



# SELF CARE DURING TIMES OF UNCERTAINTY

STAYING GROUNDED TO  
EFFECTIVELY HELP OTHERS

1. BACK TO BASICS: DISCUSS  
SELF CARE TECHNIQUES  
THAT MAXIMIZE RESILIENCE  
AND SUPPORT LEADERSHIP  
AND ENGAGEMENT

OBJECTIVE FOR TODAY

## OBJECTIVE

1. IMPLEMENT BEST  
PRACTICE SELF CARE  
TECHNIQUES TO  
MANAGE PERSONAL  
WELLNESS DURING  
COVID-19



THE SCIENTIFIC STUDY OF HUMAN FLOURISHING, AND AN APPLIED APPROACH TO OPTIMAL FUNCTIONING.

IT HAS ALSO BEEN **DEFINED** AS THE STUDY OF THE STRENGTHS AND VIRTUES THAT ENABLE INDIVIDUALS, COMMUNITIES AND ORGANIZATIONS TO THRIVE.

WHAT IS POSITIVE PSYCHOLOGY

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USING THE TIME  
TO DEVELOP NEW  
HABITS OR  
ENHANCE  
EXISTING ONES

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CHECKING IN WITH  
YOURSELF

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# WHAT ARE MODIFIABLE LIFESTYLE FACTORS?

FOCUS ON THE  
WHOLE SELF





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1. SLEEP AND RELAXATION
  2. MOVEMENT
  3. NUTRITION
  4. STRESS
  5. RELATIONSHIPS

MY RELAXATION  
TECHNIQUE 😊



# SLEEP AND RELAXATION

BOOSTING THE IMMUNE SYSTEM, RENEWING THE MIND, REGENERATING THE SPIRIT

Most people don't get enough  
Reduces inflammation, a major impact on overall wellness  
Necessary to keep immune system healthy

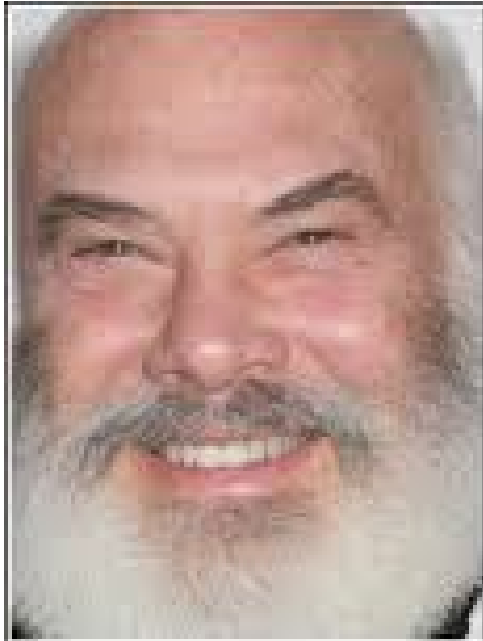


WHAT ARE SOME  
SIGNS FOR YOU THAT  
YOUR SLEEP IS NOT  
OPTIMAL?

CHAT QUESTION

## TIPS FOR IMPROVING SLEEP



1. MAINTAIN A REGULAR SLEEP SCHEDULE
2. ESTABLISH A REGULAR, RELAXING BEDTIME ROUTINE
3. CREATE A SLEEP CONDUCIVE ENVIRONMENT
4. FINISH EATING 2-3 HOURS BEFORE BEDTIME IF POSSIBLE
5. IF YOU EXERCISE, DO SO THREE HOURS BEFORE BEDTIME
6. AVOID CAFFEINE, NICOTINE AND ALCOHOL BEFORE BEDTIME  
(CAFFEINE SENSITIVITY VARIES FROM PERSON TO PERSON)
7. TRY KEEPING A SLEEP DIARY, APP, ASSISTED TECHNOLOGY
8. CONTROL LIGHT EXPOSURE
9. STOP USING ELECTRONICS ONE HOUR PRIOR TO BEDTIME
10. BELLY BREATHING AND VISUALIZATION




If I had to limit my advice on  
healthier living to just one tip, it  
would be simply to learn how to  
breathe correctly.

— *Andrew Weil* —

AZ QUOTES



CHEST BREATHING  
INHALING MORE THAN  
EXHALING  
RAPID BREATHING  
SHALLOW BREATHING



FOUR  
POTENTIALLY  
PROBLEMATIC  
BREATHING  
STYLES

CHEST  
BREATHING

COMMON STRESS  
RESPONSE  
CREATES TENSION AND  
TIGHTNESS  
COMMON WITH POOR  
POSTURE





INHALE MORE THAN  
EXHALE: ASSOCIATED  
WITH PANIC ATTACKS,  
HYPERVENTILATION






RAPID BREATHING  
SHALLOW  
BREATHING

ASSOCIATED  
WITH ANXIETY  
AND FEAR



4 BREATHS: MEDITATIVE STATE  
5-8 RELAXED  
9-14 ROUTINE TASKS  
OVER 15: VIGOROUS ACTIVITY OR PANIC

HOW MANY BREATHS DO YOU TAKE A  
MINUTE?



CHAT QUESTION: WHAT  
ARE SOME RELAXATION  
STEPS YOU CAN TAKE  
GIVEN PHYSICAL  
DISTANCING?

WHAT  
WORKS FOR  
YOU?

# Square Belly Breathing

HOLD INSPIRATION

1 2 3 4

EXPIRATION

1

2

3

4

1 2 3 4

HOLD EXPIRATION

INSPIRATION

1

2

3

4

Relaxation

SQUARE BELLY  
OR BOX  
BREATHING WITH  
VISUALIZATION

WHAT HEALING INSPIRATION ARE  
YOU TAKING IN WITH EACH BREATH?



# Breathing To Relax

## (4-7-8)

*~ Inhale for a count of four*

*~ Hold for a count of seven*

*~ Exhale for a count of eight*

Adapted from Andrew Weil, M.D.



EATING  
DRINKING  
SAVORING  
MOVEMENT  
BODY SCANS  
AROMATHERAPY  
SET LIMITS TO THE AMOUNT OF  
MEDIA YOU CONSUME DAILY

AND OLDY BUT A  
GOODY:  
MINDFULNESS





# MOVEMENT: YIN/YANG

YIN: CALMING

YANG: ENERGIZING

THE BEST  
EXERCISE IS  
WHATEVER WILL  
DO





STRESS

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HOW CAN WE MANAGE  
ITS TOXICITY?

## PHYSICAL IMPACT

CHRONIC STRESS IMPACTS LONG TERM PHYSICAL HEALTH  
BODY SUSTAINS PROLONGED AND ONGOING RELEASE OF STRESS  
HORMONES AND OTHER CHEMICALS

AUTONOMIC NERVOUS SYSTEM (ANS) (INCLUDES BOTH SYMPATHETIC  
AND PARASYMPATHETIC) BEING ACTIVATED FOR LONG PERIODS OF TIME  
CAN LEAD TO STRESS-RELATED ILLNESSES

RECOGNIZING SURVIVAL BRAIN AND ITS CHALLENGES: IMPACT ON  
STAYING TO TASK, LEARNING NEW THINGS, ORGANIZATION, BLACK AND  
WHITE THINKING, DISTRACTION, ETC.



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AS TRAUMA IS VERY INDIVIDUALIZED,  
HARD TO KNOW AT THIS POINT THE  
LONG TERM IMPACTS

SOME MAY EXPERIENCE THIS AS  
TRAUMA  
SOME MAY NOT  
DEPENDING ON A VARIETY OF  
PERSONAL FACTORS

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A TRAUMA  
RESPONSIVE  
RESPONSE  
CONNECTS TO THE  
SENSITIVITY AND  
AWARENESS "AS IF",  
REGARDLESS.

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CONNECTING TO AND BEING TRANSPARENT ABOUT THAT  
VULNERABILITY ENGAGES OTHERS IN A RAW AND REAL WAY

NAME THE FEAR FOR WHAT IT IS AND USE IT AS THE BRIDGE

WORRY IS A COMMUNAL EXPERIENCE AND HAS CREATED A  
COMMON FRAMEWORK

EMOTIONAL EXHAUSTION IS A RISK WHEN WE DON'T SPEAK THE  
UNSPEAKABLE.

UNDERSTAND THE IMPACT OF LOSING VOICE AND CHOICE

WHAT DO YOU NEED TO FEEL SAFE?

OPERATING FROM A SHARED SENSE OF  
VULNERABILITY

THERE IS NO US VERSUS THEM

THERE IS HOPE IN OUR SHARED  
EXPERIENCE

WHAT CAN WE CO-CREATE TOGETHER  
DURING THIS TIME?

HEALING FROM TRAUMA COMES CAN  
COME FROM NAMING



MY TRIGGERS:  
UNCERTAINTY.  
LACK OF CONTROL  
FEELING VULNERABLE  
SHAME  
FEAR OF DEATH  
FEAR OF PAIN

HOW CAN I USE THIS INSIGHT TO HELP  
OTHERS?  
HUMAN BEINGS SEEK OUT VALIDATION,  
FEELING HEARD, AND FEELING SAFE  
BEING WITH RATHER THAN DOING TO  
OR FOR

UNDERSTANDING  
OUR OWN  
TRIGGERS DURING  
THIS TIME AS A  
PART OF TRAUMA  
AWARENESS

SEARCHING FOR  
MEANING AND  
PURPOSE EVEN  
DURING COVID-19

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POTENTIAL FOR POST  
TRAUMATIC GROWTH

USING ADVERSITY AS  
OPPORTUNITY FOR SELF  
IMPROVEMENT

# CONNECTING TO YOUR VALUES

WHY IT HELPS



. IN LINE WITH THIS CLAIM, AFFIRMATIONS OF PERSONAL VALUES HAVE BEEN FOUND TO ATTENUATE PERCEPTIONS OF THREAT (KEOUGH, 1998; SHERMAN & COHEN, 2002; STEELE, 1988), REDUCE RUMINATION AFTER FAILURE (KOOLE, SMEETS, VAN KNIPPENBERG, & DIJKSTERHUIS, 1999), AND REDUCE DEFENSIVE RESPONSES TO THREATENING INFORMATION (SHERMAN, NELSON, & STEELE, 2000).

RESEARCH FINDINGS SUGGEST THAT CONNECTING TO PERSONAL VALUES CAN HELP PEOPLE BE MORE RESILIENT IN THE FACE OF STRESS.

FOR EXAMPLE, ACCORDING TO RESILIENT SCHOOL LEADERS, THE PROCESS OF “PRIVATELY CLARIFYING, PUBLICLY ARTICULATING, AND CONSCIOUSLY ACTING ON” CORE VALUES IS A GREAT SOURCE OF STRENGTH IN HELPING THEM FACE ADVERSITY AND EMERGE STRONGER THAN BEFORE (PATTERSON AND KELLEHER, RESILIENT SCHOOL LEADERS. 2005

CAN BE  
CREATIVE:  
DRAW, PAINT,  
SKETCH,  
POEMS, OR  
JUST A SIMPLE  
LIST IF THAT'S  
YOUR THING

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CONNECTING TO VALUES  
CAN HELP HANDLE  
INCREASING STRESS AND  
UNCERTAINTY

NOT GOALS, BUT WHAT  
MAKES LIFE WORTH LIVING?  
VALUES BUILD RESILIENCE

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TAKE A MOMENT  
TO CONSIDER A  
CHALLENGING  
EVENT THAT IS  
CURRENTLY TAKING  
PLACE.

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(THIS ONE SEEMS  
LIKE A NO BRAINER  
😊)

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CONSIDER WHY IT IS WORTH IT TO YOU TO  
PERSEVERE AND GET THROUGH THIS  
CHALLENGING LIFE SITUATION. FOR EXAMPLE,  
GETTING THROUGH THE CHALLENGE OF LOSING  
A JOB AND FINDING A NEW ONE MAY BE WORTH  
IT TO YOU BECAUSE YOU WANT TO BE THERE FOR  
YOUR FAMILY, YOU WANT TO BE A ROLE MODEL  
FOR YOUR SON, AND YOU WANT TO CONTRIBUTE  
TO THE WORLD. COME UP WITH AS MANY  
REASONS AS YOU CAN, AND LIST THEM

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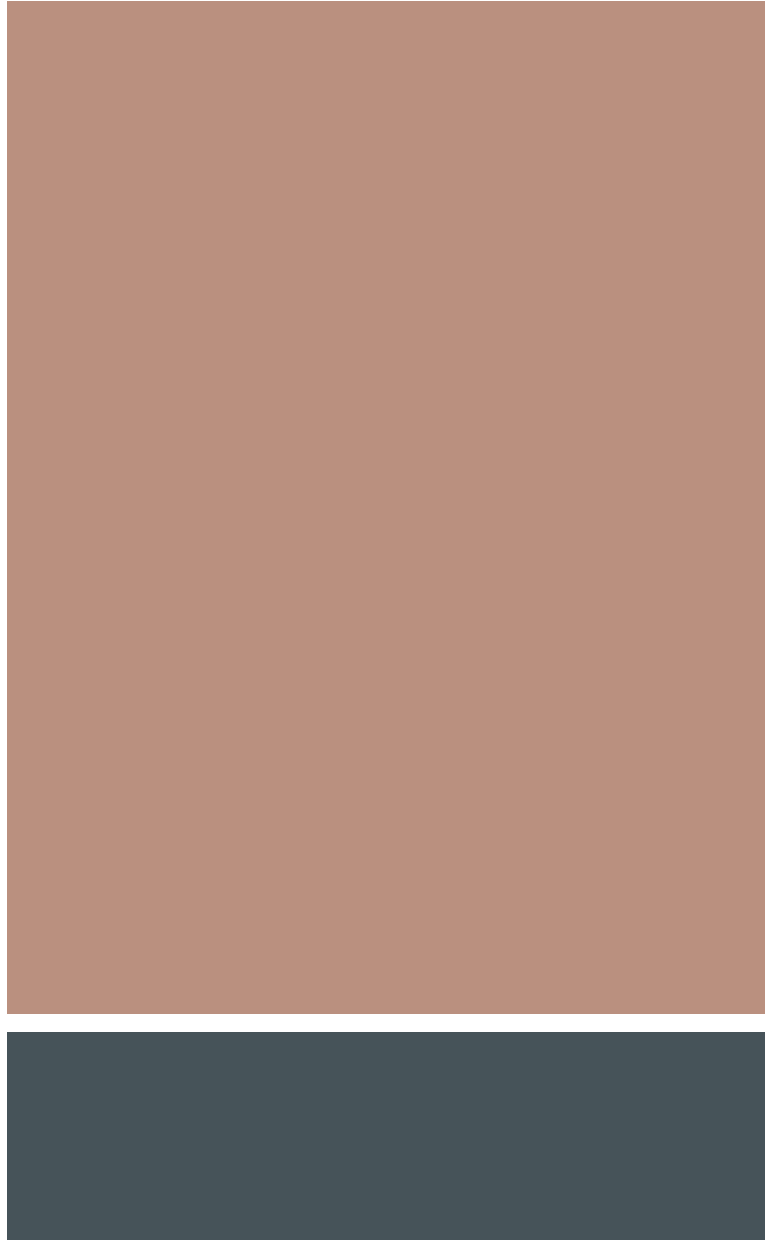
YOUR VALUES ARE THE THINGS THAT YOU CONSIDER TO BE IMPORTANT IN LIFE, SUCH AS HONESTY, KINDNESS, CARE, AUTONOMY, HELPING OTHERS, AND FINANCIAL INDEPENDENCE. WITH CONSIDERATION TO THE REASONS YOU LISTED IN STEP 2, THINK OF VALUES THAT CAPTURE THE ESSENCE OF EACH OF THESE REASONS. FOR EXAMPLE, IF YOU LISTED THAT YOU WANT TO BE THERE FOR YOUR FAMILY, THE VALUE COULD BE "CARING". NOTE, FINDING THE PERFECT VALUE FOR EACH REASON IS NOT SO IMPORTANT; WHAT MATTERS IS IF THE VALUE MAKES SENSE TO YOU PERSONALLY. IT SHOULD ALSO BE NOTED THAT THERE MAY BE MORE THAN ONE VALUE PER REASON.



THE VALUES  
THAT MAKE  
PERSEVERING  
THROUGH THE  
CHALLENGE  
WORTH IT TO ME

THIS STEP INVOLVES CREATING A VISUAL REMINDER OF THE VALUES YOU SPECIFIED IN STEP 3. USING A BLANK PIECE OF PAPER (EITHER AN INDIVIDUAL SHEET OF PAPER OR A PAGE IN A JOURNAL), REPRESENT YOUR VALUES VISUALLY IN A WAY THAT YOU CHOSE. YOU MIGHT LIKE TO USE ILLUSTRATIONS, PHOTOGRAPHS, OR WORDS (OR A COMBINATION OF THESE). YOU MAY ALSO CONSIDER CREATING A DIGITAL REPRESENTATION OF YOUR VALUES, FOR EXAMPLE BY USING POWERPOINT. ALLOW YOURSELF TO BE AS CREATIVE AS YOU LIKE HERE, ENSURING THAT HOWEVER YOU CHOOSE TO REPRESENT YOUR VALUES RESONATES WITH YOU PERSONALLY. AFTER YOU HAVE COMPLETED YOUR VISUAL VALUES REMINDER, YOU CAN PUT IT SOMEWHERE WHERE YOU CAN SEE IT EVERY DAY (E.G., ON THE REFRIGERATOR OR OFFICE DESK). IN THIS WAY, IT CAN HELP YOU TO STAY IN TOUCH WITH WHAT MAKES YOUR STRUGGLE EASIER TO GO THROUGH

Work  
Power  
Fun  
Openness  
Leadership  
Status  
Growth  
Meaningful  
Security  
Independence  
Surroundings  
Learning  
Prestige  
Peace  
Responsibility  
Self-esteem  
Recognition  
Stability  
Trust  
Respect  
Variety  
Quality  
Promotion  
Reputation  
Friendship  
Honesty  
Reward  
Mastery  
Relationships  
Passion  
Pressure  
Loyalty  
Privacy  
Morality



A LITTLE BIT  
ON  
NUTRITION:  
STAYING WITH  
HEALTHY  
EATING AS  
MUCH AS  
POSSIBLE

OVERALL MENTAL HEALTH: TURMERIC, GARLIC, GINGER, SEA SALT

ANXIETY: VINEGAR, OATS, BANANAS (OATS BETTER AT NIGHT TO INCREASE SEROTONIN), YOGURT, EGGS

FOCUS: CHOCOLATE/COCOA (UNSWEETENED), COFFEE(CAN INCREASE ANXIETY)

INSOMNIA: CARB SNACK ONE-TWO HOURS BEFORE BEDTIME (HEALTHY POPCORN, HEALTHY BREAD, ETC) MILK, ALMONDS, WALNUTS

REDUCING INFLAMMATION AS MUCH AS POSSIBLE:  
AVOIDING FRIED, HIGH SUGAR, ALLERGIES

DRINK THAT WATER!



RELATIONSHIPS DURING  
PHYSICAL DISTANCING

RELATIONSHIPS BUILD AND  
MAINTAIN RESILIENCY,  
MITIGATE STRESS  
CONNECTION IS ESSENTIAL  
FOR HANDLING TRAUMA

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REGULAR WEEKLY PHONE CONVERSATIONS:  
CONSIDER TALKING ABOUT OTHER THINGS BESIDES  
COVID-19 FOR NORMALCY AND ROUTINE

FACE TO FACE VIRTUAL CONTACT

STRIVE FOR FIVE CHALLENGE

CONSIDER REACHING OUT TO CONTACTS LOST

RECONNECT TO SNAIL MAIL: WHO DOESN'T LOVE A  
CARD?

CREATE A WEEKLY CHALLENGE TO DO WITH FRIENDS  
OR CO-WORKERS

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IDEAS: THE POWER  
OF PEER SUPPORT.  
WHO ARE YOUR  
PEERS?

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MORE STUDIES  
DONE IN THE  
PAST FIVE YEARS  
ON GRATITUDE  
THAN THE LAST  
50 COMBINED

THE POWER OF  
GRATITUDE

IN THIS TIME  
OF DISTANCE

GRATITUDE BY AFFIRMING  
GOODNESS AND  
SPECIFICALLY RECOGNIZING  
THE SOURCES, HELPS POINT  
TO THE BENEFITS OF  
CONNECTEDNESS AND  
ANYONE WHO HAS EVER  
HELPED US IN LIFE

# WHY GRATITUDE IS TIMELY NOW

INCREASES EMOTIONAL WELL BEING (JOURNAL OF RESEARCH IN PERSONALITY, 2007)

INCREASES RESILIENCY TO TRAUMA (BEHAVIOR RESEARCH AND THERAPY, 2006)

DECREASES LENGTHS OF DEPRESSIVE EPISODES FOR MILD TO MODERATE DEPRESSION (AMERICAN PSYCHOLOGIST, 2005)

GRATITUDE CAN ADDRESS MANY OF THE RISK FACTORS FOR COVID-19:

- MORE EXERCISE

- MORE EFFICIENT SLEEP

- REDUCED SMOKING AND ALCOHOL USE

- GREATER MEDICATION ADHERENCE

- LOWER BLOOD PRESSURE AND CHOLESTEROL



LOOKING AT WHAT IS GOOD IS EASY WHEN LIFE IS GOOD. NOT AS MUCH WHEN THINGS ARE TOUGH. PRACTICING GRATITUDE CAN HAVE BENEFITS DURING THIS TIME. TAKING TIME TO ACKNOWLEDGE SMALL THINGS, SUCH AS THE SUN SHINING THROUGH YOUR WINDOW, A FUN TEXT THREAD WITH FRIENDS, OR A GREAT MEAL YOU COOKED CAN HELP GAIN PERSPECTIVE AND INCREASE FEELINGS OF WELLBEING.

WHAT IS ONE SMALL THING THAT HAPPENED TODAY THAT YOU ARE GRATEFUL FOR? (CHAT BOX)

GRATEFUL IN A  
TIME OF  
UNCERTAINTY



*Sending virtual hug*



*loading...*



BE KIND TO YOURSELF

YOU ARE DOING THE  
BEST YOU CAN DO

AND THAT'S AMAZING

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# THANK YOU FOR ALL YOU DO

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