

The Gift of Self-care & Wellness

You Can't Give What You Don't Have

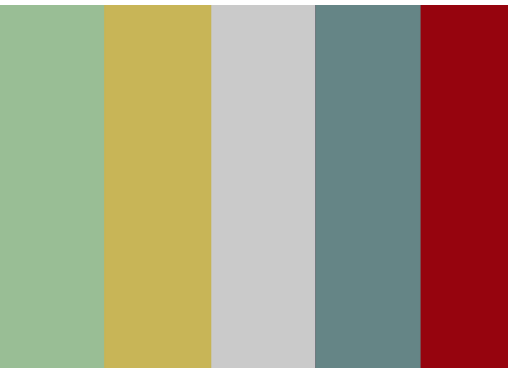


ECHO Clinic July 8th, 2021
11:00 am Central Time

Lonnetta Albright
President, Forward Movement Inc.
Executive Director, John Maxwell Team
ECHO Team Member

Today's Intentions

Objectives

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- ▶ Understand the multi-facets of wellness and dimensions that affect a person's overall health and quality of life
 - ▶ Explore a process and tool for assessing personal self-care & developing a self-care plan
 - ▶ Model and promote an environment of health and wellness
-

A.C.T.

What are your action steps?



- **WHAT'S THE MOST IMPORTANT LESSON I NEED TO APPLY**
 - **WHAT'S THE MOST IMPORTANT THING I NEED TO CHANGE**
 - **WHAT'S THE MOST IMPORTANT THING I NEED TO TEACH OTHERS**
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WHY SELF-CARE MATTERS

- It's All About You! Paying attention to your personal health & wellness, in order to assure effectiveness of your functioning is vital to decrease the burnout, compassion fatigue, and turnover we see all too often in our line of work.
 - We have an obligation to ourselves and those we love and work with to:
 - Understand the importance of self-care
 - Identify methods that work well for us
 - Make a plan for & attend to our own self-care
 - Model the value of self-care
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“Caring for others is important, but Covid-19 taught us that sometimes, by caring for yourself, you're caring for others, too.”

BECCA KAYE

senior care specialist at AvaCare Medical



Self Awareness



Three Questions

A person wearing a full-body hazmat suit, including a hood and respirator, is using a decontamination station. The station has a large circular nozzle and a sign that says "QUARTERS ONLY". The person is holding a small object, possibly a sample, near the nozzle. The background is a chain-link fence.

Where did you grow up?

What two words would you use to describe how you experienced selfishness while you were a child growing up?

In one minute or less, share how that has influenced the way you see and do self-care today?

Self-care is Selfish
And that's a good thing!

**You can't pour from an empty cup.
Take care of yourself.**



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Restorative Belief
Achiever Harmony
Context Relator Learner
ranger Consistency

Discover Your Strengths

Factors that Influence Health Status

HEALTH CARE

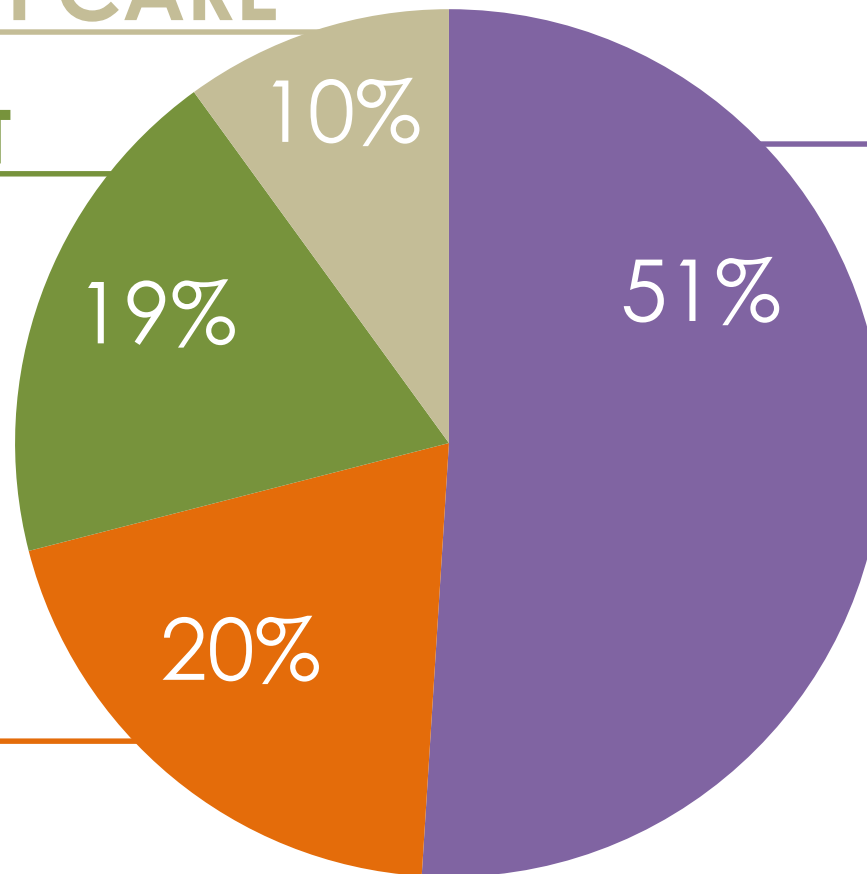
ENVIRONMENT

Living Environment
Safety
Housing
SES/Employment

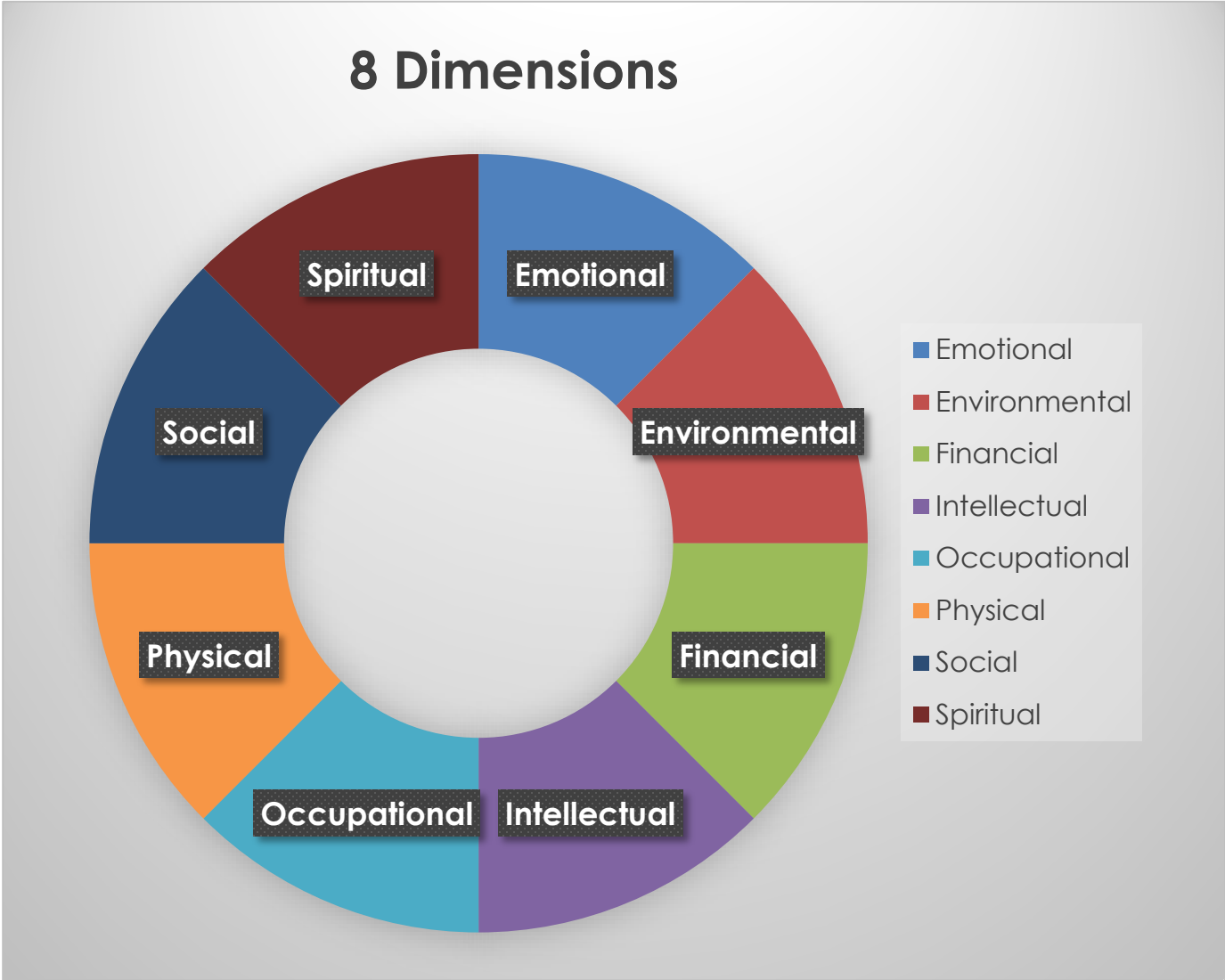
HUMAN BIOLOGY

LIFESTYLE

Smoking
Obesity
Stress/Coping
Nutrition
Blood Pressure
Social Support



SAMHSA'S 8 DIMENSIONS OF WELLNESS

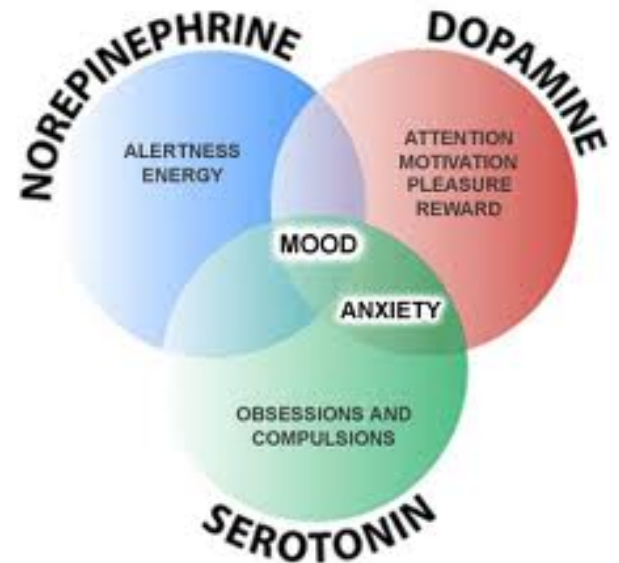


EXERCISE

The Self Care that Regulates Neurotransmitters

Repairing the damage done to the mind-body connection during chemical dependency is just as important as repairing the psychological and physical damages. Creating an exercise routine is a key component of one's self-care and wellness.

Exercise helps by regulating levels of serotonin and dopamine that have been changed during substance use. These chemicals control things like mood, sleep, pain and appetite, and control our reward system.



FOOD: What You Eat Effects Your Mood

- 95% of your serotonin is produced in your GI tract
- The vagal nerve provides a direct connection between your gut and your brain
- The risk of depression is 25% - 35% percent lower among people who eat a diet consisting of more fruits, vegetable, unprocessed grains with modest amounts of meat and dairy and no processed or refined foods and sugars
- Eating limited processed foods and adding prebiotic foods (fruits, vegetables & fermented foods) increase the “good bacteria” in your gut; improving mood and reducing inflammation

Selhub, 2015, 2018



Addiction & Obesity

There are many behavioral and neurobiological parallels between addiction and obesity. Therapeutic approaches should attempt to decrease the reinforcing properties of drugs/food, enhance the rewarding properties of alternative reinforcers, decrease stress reactivity, improve mood and strengthen general-purpose self-control

~Nora Volkow, 2013



MINDFULNESS

- Involves conscious and deliberate focus on difficult emotions as a way to disarm them
- Connects us with our inner resources
- Promotes compassion for self and others
- Can alter the neuropathways in the brain
- May prevent recurrence by improving ability to acclimate to stress
- Increases ability to stay in the present

PERSONAL + PROFESSIONAL = SELF CARE IN THE WORKPLACE

- To decrease feelings of being overwhelmed, overextended & frustrated, a workplace must invite and encourage the development & maintenance of self-care
 - It should be routinely encouraged for all levels of staff
 - Promoting self-care is a key component of the services we provide our clients, and one of the guiding principles of our organizations
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Radical Self-Care:

'radɪk(ə)l/ /self/ /kɛ:/

noun

The fundamental nature of taking action to support one's own well-being, whether physical, mental or emotional.



COMPREHENSIVE SELF-CARE PLAN

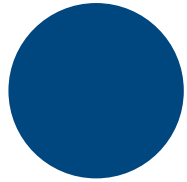
All Self-Care Plans are as unique as the individual who is creating & implementing them

Generally, it should include:

- Physical Self-Care
 - Psychological Self-Care
 - Emotional Self-Care
 - Spiritual Self-Care
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SELF-REFLECTIVE QUESTIONS

- **Physical:** What supports my body to be healthy?
 - **Psychological:** What helps me become more self-reflective?
 - **Emotional:** What helps me feel better able to handle strong feelings?
 - **Spiritual:** What sustains me during difficult times?
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Implementation: Personal Activity

- Let's look at a few of the sections in the comprehensive self-care assessment
- As we look at a section think about how your self-care has improved since COVID-19; working & staying at home more
- Next think about 2 positive changes you've made over the past month that you intend to continue
- Then identify & commit to 1-2 action steps that you will take to support you in carrying out your self-care intentions

Progress Not Perfection

- Baby steps ARE steps
 - Recall any successful changes you have made in the past – what worked
 - Identify any strengths that can help you move forward
 - Celebrate any change you make no matter how small
 - Collaborate & generate strategies that work
 - Keep trying – persistence is key
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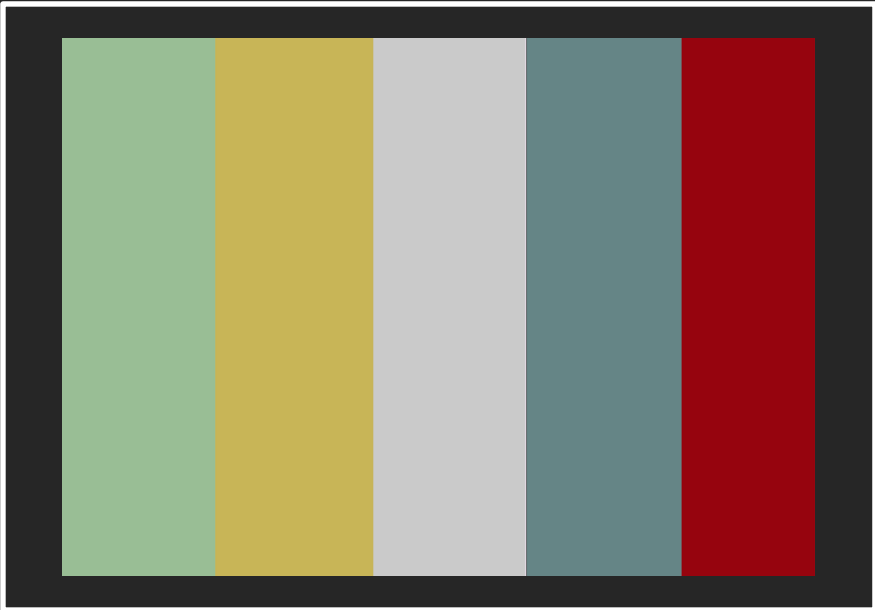
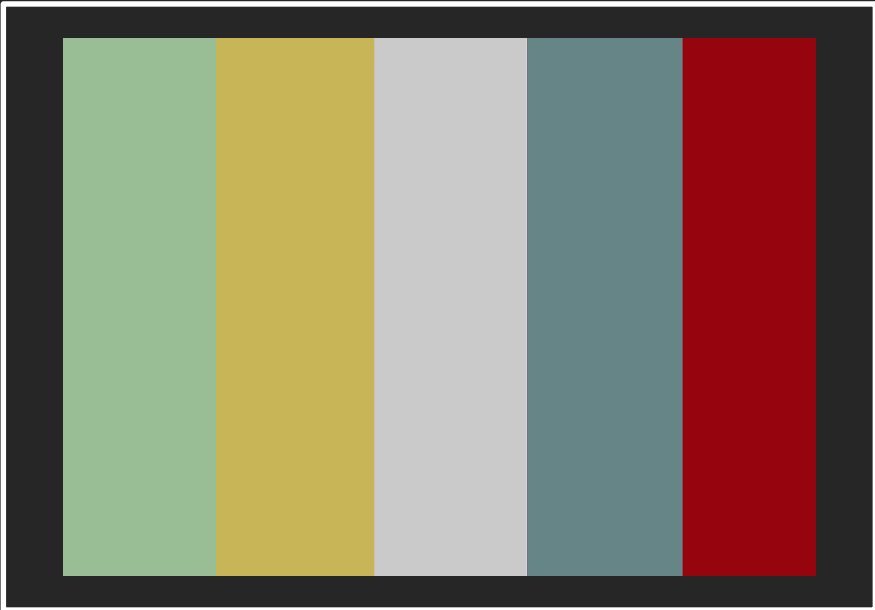
“Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve from the overflow. You cannot serve from an empty vessel.”

ELEANOR BROWN
author



Q & A





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