Center For Family Involvement

Unboxing Self-Care: It’s More Than You Think

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What is one thing you did to take care of yourself over the past month?

What is Self-Care?



SOMETHING THAT YOU DO FOR YOU



IT IS ABOUT WHAT WORKS FOR YOU



IT IS BOTH A LIFESTYLE AND AN EVENT.

Self-Care

Self-care is any deliberate activity or practice performed with the intention of promoting, maintaining, or restoring your physical, mental, and emotional health. It is a holistic, individualized approach to living well, managing stress, and preventing illness, rather than just an indulgent treat.

https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health

Categories of Self-Care

Self-care serves different purposes. Both types are valuable.

Distraction and Escape

- Provides a temporary break from stress
- Watch a favorite show or movie
- Read a novel
- Listen to music
- Play a game or enjoy a hobby
- Use social media mindfully

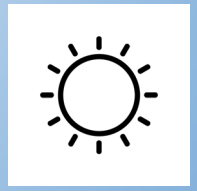






Restorative

- Recharge your mind and body
- Get enough sleep
- Exercise or stretch
- Practice Mindfulness
- Spend time in nature
- Connect with supportive people


Categories of Self-Care (continued)

What's inside your self-care boxes?

MAINTENANCE

What's inside this box?

- ✓ Consistent sleep
- ✓ Nutritious meals & hydration
- ✓ Regular movement
- ✓ Taking medications as prescribed
- ✓ Daily routines
- ✓ Personal hygiene

PREVENTION

What's inside this box?

- ✓ Healthy boundaries
- ✓ Scheduling breaks
- ✓ Managing stress early
- ✓ Asking for support
- ✓ Using vacation/PTO
- ✓ Protecting your time

Maintenance keeps you well. Prevention helps ensure you stay well.

Self-Care

How do I feel in this moment?

What makes me happiest?

What are the positives in my life?

What am I thankful for?

What brought me joy today? This week? This month?

What am I putting off?

What is making me feel down?

What do I love about me?

What is my mantra?

Do I follow the advice I give to others?

01

Daily Health Habits



02

Emotional Process feelings



03

Mental Calm & Focus



04

Social Support System



05

Restorative Recharge



My Self-Care Toolbox

What Helps You Bounce Back?

These protective factors help build resilience and support your well-being.



SUPPORTIVE RELATIONSHIPS

Connection with others who encourage, listen, and care.



REST

Quality sleep and time to relax help you recharge.



PHYSICAL HEALTH

Movement, nutrition, and taking care of your body.



PURPOSE

Having meaning and goals gives direction and motivation.



HOPE

Believing that things can get better fuels your resilience.



SELF-CARE

Deliberate actions that nurture your mind, body, and soul.



HUMOR

Laughter and finding the lighter side can lift and heal.



FLEXIBLE THINKING

Adapting to change, reframing challenges, and staying open.



You can't always control what happens, but you can nurture what helps you recover.

Which One Helps You Recover?

Think about the last time you faced a challenge.
What helped you bounce back?



Supportive Relationships
Connection, encouragement, and people who care



Rest
Sleep, breaks, time to relax and recharge



Physical Health
Movement, nutrition, and taking care of your body



Flexible Thinking
Looking at challenges from a new perspective



Purpose
Meaning, goals, and motivation



Humor
Laughter and finding the lighter side



Self-Care
Activities that nurture your mind, body, and soul



Hope
Believing that things can get better



Take a moment to reflect...



Put a ☆ next to the one that is currently your greatest strength.



Put a ✓ next to one you would like to strengthen.

There isn't one right answer. What helps you recover may be different from what helps someone else.


Before You Leave Today...
Purpose
Relationships
Gratitude
Growth
Coping Skills
Self-Care
Hope
Your Self-Care Toolbox
Keep filling your toolbox. One healthy choice at a time.