

Self Care



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Welcome

Professional Learning!

- Are you a professional attending tonight's webinar?
- Would you like a certificate of attendance for your professional body?
- Would you like a certificate for your personal records?
- Please answer the following questions and email them to us reception@bcbm.com.au and we will forward you a certified certificate.

- 1. What are the 6 common areas of self care?**
- 2. What are 3 common myths related to self care?**
- 3. What are 3 long term risks of neglecting selfcare?**

Myths about Self Care

- You have to 'do' self care
- If your self care doesn't look like mine – it isn't self care
- The same thing works all of the time
- Self care is set and forget
- Self care is selfish and self centered
- The effects of self-care are temporary
- Self-care is just for women
- Self-care takes too much time
- Self-care is doing anything that soothes you
- I can't afford it

Risks of neglecting Self Care

- Depression/Anxiety
- Weight gain or loss
- Lack of mental clarity
- Difficulty in relationships
- Difficult trusting others and self
- Addiction
- A tendency to value instant gratification
- Fatigue-related insomnia
- Poor hygiene
- Low self-esteem

Interoceptive Awareness

- So busy
- So tired
- Suppress our needs

6 Areas of Self Care

- Physical
- Psychological/ Emotional
- Social
- Spiritual
- Professional
- Online

Physical

- Eat healthy foods
- Take care of personal hygiene
- Exercise
- Wear clothes that help me feel good about myself
- Eat regularly
- Participate in fun activities (e.g., walking, swimming, dancing, sports)
- Get enough sleep
- Go to preventative medical appointments (e.g., check-up's, teeth cleanings)
- Rest when sick
- Overall physical self-care

Psychological/Emotional

- Take time off from work, school, and other obligations
- Participate in hobbies
- Get away from distractions (e.g., phone, email)
- Learn new things, unrelated to work or school
- Express my feelings in a healthy way (e.g., talking, creating art, journaling)
- Recognize my own strengths and achievements
- Go on vacations or day-trips
- Do something comforting (e.g., re-watch a favourite movie, take a long bath)
- Find reasons to laugh
- Talk about my problems

Social

- Spend time with people who I like
- Call or write to friends and family who are far away
- Have stimulating conversations
- Meet new people
- Spend time alone with my romantic partner
- Ask others for help, when needed
- Do enjoyable activities with other people
- Have intimate time with my romantic partner
- Keep in touch with old friends

Spiritual

- Spend time in nature
- Meditate
- Pray
- Recognize the things that give meaning to my life
- Act in accordance with my morals and values
- Set aside time for thought and reflection
- Participate in a cause that is important to me
- Appreciate art that is impactful to me (e.g., music, film, literature)
- Do something for a friend

Professional

- Improve my professional skills
- Say “no” to excessive new responsibilities
- Take on projects that are interesting or rewarding
- Learn new things related to my profession
- Make time to talk and build relationships with colleagues
- Take breaks during work
- Maintain balance between my professional and personal life
- Keep a comfortable workspace that allows me to be successful
- Advocate for fair pay, benefits, and other needs
- Consider your next steps and bucket list

Online

- Have boundaries around the amount of time you spend on social media, when and where
- Watch out for emotional engagement in debates and topics
- Only engage with people who fill your cup
- Have an alternative to social media for self care
- Impacts sleep

Next steps

You will be emailed a self care assessment tool based on tonight's presentation.

- Complete the assessment
- Choose one thing to work on
- Email reception@bcbm.com.au what you are going to work on

Where to get Self Care support

Each

1300 003 224

www.each.com.au

Carer Gateway

1800 422 737 www.carergateway.gov.au

Disability specific support groups- if they currently exist

Online

GP

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Question Time

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