!**
Your brain produces us when you
exercise and we make you feel
great!



#iliketomoveitmoveit

#selfcare

#SELPSAoftheweek

Hello there!

What does *exercise*...

Do for your *brain*?

Exercise and movement release

BDNF* into our systems.

(*That's brain derived neurotrophic factor to you!)

BDNF is like Miracle Gro  for the brain:

- ... encourages brain cell growth
- ... signals strength
- ... protects established learning connections from decay

#theGoodstuff

#selfcare

#SELPSAoftheweek

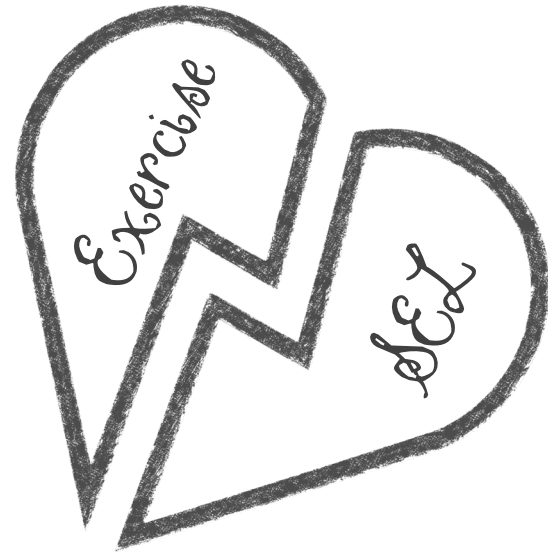
Hey there!

Speaking of **eXercise**...

Why are **exercise** and **SEL** bffs?

The SEL- approved **benefits** of exercise:

- ... promotes problem solving
- ... encourages self-efficacy and self management
- ... erases self-doubt and self-criticism



Exercise can also promote *social connections* through games, challenges, and organized sports.

#bestfriendsforever

#selfcare

#SELPSAoftheweek

Safety:

- All in this Together
- Good Job
- Fear
- Don't worry
- Just Say No
- When One Door Closes...

References

Peterson, L. (2018). *To Manage Anxiety, Start With the Way You Think*. Retrieved from: <https://www.mayoclinic.org/to-manage-anxiety-start-with-the-way-you-think/art-20390069>

Hello there!

“ Remind yourself: ”
We are all in this together!

Choose to believe
that people, in general,
are helpful.

That way,
wherever you go in life,
people are there to help you.

(And maybe you can be there to help them
too!)

#theworldiswhatyoumakeit

#selfcare

#SELPSAoftheweek

Why, hello!

Just wanted to say,
You're doing a great job!

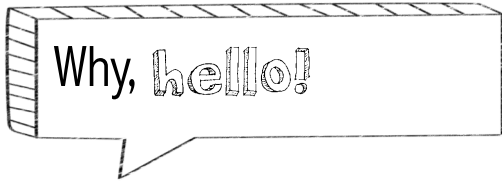
We know it isn't always easy...
But it's fulfilling, isn't it?

Take a minute to appreciate
the opportunity you have to
help, contribute to, and serve others
through you work.

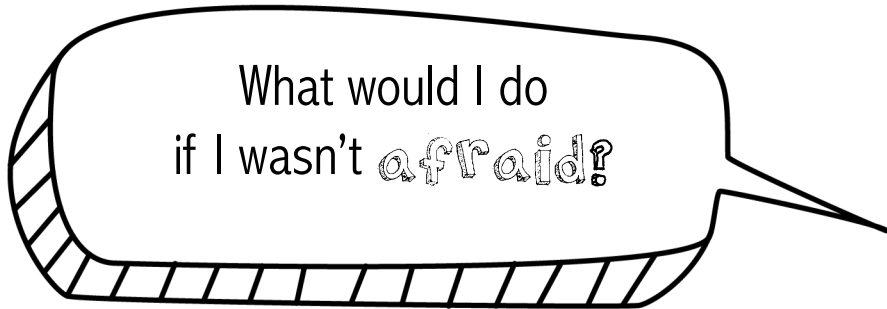
#GoodJob

#selfcare

#SELPSAoftheweek



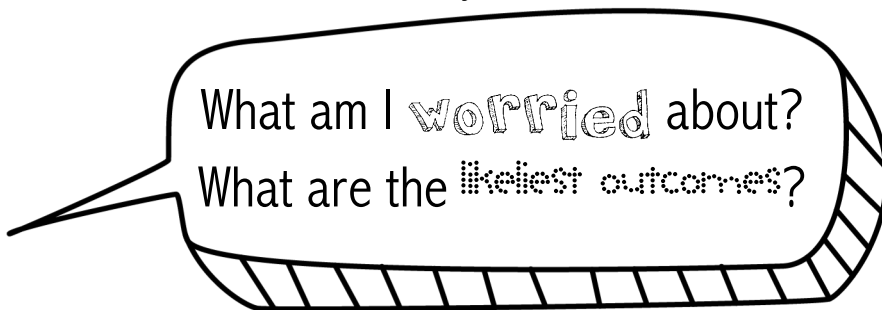
Ask yourself,



Imagine the situation...

Let the feelings of anxiety in, but then, add **new information**.

Ask yourself,



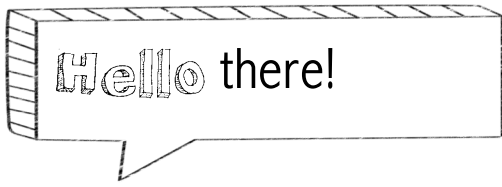
Challenge and replace ~~irrational~~ thoughts.

Thinking ~~rationaly~~ helps to release the hold fear has on you!

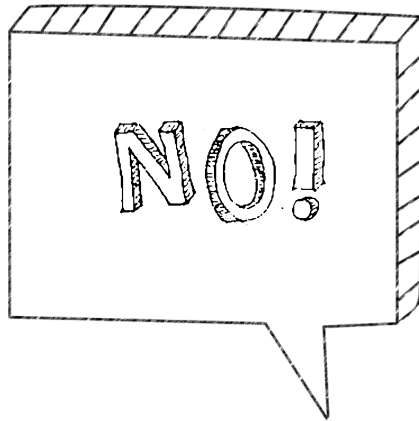
#fearfactor

#selfcare

#SELPSAoftheweek



This is your friendly reminder to *just say,*



if something is not best for *you.*

Use your power of *free will* to
do what you know is right!

You are the boss of yourself!

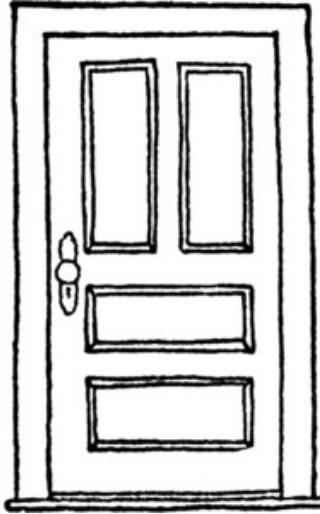
#justsayno

#selfcare

#SELPSAoftheweek

Hello there!

When one door closes...



Another door opens.

It's only change...

... decide on the frame of mind you will *move forward* with
and remember that you can always
make a request for support.

#whenonedoorcloses

#selfcare

#SELPSAoftheweek

Hey, you!
Yes, you!

Do you have
a problem?



Yes

No

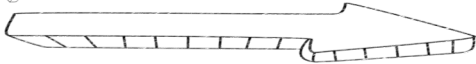
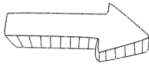


Can you
do something
about it?



yes

no



Don't
worry!

#dontworrybehappy

#selfcare

#SELPSAoftheweek

Love & Belonging:

- Physical Connection
- Social/ Emotional Connection
- We Are One
- Accepting Others

References

Mayo Clinic Staff. *Friendships: Enrich Your Life and Improve Your Health.*

Retrieved from: <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860>

Mayo Clinic Staff. *Pet Therapy: Animals as Healers.* Retrieved from:

<https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/pet-therapy/art-20046342>

Hey, you!

Yes, **YOU!**

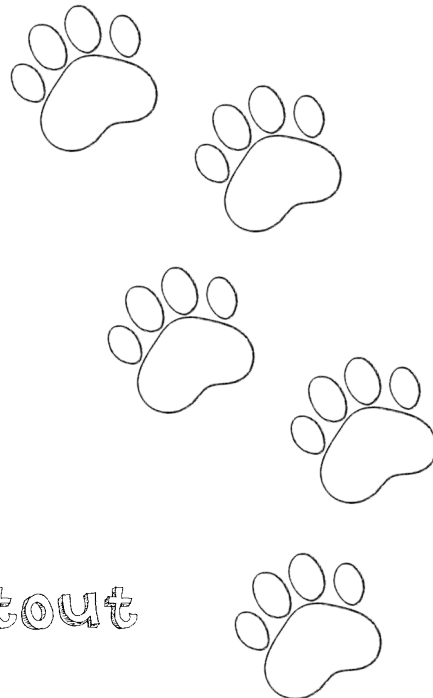
Do you need a **hug**?

It doesn't have to be a **hug**...

Physical connection can:

- ... lower blood pressure
- ... lower heart rate
- ... release dopamine and serotonin (feel good hormones)
- ... provide comfort

You can get the same
positive benefits
by spending quality time
with your
furry friends!



#selfcare

#hugitout

#SELPSAoftheweek



Hello there!

This is your friendly reminder to



Surround yourself with beautiful people!
(I'm talking about inner beauty, of course)

Good friends are good for your health!

- ... increase your sense of belonging and purpose
- ... boost your happiness and reduce your stress
- ... improve your self... confidence and self... worth

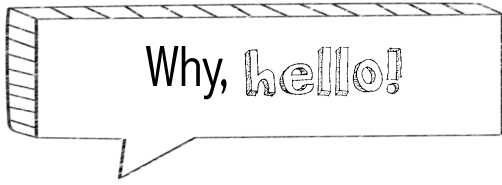


Pick up your phone and
text, tweet, poke, or CALL
a friend!

#SELPSAoftheweek

#selfcare

#yourvibeattractsyourtribe



Take a minute to send some *positive energy* to those around you...

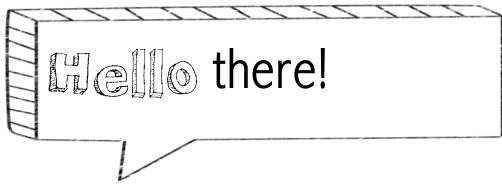
Those who are *part of your life*
connected by *blood*,
the ties of *friendship/ love*,
and those who share the *spaces* you occupy.



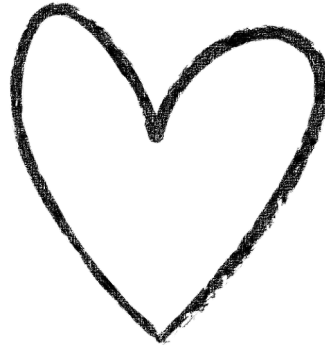
#weareone

#selfcare

#SELPsAoftheweek



Appreciate others and accept them
for who they are
right now,
flaws included.



Accept that you cannot learn other people's lessons for them.
They must make their own mistakes.

You can be there to
pick them up, brush them off, and provide encouragement.

They'll do the same for you when you need it.

That's the power of acceptance!

#you do you

#selfcare

#SELPSAoftheweek

Esteem:

- Habit Creation
- Accept Yourself
- Take Care of Yourself
- Treat Yourself
- Practice Gratitude
- Laugh

Mayo Clinic Staff. *Stress Relief from Laughter? It's No Joke*. Retrieved from: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>

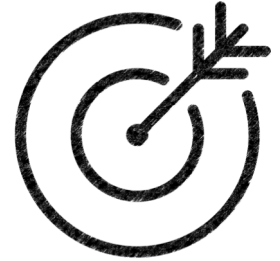
Why, hello!

Lets talk habit creation! Ask yourself,

what's my goal?

Now ask yourself,

is it achievable?



Did you know...
Roughly 70% of
people who set
goals fail to
achieve them!

The key to
achieving your goals
is breaking them down into
actionable steps!

Goal: Drink 3 litres of water each day

Step 1: Make water enjoyable! Add sliced fruit or flavour drops

Step 2: Start measuring intake with a fun water bottle

Step 3: celebrate along the way (.5L, 1L, 1.5L, 2L, 2.5L, and finally, 3L!!!)

#SELPSAoftheweek

#breakitdown

#selfcare



Hello there!

Say it with me,

“I accept myself the way I am
at this moment!”

self-improvement is not a goal. . . .

It is a process. . . .

A lifetime process. . . .

Choose to enjoy the process!

#SELPSAoftheweek

#enjoytheride

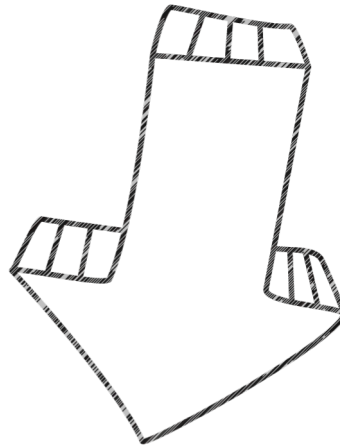
#selfcare



Hello there!

Some simple questions to consider...

If you're not taking care of you, who is?



If you're not taking care of yourself,
how can you care for others?

This is your friendly reminder to make time for yourself
today and everyday!

#metime

#selfcare

#SELPSAoftheweek

Hello there!

You deserve a *treat!*

Don't *save*
special things for
"special occasions"...

Make the
occasion *special!*

This is your *reminder* to:

- ... *make everyday special*
- ... *be spontaneous*
- ... *live life to the fullest!*

#treatyoself

#selfcare

#SELPSAoftheweek

Hi there!

What are *you* grateful for?

Say it out loud

Expressing *gratitude* feels good

&

makes others feel good too!

win- win

write it down:

Compiling a *list* of
everything you are thankful
for is *inspiring* and you might
be surprised by how long it is!

#Gratitudeattitude

#selfcare

#SELPSAoftheweek

Hello there!

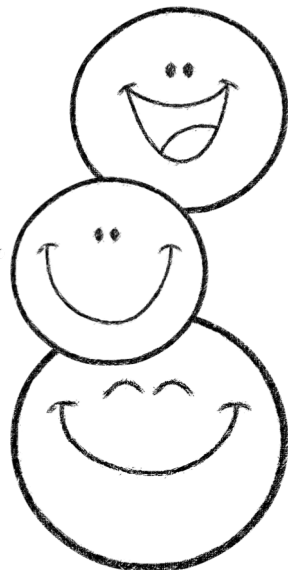
When was the last time you **laughed out loud**?

When it comes to *relieving stress*,
More **giggles** and **guffaws** are just what the doctor ordered!

The **benefits** of laughter:

- ... relieves stress
- ... soothes tension
- ... improves your mood

Go ahead and give it a try.
turn the corners of your mouth up into a smile
and then give a laugh.
even if it feels a little forced.
your brain doesn't know the difference!



#thebestmedicine

#selfcare

#SELPSAoftheweek

Self Actualization:

- Recharge
- Go Outside
- Personal Growth
- Perspective Check
- Distraction 1
- Distraction Control
- Unplug

Orlick, Terry. (2016). *In Pursuit of Excellence, Fifth Edition*. Champaign, IL: Human Kinetics.

Beckman Institute. (2015).

<https://beckman.illinois.edu/news/2015/11/dolcos-distractions>

Why, hello!

Your phone is probably fully charged, but are you?



Spend some time recharging your battery:

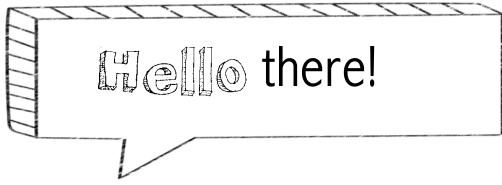
- Check in with yourself:
 - how am i doing?
 - what do i want/ need?
- What is something you love doing?
 - do it!

It's ok to take a "me" day
to be a better you!

#Netflixandchill

#selfcare

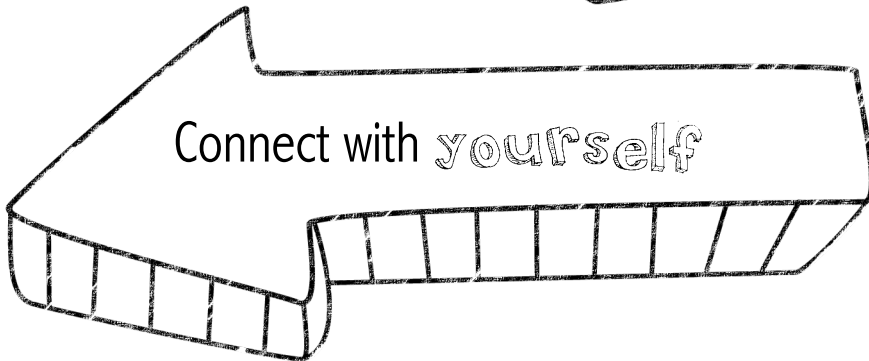
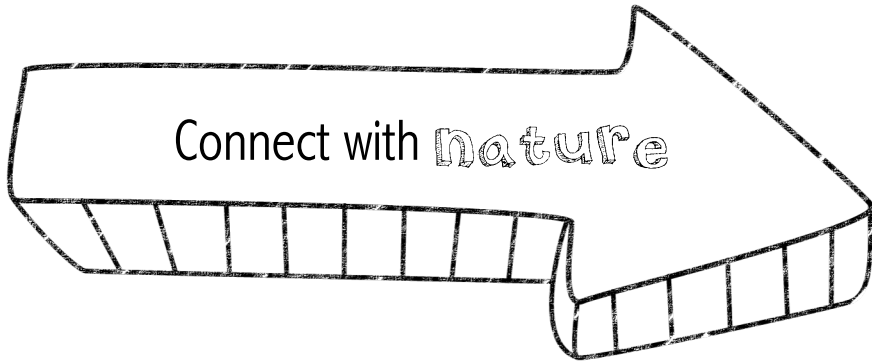
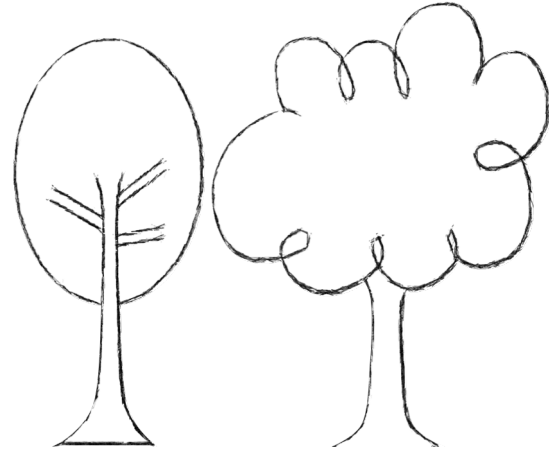
#SELPSAoftheweek



When was the last time you went outside?

The **benefits** of being in nature:

- ... improves your mood
- ... increases creativity
- ... lowers blood pressure
- ... it's fun!



#Getoutside

#selfcare

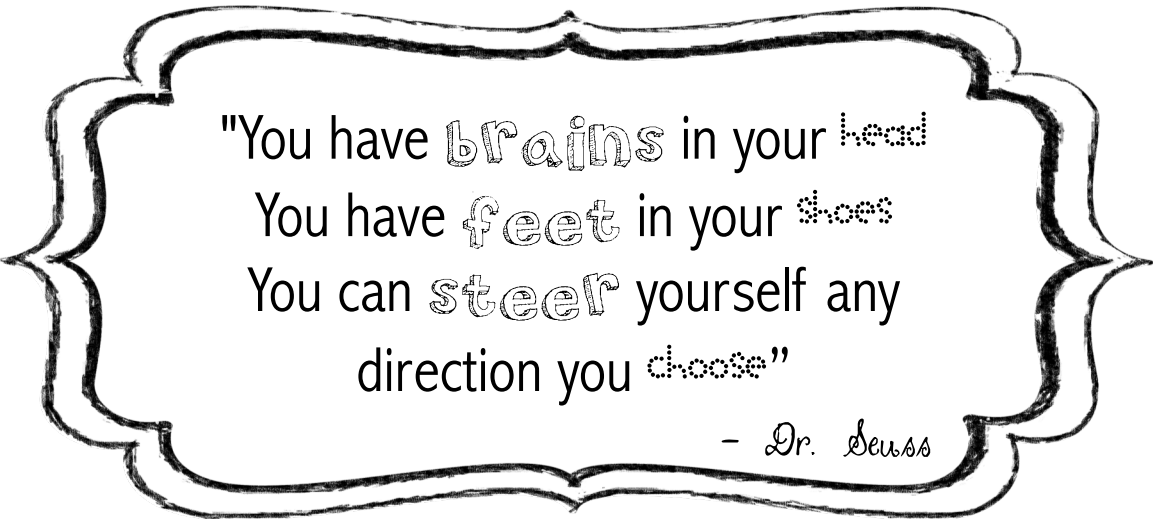
#SELPSAoftheweek



Hello there!



This is your friendly reminder that...



"You have **brains** in your **head**
You have **feet** in your **shoes**
You can **steer** yourself any
direction you **choose**"

- Dr. Seuss

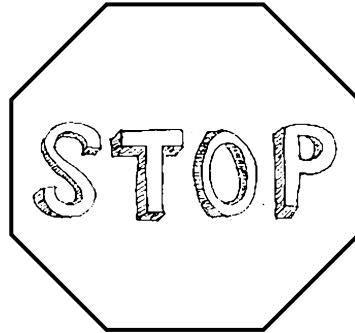
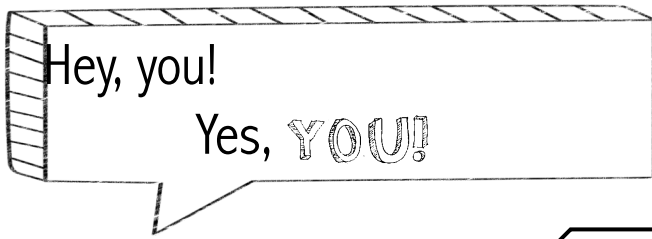
You have the **power** to:

- ... **change yourself**
- ... **change your future**
- ... **change the world**

#bethebestyoucanbe

#selfcare

#SELPSAoftheweek



Perspective Check: Where is your focus?

Negativity is a huge energy drain!

Put your energy into things that are in your control.

- Choose to focus on the positives
- Concentrate on the opportunities in front of you rather than the obstacles
- Create a positive vision/ plan moving forward

#freeyourmind

#selfcare

#SELPSAoftheweek



Sorry to distract you!

Hold on...

... What even counts as a distraction???

A distraction can be:

Positive (like delivery of free pizza): Grabs your attention, but does not interfere with your working memory or attention.

Negative (like a rude email):
Reduces activity in your brain regions associated with working memory and attention

A speech bubble with a rounded top and a pointed bottom, containing the text "In fact, research shows that positive distractions are associated with better brain performance and improved follow through." in a simple, hand-drawn font.

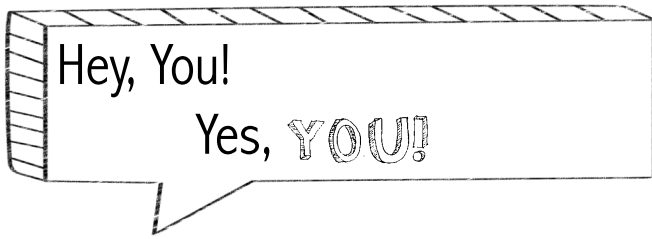
In fact, research shows that positive distractions are associated with better brain performance and improved follow through.

Self-created (like checking your Instagram): Also reduces activity in your brain regions associated with working memory and attention, but they are in your control!

#distractedmuch

#selfcare

#SELPSAoftheweek



Distraction control! Do you need to change the channel?



While there are some major distractions in life that require our full attention, many are just nuisances.

Control what you can and let the rest go!

Ask yourself:

- What is distracting me from being my best?
- What is my usual response to that distraction?
How is it working for me?
- What would my preferred response be?

Create a cue to help you re-focus on your preferred response

#letitgo 🎵

#selfcare

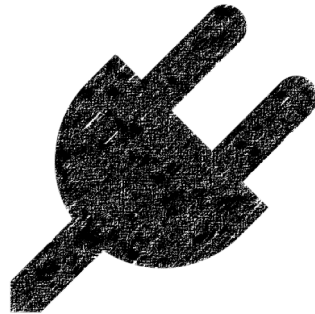
#SELPSAoftheweek

Hello there!

When is the last time you were truly
Unplugged?

A few good reasons to put down those electronics:

- ... more free time
- ... enhanced awareness
- ... increased productivity
- ... decreased anxiety
- ... better sleep



Try to focus on **face-to-face** connections
(video calling doesn't count)
and live in the moment more often.

#lifeunplugged

#selfcare

#SELPSAoftheweek