

Case Management Series: Self Care

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Everyone deserves a suitable, affordable home!




WE'RE PROUD TO OFFER PROFESSIONAL
CONSULTING SERVICES

In the areas of affordable housing, fair housing, ending homelessness, & related issues

Webinar Logistics

- Participants are muted
- Enter your questions in the box in your webinar panel
- Handouts are available with this webinar
- Forgot to ask a question or want to ask privately?
Email me at rosado@flhousing.org
- This webinar is being recorded and will be available
at www.flhousing.org
- A survey will immediately follow the webinar; **please**
complete it! Thanks!



SELF-CARE

“Your relationship with yourself sets the tone for every other relationship you have”

YOU HAVE TO SECURE YOUR MASK FIRST BEFORE HELPING OTHERS!



IMPACT OF POOR PSYCHOLOGICAL HEALTH



- Back pain
- Change in appetite
- Chest pain
- Constipation or diarrhea
- Dry mouth
- Extreme tiredness
- General aches and pains
- Headaches
- High blood pressure
- Trouble sleeping
- Lightheadedness
- Palpitations (the feeling that your heart is racing)
- Sexual problems
- Shortness of breath
- Stiff neck
- Sweating
- Upset stomach
- Weight gain or loss

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How Do We Find Happiness?



FINDING YOUR CORE VALUES

FINDING YOUR CORE VALUES

Who do you look up to? What values do they possess?

What are three things you dislike? (dishonesty, cheating, etc.)

What are the values you can see being relevant 100 years from now?

What would you want to pass down to your children?

What three things would you want people to remember about you?

PRIORITIZING

Spiritual Connection

- Meditation
- Prayer
- Insp. Readings

Integrity

- Honest
- Work Ethic
- Excellence

Compassion

- Helping Others
- Family
- Giving

FILE 13



IDENTIFYING SOURCES OF STRESS

I've attached a list of stressors as a handout.

E – Eliminate: Mark E for any stressor you may be able to eliminate

R – Reduce: Mark R for any stressor you may be able to reduce

C – Cope: Mark C for any stressor you may be able to cope with



DBT SKILL EMOTION REGULATION

Reducing Emotional Vulnerability

ABC PLEASE SKILLS



Accumulate Positive Emotions



Build Mastery



Cope Ahead



PLEASE

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ACCUMULATING POSITIVE EMOTIONS: SHORT TERM

- Build Positive Experiences NOW
 - Pleasant events!
 - AVOID AVOIDING
- Be mindful of positive experiences
 - Focus on positive moments – no multitasking
 - Participate and Engage
- Be unmindful of worries
 - Stop thinking of expectations
 - Redirect your mind when it turns negative



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PLEASANT EVENTS



- | | |
|---|---|
| <input type="checkbox"/> Going to a movie | <input type="checkbox"/> Singing loud |
| <input type="checkbox"/> Reading a magazine | <input type="checkbox"/> Go to the beach |
| <input type="checkbox"/> Listening to music | <input type="checkbox"/> Go to place of worship |
| <input type="checkbox"/> Walking in nature | <input type="checkbox"/> Play a sport |
| <input type="checkbox"/> Yoga | <input type="checkbox"/> Go for a drive |
| <input type="checkbox"/> House Projects | <input type="checkbox"/> Try a new hobby |
| <input type="checkbox"/> Take care of plants | <input type="checkbox"/> Daydream |
| <input type="checkbox"/> Do something spontaneous | <input type="checkbox"/> Read nonfiction |
| | <input type="checkbox"/> Pat yourself on the back |

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ACCUMULATING POSITIVE EMOTIONS: SHORT TERM

1. Identify one value to work on now
2. Identify a few goals related to this value
 1. Meditate daily
 2. Find a volunteer position
3. Work on **one** goal
4. Take **one** action step



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BUILD MASTERY

1. Plan on doing at least one thing daily to build sense of accomplishment
2. Plan for success, not failure
3. Gradually increase the difficulty over time
4. Look for a challenge



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COPE AHEAD

1. **Describe** the difficult situation
2. **Decide** what coping or problem-solving skills you can use
3. **Imagine** the situation
4. **Rehearse** handling it effectively
5. **Practice** relaxation after rehearsing



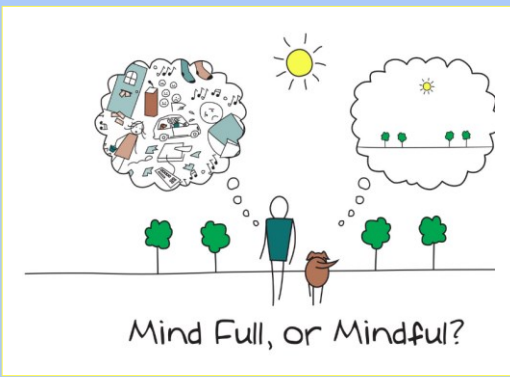
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PLEASE SKILLS

- Treat **P**hysical **I**llness
- Balance **E**ating
- Avoid Mood-**A**ltering Substances
- Balance **S**leep
- Get **E**xercise



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


PRO TIPS

- ✓ Intentional Mornings
- ✓ Plan the night before
- ✓ Schedule "To Dos" in your calendar
- ✓ REST when you are sick
- ✓ Take a mental health day
- ✓ Commit 1 hour per week to personal and professional development



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| B | I | N | G | O |
|---|--|--|---|--|
| EAT A SALAD FOR LUNCH  | GET 8 HOURS OF SLEEP  | EXERCISE FOR 30 MINUTES  | DRINK 3-8 OZ. GLASSES OF WATER  | POSITIVE AFFIRMATIONS <small>See List</small> |
| SPEND 30 MINUTES IN NATURE  | PRACTICE GUIDED MEDITATION FOR 15 MINUTES  | READ IN A BOOK OR MAGAZINE  | EAT A HEALTHY BREAKFAST  | EAT 3 SERVINGS OF FRUITS/VEGETABLES  |
| TAKE A WALK  | WRITE A LIST OF WHAT YOU ARE GRATEFUL FOR (JOURNAL)  | ATTEND A WORKOUT CLASS  | SEND A CARD TO A FRIEND  | EAT A SALAD FOR LUNCH  |
| DRINK (3) 8 OZ. GLASSES OF WATER  | POSITIVE AFFIRMATIONS <small>See List</small> | PRACTICE GUIDED MEDITATION FOR 15 MINUTES  | DO SOMETHING YOU LOVE  | GET 8 HOURS OF SLEEP  |
| ATTEND A WORKOUT CLASS  | EAT 3 SERVINGS OF FRUITS/VEGETABLES  | EAT A HEALTHY BREAKFAST  | TAKE A WALK  | PLAN FOR THE FUTURE  |



If your compassion does not include yourself, it is incomplete.

— Jack Kornfield
