

# *Self care in time of pandemic*



FALL WORKSHOP  
VIA ZOOM

**Presented by  
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# About me



- \* Licensed Psychologist
- \* Health and Wellness Center at SAC
- \* Provide Psychological Counseling
- \* Workshops and Invited Lectures
- \* Clinical Supervisor at the Family Assessment Counseling Education Services.
- \* Private Practice

**CUT MY OWN DAMN HAIR!**



**THANKS COVID-19**

# Introduction

Why self care?

Self care is one of the most important step in managing your life.

- \* Reduce Stress and Beat Burnout
- \* A vaccine for stress (prevent) and also medicine (cure) for stress at the same time.
- \* Boosts your immunity, prevent illness and reduce sick time.
- \* Energy and productive.
- \* Raise quality of life.
- \* It's a necessity.

# Learning Objectives

You will learn:

- \* What self care is
- \* Psychology of self care and why we don't
- \* Practical ways to self care



# What is self care ?

When you hear the word self care, what image pops in your mind?

- \* Self care is \_\_\_\_\_
- \* Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health.
- \* It gives your mind and body time to rest, reset and renew. Imagine a car being driven day by day without rest. How long can it last for without maintenance?
- \* Reflects our self-worth

# Areas of Self Care

- \* **Physical**
- \* **Psychological**
- \* **Emotional**
- \* **Spiritual**

# Physical Self Care

Questions to ask:

Q. How's my posture?

Q. Drank enough water today?

Q. How do I feel? Tired, sleepy, energetic?

Q. Am I getting adequate sleep?

Q. Is my diet fueling your body well?

Q. Am I taking charge of my health?

Q. Do I move around enough?

Q. Am I taking enough safety measures to protect myself from virus?





# Psychological Self Care

Questions to ask:

Q. How well am I coping with daily life?

Q. Am I stimulating my mind with new things and expressing my creativity?

Q. Am I balancing thoughts with rest?

Q. Do I overthink?



# Emotional Self Care

Questions to ask:

Q. What emotional needs are not being met today?

Q. Can I identify the uncomfortable emotions like anger, anxiety, sadness, or guilt in my life?

Q. Can I acknowledge and express my feelings on a regular basis?

Q. Do I use addictive behavior to deal with them?

Q. Do I have healthy ways to process them?

Q. Do I have activities that help me feel recharged?



# Spiritual Self Care

Questions to ask:

Q. What questions do I have about my life and experience?

Q. Do I have spiritual practices that I find fulfilling?

Q. Do I make time for reflection in my life?

Q. Do I read spiritual literature periodically?

Q. Do I have a spiritual mentor or support?

Q. Do I have people I have not forgiven or angry at?

Q. Do I pray and meditate?

Q. Am I grateful for life?

Q. Do I spend time in nature regularly?



# When you don't self care

- \* Low energy
- \* Feeling hopeless
- \* Less patience / increased risk for fights
- \* Increased physical symptoms of stress
- \* Difficulty falling and staying asleep
- \* Worsening mental health symptoms like depression or anxiety.
- \* Feeling “burnout”
- \* Difficulty concentrating
- \* Reduced performance at work
- \* Less motivation to engage in social activities



# Why we don't self care

- \* #1: We think self-care isn't that important. Not priority.
- \* #2 Too busy: Don't have time for self-care but have time for everyone and everything else.
- \* #3 Don't have money
- \* #4 Attachment to unhealthy behavior.
- \* #5 Thinking it's selfish.



I ♥ ME



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# Self Neglect Behavior

- \* Treating yourself like a *robot* rather than a person.
- \* Eating food without really looking at it or skipping meals.
- \* Being emotionally stingy. Shutting out your feelings.
- \* Not setting appropriate boundaries at work or at home, doing other people's work.
- \* Not taking vacations or breaks when you're working.
- \* Using food, alcohol, sex, drugs, or internet to *zone out*.
- \* Not getting enough sleep.



# Pause





# Imagine



# Let's begin

- \* **1.** List the self-care habits you are using now to manage stress and stay healthy:
- \* **2.** List the self-care habits you would like to practice

# Step 1

- \* Start with where you are. Find your self care activity you want to work on.
- \* Add that to your life. Schedule that in.
- \* Helpful questions:
  - Q. How can I drink more water today?
  - Q. How can I add a little more movement to my life?
  - Q. How can I find 2 minutes of stillness today?
- \* Ask yourself the question every day.
- \* Post them.



# Step 2

Pause and Check in regularly with your intentions.

- Find a quiet place where you can be undisturbed.
- Take three deep slow breaths.
- Notice sensations in the body.
- Ask yourself internally: “how am I right now?” and “what do I need?”
- Keep breathing deeply as you listen to the response from your inner voice. May write in journal.
- Decide on any action you need to take for yourself.



# Step 3

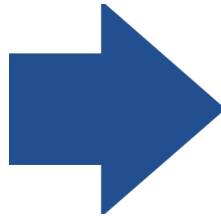
- \* Start Small Try just 5 or 10 minutes a day, or one extra glass of water, for example. Your first steps should feel almost effortless.



# Step 4

- \* “This for That”.

Sub out unhealthy choice for a healthier one. You really don't need more time for self-care. You just need to swap something out for it. And these power-ups can make all of the difference.



# Step 5

## Create a SELF CARE TOOLKIT

- \* Touch: Soft blanket or stuffed animal, ice packs, weighted blanket, rock
- \* Smell: Lavender or eucalyptus oil, Hot tea
- \* Vision: Vacation photos, water colors, painting
- \* Taste: Mint gum, lemon water, tea, healthy smoothie, dark chocolate, fruits.
- \* Hearing: Comforting music, sound of nature.
- \* Body movement: Small swing or rocking chair

### Multi sense:

- \* Journal
- \* Inspirational book
- \* Mandala coloring book
- \* Blowing bubbles
- \* Bath





\* *“Accept yourself. Love yourself as you are. Your finest work, your best movements, your joy, peace, and healing comes when you love yourself.*

\* *-----Melodie Beattie*



Thank You



*The End*