

# Self-Care

2022 Webinar Series



One of the greatest values of mentors is the ability to see ahead what others cannot see and help them navigate a course to their destination.

John C. Maxwell

## Self Care Defined

- The practice of taking action to preserve or improve one's own health
- The practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.

How do you define self-care?

*Self care is about learning to listen to yourself. Your Body, Your Mind, Your Spirit.  
And bring yourself enough to give each part what it needs to heal.*

## Why is Self Care important

In the event that there is an emergency and oxygen is required you **MUST** put on your oxygen mask first before applying it to those who need assistance. This is a practical application to self care. You need to take care of yourself **FIRST** before you can help those around you that need assistance.

# The Consequences

When we do not prioritize self-care it can cause the following issues

- stress and anxiety
- physical fatigue
- difficulty concentrating
- physical sickness and disease
- mental and emotional breakdowns
- reduced performance or productivity
- Worsening Mental Health Symptoms
- burnout
- hopelessness

What other issues can arise when we are not caring for ourselves well?

*An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly. -Unknown*

## What Self care looks like?

- Taking a step back
- asking for help
- spending time alone
- putting yourself first
- asking for what you need
- setting boundaries
- staying at home
- saying "no" without feeling the need to explain why
- forgiving yourself
- taking the time to exercise
- reading a good book
- retreating
- doing something you love to do
- spending time with those who energize you
- eating healthy, nourishing meals
- Being in Nature
- Spending time with God

Which of these do you have as a part of your routine?

Which would you like to add? How would you implement them?

Are there things not on the list that you can do to care for yourself better?  
How would you implement them?

***Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. Matthew 11:28-30***

## Overcome Obstacles.

What are some obstacles you face when it comes to self-care?

# Identify the obstacles in your way.

**Obstacles:** a thing that blocks one's way or prevents or hinders progress.

- Opposition
- Limiting beliefs
- lack of self esteem
- Needs of others
- lack of margin
- busyness (self inflicted)
- Distractions beyond the needs of others

## Exodus 18:17–18 (Whole passage Exodus 18)

Moses' father-in-law replied, "What you are doing is not good. You and these people who come to you will only wear yourselves out. The work is too heavy for you; you cannot handle it alone.

## Strategies for implementing self care

1. Identify what you need for care for yourself. Make sure to consider ways you find rest and rejuvenation in your physical body, emotional being and spirit.
2. Remove the obstacles that keep you from caring for yourself as you need. You may need to delegate or say no to things that are not yours to carry.

What things do you do that drain you of your energy or that you simply do out of obligation and duty.

3. Schedule time for rest and selfcare into your calendar so that you can care for yourself in your Body Soul and Spirit. All three are connected and are impacted if you neglect one or the other.

You are important and you need to give yourself priority in your day, week, month and year. Decide what frequency you would like to do certain restful activities.

4. Be consistent, even when others push back and oppose the step towards healthy living for yourself, do not let others convince you that it is meaningless or that it is selfish.

You may not see the results immediately but as you prioritize self care you will see the changes in your life.

Have there been thing you have implemented before and then stopped because you were doing better, only to find that you are back on the path to burnout? How can you remind yourself to keep your self-care habits?

## The results of living a life prioritizing self care.

**Results:** a consequence, effect or outcome of something.

- energy, vitality
- able to sleep peacefully
- Healing
- Health in your body, soul and spirit
- More capacity to help those around you in need
- freedom
- Start to love yourself and place value on yourself
- pursue your purpose
- more fulfilled
- mental health improves

What are some other results that can occur as a result of prioritizing self-care?

Self care is not selfish, it is simply good stewardship of the only gift I have. The gift I was put on earth to offer others. - *Parker Palmer*

## Activation

### LISTEN TO YOUR SELF AND WHAT YOU NEED

Recognizing what you need and fuels you in every area of your life will help in implementing Self care into your everyday routine.

You can brain storm the things that bring you life or write them down in specific categories such as in your Body, soul and spirit.

Once you have listed all the ways that you feel rested and rejuvenated then carve out time in your daily, weekly and monthly routines to make time for self care.

# 4 Keys to Remember

- 01 YOU CANNOT SERVE THOSE IN YOUR LIFE IF YOUR OWN TANK IS EMPTY. PUT YOUR OXYGEN MASK ON FIRST
- 02 DONT LET OBSTACLES STAND IN YOUR WAY OF CARING FOR YOURESLF. IT WILL BE THE GREATEST GIFT THAT YOU CAN OFFER OTHERS.
- 03 WHEN YOU CARE FOR YOURSELF FIRST YOU WILL HAVE MORE CAPACITY TO HELP OTHERS AND WILL BE ABLE TO DO SO WITH GREATER PURPOSE AND EFFICIENCY
- 04 YOU MAY BE DOING THINGS THAT YOU WERE NEVER DESIGNED TO DO. IT IS OKAY TO DELEGATE THOSE THINGS TO OTHERS THAT ARE DESIGNED FOR THOSE PURPOSES

Self Care is an act of Self Love!

## Contact Information

For Support, Mentorship and  
Resources

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