

Self-Care and Stress Management Techniques



OBJECTIVES

At the end of this unit, participants will be able to:

- Describe why self-care is critical to patient care and a part of practicing trauma-informed care
- Explore six common types of self-care
- Develop a self-care plan for home and work
- Practice self-care



INSTRUCTIONS

1. Welcome participants and review objectives.
2. Provide an overview of self-care (slides 3–4).
3. Show the video “People Share Their Self-Care Routines.” <https://www.youtube.com/watch?v=VUKPrSMmbzc&t=6s>
4. Review types of self-care (slides 5–10).
5. Distribute the Self-care Wheel handout and encourage participants to complete it (slide 11 provides an example).
6. Wrap up. Review types of self-care. Encourage participants to incorporate self-care into their work day. Self-care routines may need to change over time. Close with the video “5 Ways to Practice Self-Care At Work,” <https://www.youtube.com/watch?v=nJgXdiperVc> and if time, end with a hand massage as an example of a quick, relaxing, self-care technique.

Video: Self Hand Massage. <https://www.youtube.com/watch?v=6wUWDIfSQN8>.



Method(s) of Instruction

Brief presentation, group discussion, hands-on activity



Estimated time

15–30 minutes



Key Concepts

Self-care, advocacy, interpersonal communication, supportive supervision



Materials

- Computer with internet access and projector
- PowerPoint slides
- Self-care aid—hand lotion

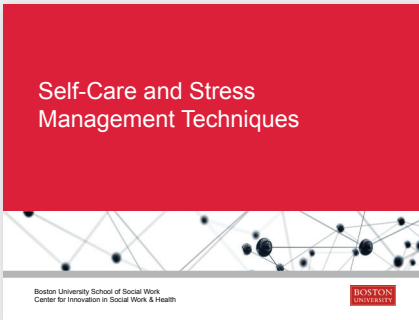
Videos on self-care:

- People Share Their Self-Care Routines <https://www.youtube.com/watch?v=VUKPrSMmbzc&t=6s>
- 5 Ways to Practice Self-Care at Work <https://www.youtube.com/watch?v=nJgXdiperVc>
- Self Hand Massage <https://www.youtube.com/watch?v=6wUWDIfSQN8>

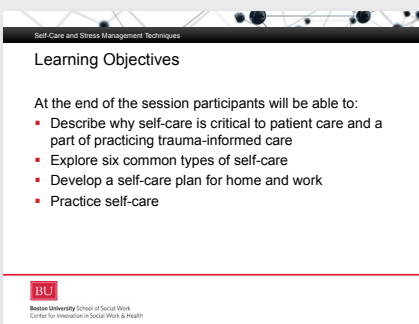
Handouts

- Create Your Own Self-care Wheel

Self-Care and Stress Management Techniques

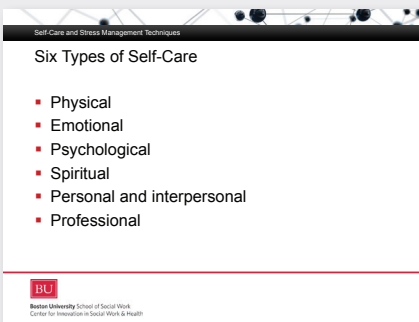


SLIDE 1



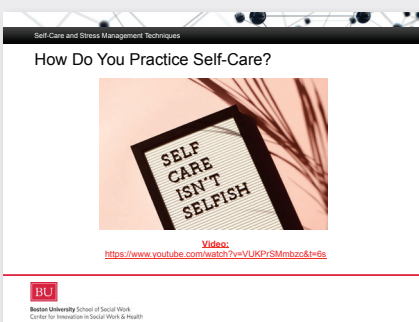
SLIDE 2

Review the objectives.



SLIDE 3

Review the slide.



SLIDE 4

Ask participants for a few ways they practice self care.

Watch the video: <https://www.youtube.com/watch?v=VUKPrSMmbzc&t=6s>

Self-Care and Stress Management Techniques

Self-Care and Stress Management Techniques

Physical Self-care

- Eat
- Move, dance
- Sleep, take a nap
- Check in with yourself – (e.g., mindfulness)

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SLIDE 5

Review the slide.

Self-Care and Stress Management Techniques

Emotional Self-care

- Take compliments from others and give some to yourself everyday
- Be selfish once a day
- Aim to be device free for at least one waking hour every day
- Practice acceptance and forgiveness
- Relaxation techniques – listening to music, sewing

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SLIDE 6

Emotional self-care is identifying, accepting and expressing a range of feelings. By focusing on your mental/emotional self-care, you can build resilience, lessen stress and anxiety, and cultivate an overall feeling of being capable and successful.

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Psychological Self-care

- Take a couple of minutes each day to pay attention to your inner experience (thoughts, feelings, attitudes)
- Engage your intelligence in other topics – music, art, language – not work related
- Learn to ask and accept help
- Clinical supervision

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SLIDE 7

Review the slide.

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Spiritual Self-care

- Understand your authentic self
- Identify what's important to you
- Try meditation
- Try yoga
- Read

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SLIDE 8

There are many ways to define spirituality, as it means different things to different people. Spirituality focuses on cultivating a sense of peace, self-love and purpose, not only within yourself but within the earth and the universe that is all around you. Finding your own understanding and practice of spirituality can be of great benefit to your life, as it helps you gain perspective and comfort, enables you to focus on the bigger picture, understand more of the why, disconnect from the modern world, and detangle yourself from a love of material possessions. Whatever you do, make it meaningful to you.

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SLIDE 9

Review the slide.

Self-Care and Stress Management Techniques

Personal and Interpersonal (Social) Self-care

- Make a plan
- Learn something new
- Cultivate your creative side
- Nurture your social connections – family and friends

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SLIDE 10


Read the slide.


Video—self care at work: <https://www.youtube.com/watch?v=nJgXdiperVc>

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Professional Self-care

- Set boundaries
- Seek supportive supervision




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SLIDE 11


Distribute the handout, Self-care worksheet, and give participants a few minutes to complete it.

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Activity: Make Your Own Self-Care Plan



<https://www.su.ualberta.ca/media/uploads/857/Selfcare.pdf>


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SLIDE 12

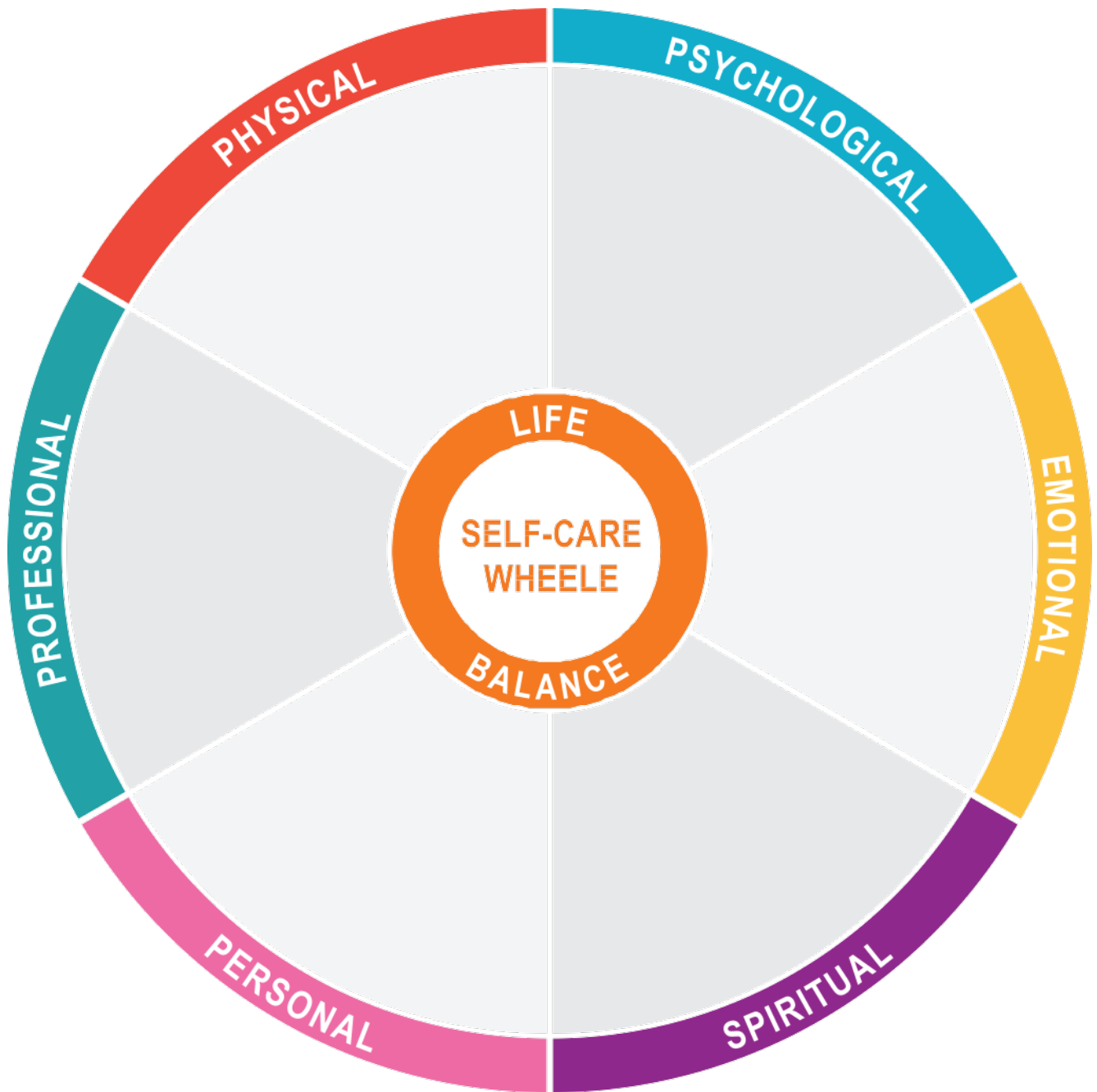
Ask for a volunteer to read each bullet on the slide, and share the web resource with participants.

Self-Care and Stress Management Techniques

- Self-care is personal.
- Do what feels right to you.
- Self-care can look different at different stages of your life.

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Create Your Own Self-Care Wheel



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