

Self-Care

Essential in the midst of a Pandemic

What is Self-Care?

- Act of working to protect, support and improve all aspects of your health.
- Taking care of yourself: Recognizing your own needs and taking the steps needed to fulfill them.
- Self-care is **not** selfishness.
- Self-care is **not** over-indulging .

The better you take care of yourself, the more you can help to support others. You can not serve from an empty vessel.

It is more about balance, rather than binge watching your favorite show or treating yourself to fast food whenever you want.

Over-indulging is the complete opposite of self-care and can lead to self-sabotaging, addictive and selfish behaviors.

Types of Self-Care

Physical

- Taking care of your body so that it doesn't shut down on you.

Emotional

- Getting in-tune with our emotions; allowing yourself to feel them without instantly trying to shut them off.

Physical self-care involves creating a balanced diet, rest, and implementing a way of movement that you enjoy into your life.

Intense emotions, such as anger sadness, jealousy, etc. are signals that something is not right – take the time to explore the why behind the emotion.

The key is not to get trapped in our emotions, because they are just feelings and they come and go. Emotional self-care helps you to be learn to be more compassionate with yourself and your emotions.

Types of Self-Care continued...

Mental

- Becoming more mindful of your triggers and thinking patterns, and finding ways to work through them, rather than bottling them up inside.

Spiritual

- Finding that which brings joy and builds our spiritual reserves.

Mental self-care moves beyond emotional self-care in that it's also about your mindset or the way you look at the world and the things and situations around you. Important to challenge our existing beliefs and views, and take the time to regularly point out all the things going right in your life, versus the things that are going wrong.

Jesus provides the perfect example of spiritual self-care, we see in scripture he was often surrounded by crowds of people, with lots of needs, but yet he also made time to pull away from the crowds for prayer and time alone with his Father.

How is Self-Care impacted during a pandemic

- Diminished amount or quality of sleep.
- Escalating societal anxiety and depression with the increased needs of family and friends.
- Outlets for emotional connectivity have substantially been reduced (i.e. church community, social gatherings).
- General perspective of 2020 is **ALL** NEGATIVE
- Questions around where is GOD and what is he doing; challenges to believers' FAITH.



Physical need for sleep.

Emotional needs (depression, grief, and hopelessness have crept in as more and more people have lost loved ones to the virus. Added stressors during the pandemic include but aren't limited to (additional responsibilities for childcare – teaching, principal, etc., systemic racism and social unrest nationwide via protest, job/housing insecurities, health complications and limited access to resources, presidential election year).

Simple Self-care ideas during the pandemic

- Keep in touch with loved ones (call, text, facetime, zoom, Whatsapp)
- Wash everyday (hair, shower/bath) whether you leave the house or not
- Tidy & Declutter - start with 1 room at a time
- Learn a new skill
- Practice Gratitude
- Writing a Self-Compassion letter
- Take a Savoring Walk

Self-isolation during a pandemic is difficult, so here are just a few self-care ideas that can be easily incorporated into your daily routine.

Learn a new skill: That new project you never had time for you can do now. Learn a new language, Start a you tube channel or blog, focus on personal development.

Practice Gratitude: Calling our attention to the small but significant good things in our lives)

Self-Compassion means directing toward yourself the same supportive and nurturant stance that you might direct toward somebody you were trying to support. Research self-criticism doesn't help people achieve their goals, but rather kindness to themselves, so include compassion and acceptance toward the part of yourself you dislike.

Savoring involves consciously redirecting our attention in the moment to the things that lead to or amplify our positive feelings. On a normal walk, you might be "in your head", planning what you'll do tomorrow or considering what happened yesterday . In contrast on your savoring walk, try to consciously look around, taking in the sights sounds and smells.