



ADDRESSING THE SIGNS AND EXPERIENCES THROUGH SELF CARE

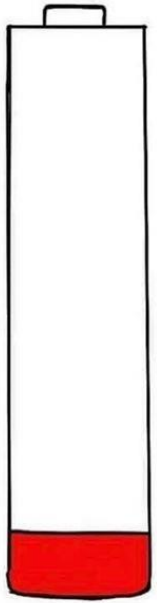
SASKATCHEWAN ASSOCIATION OF SOCIAL
WORKERS

Learning Objectives



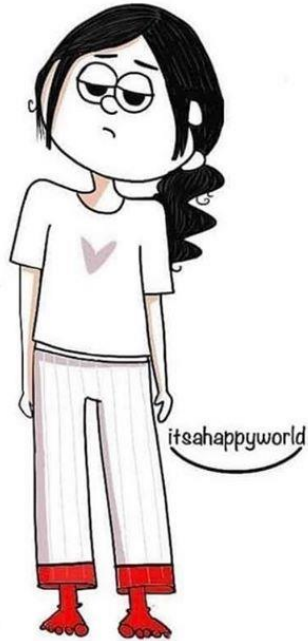
- Understand the role of a self care plan in CF/EF and burnout
- What are the self care needs from a biopsychosocial and spiritual cultural perspective?
- What are the self care needs from the environmental perspective of CF/EF and burnout?
- Develop a personal self care plan? Is a professional self care plan needed?
- What do these plans include, in order to meet each need?

YOU WOULDN'T LET
THIS HAPPEN TO
YOUR PHONE.



SELF-CARE IS A PRIORITY.
NOT A LUXURY.

DON'T LET THIS
HAPPEN TO
YOU EITHER.



WHAT IS SELF CARE?

Beyond the Buzzword

Self-care

isn't just drinking water
and going to sleep early.
Self-care is taking a break when
things become overwhelming,
saying no to things you do not
want to do, allowing yourself to
cry, asking for help from those
around you, doing things
that make you happy.

—TheDailyReminders

tinybuddha.com

A small amount of
self-care is better
than no amount of
self-care.

—

Heather Tuba

www.heathertuba.com

Balance isn't fitting
everything in. It's starting
with what's important and
letting everything else fall
where it will.

-Erica Layne



SIMPLY WELL BALANCED



SELF CARE FROM THE ASSESSMENT MODEL

Bio Psycho Social Emotional

Spiritual/Cultural

Environmental

HEALTHY LIFESTYLE



FITNESS & EXERCISES



HEALTHY FOOD & WATER



REGULAR MEASUREMENT



MEDICAL EXAMINATION

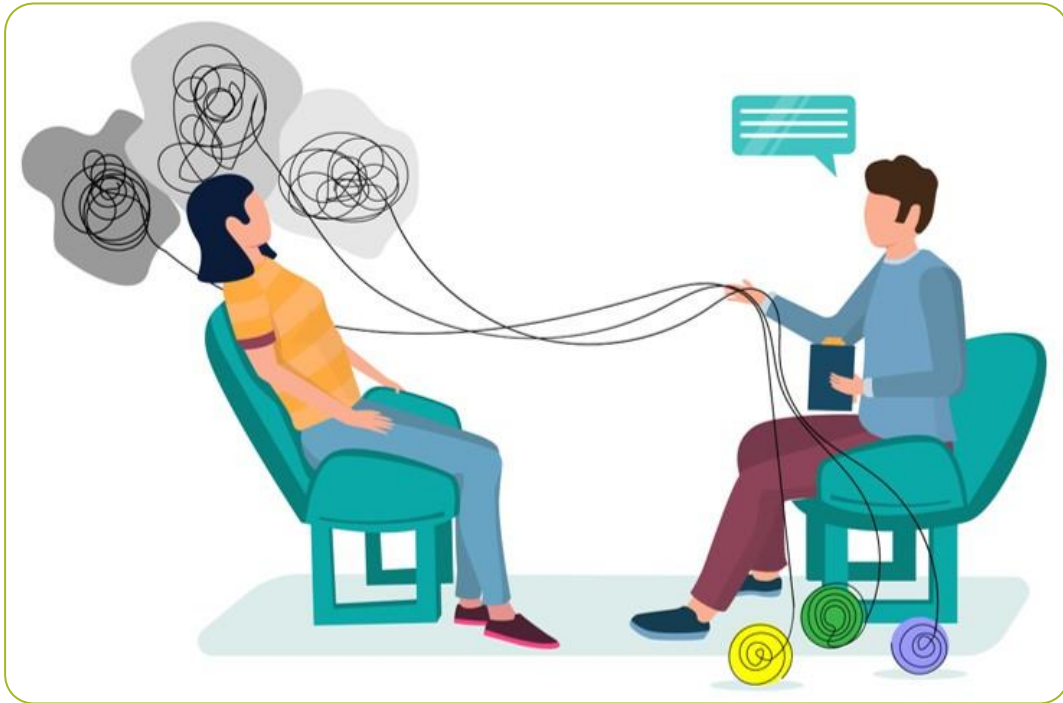


ACTIVE LIFESTYLE



RELAXATION & SPA

Biological or Physical



Mental Health



Emotional Health



Social Life





SPIRITUAL CULTURAL LIFE



Environmental Factors

Using vacation time and personal time

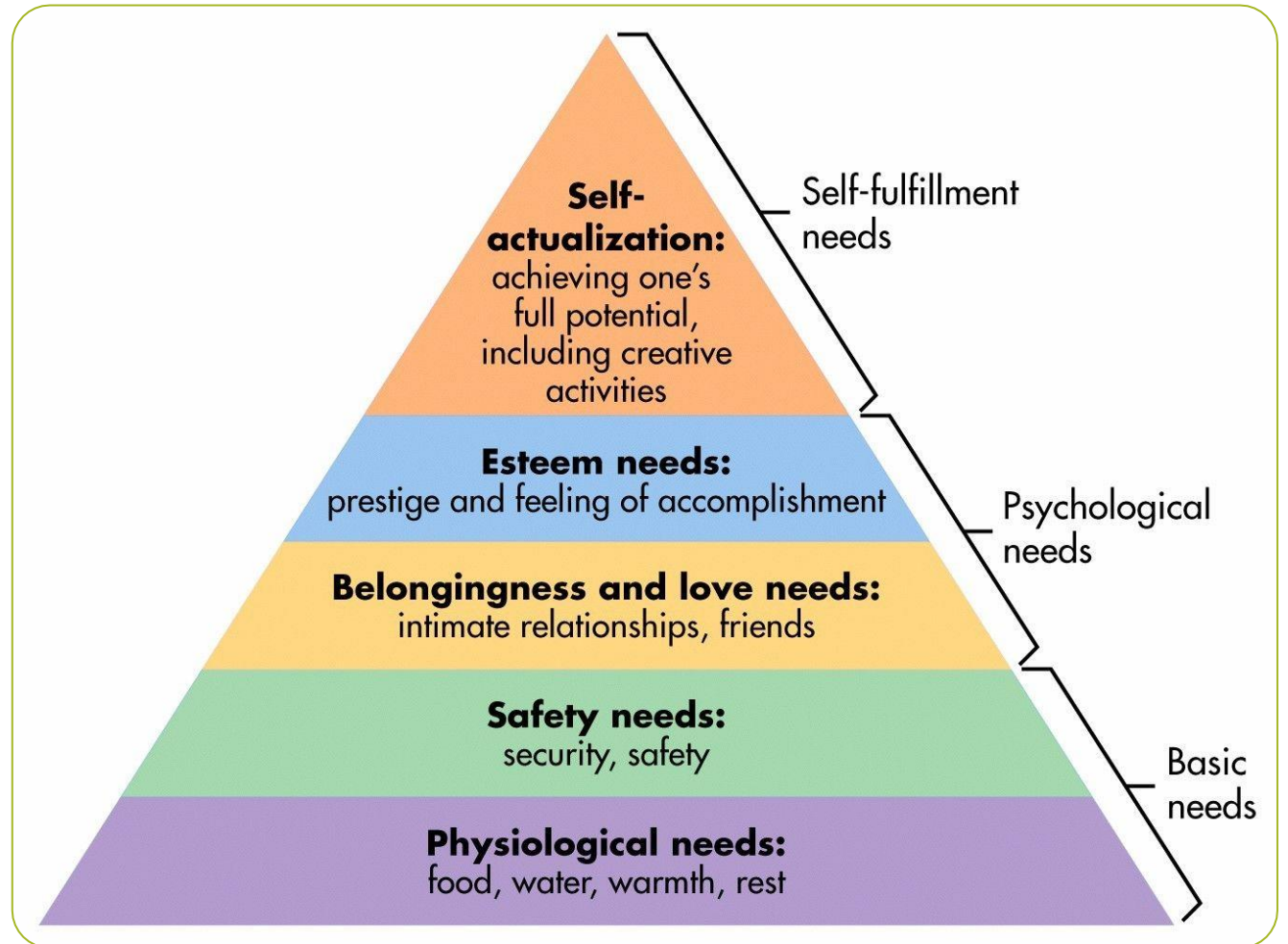
Use of sick time as needed

Caseload number and intensity

Leaving work at work

What is in your control?

Are you honouring your needs?





**LET'S LOOK AT
AN ECOMAP
FOR OURSELVES**



SELF-CARE IS
SLOWING DOWN
ENOUGH TO LISTEN
TO AND HONOR
YOUR NEEDS TO REST
AND RESTORE

JulieBjelland.com

Is it a want or need?
Can it be both?

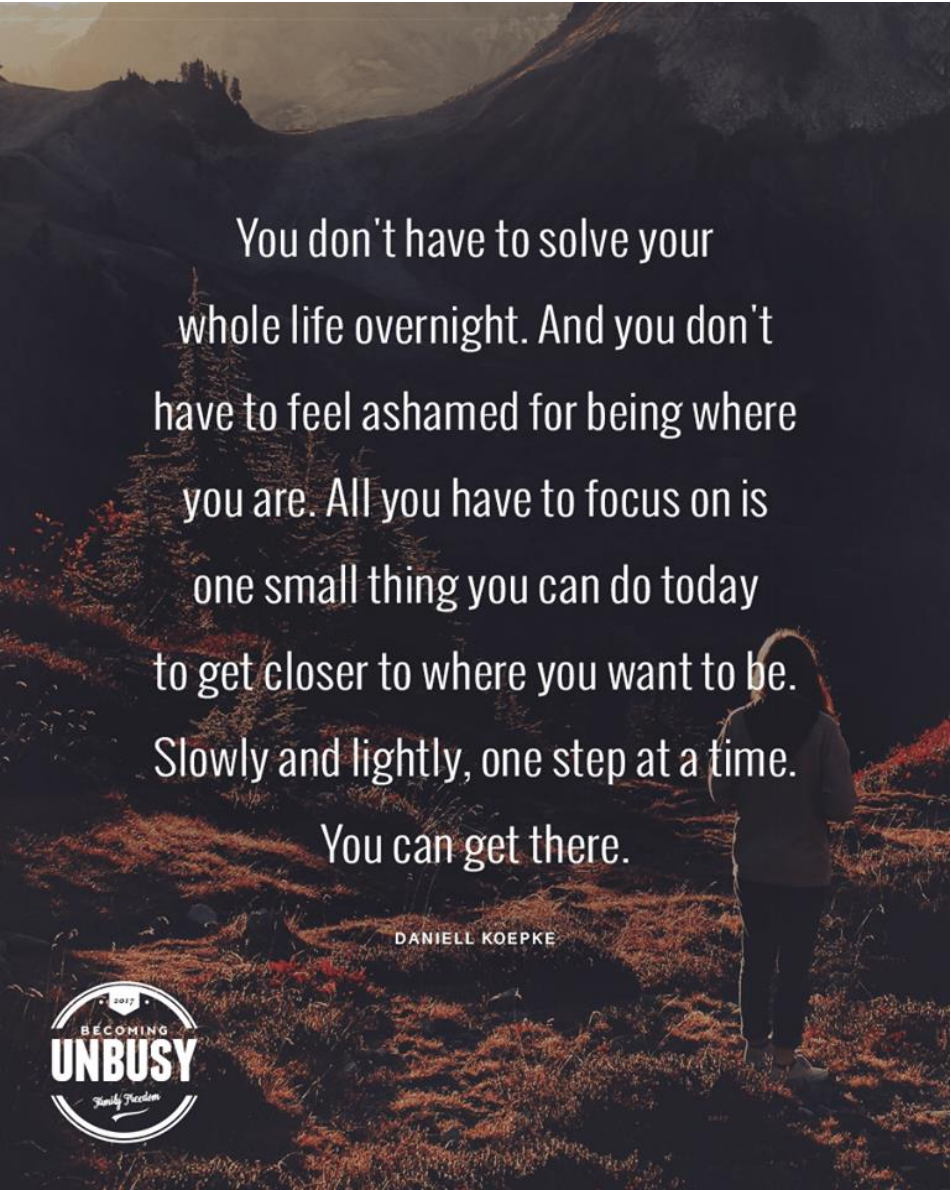


**Let's get to
the doing?**



Let's get to
the doing?





You don't have to solve your
whole life overnight. And you don't
have to feel ashamed for being where
you are. All you have to focus on is
one small thing you can do today
to get closer to where you want to be.
Slowly and lightly, one step at a time.
You can get there.

DANIELL KOEPKE





Learning Outcomes

- The importance of self care plan.
- The perspective of the assessment model for self care.
- The importance of a plan.
- What you want/need to work on?



Reflection/Conversation Starters

What is your self care plan?

Why is important to have a plan?

How do you identify when you are needing to increase your self care?

What do you do when you stop having a really good days?

What do you need vs what do you want?

THANKS AND QUESTIONS

Trina Hodgson, Registered Social Worker

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