  
**Importance of Self Care**  
 Ways to take care of our Physical and Emotional Health

Presented by: Leaders Empowered as Advocates with Dignity (LEAD)

Project Director: Nicole Pratt  
 Community Health Workers Yvonne Robles and Khayre Tyler

---

---

---

---

---

---

---

---



### 5 Minute Meditation

Let's try it together

How do you feel?



SPAN Parent Advocacy Network

---

---

---

---

---

---

---

---

Physical health and mental health are closely connected. What's good for the body is often good for the mind.

"You have to take care of yourself first, or you won't be any good to anyone else." -Yato



SPAN Parent Advocacy Network

---

---

---

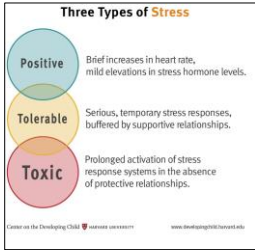
---

---

---

---

---



### What is Stress?

- Stress is a normal response to demands either physical, intellectual or emotional
- It can be positive if it keeps us alert motivated or ready to avoid danger
- Fight or Flight Response
- It can be negative if it becomes chronic, increasing the risk of diseases like depression, heart disease and a variety of other problems

---

---

---

---

---

---

---

---

---

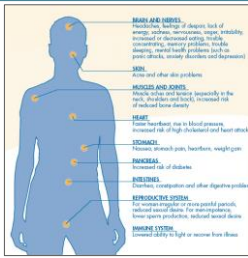
---

---

---



SPAN Parent Advocacy Network



### Reactions to Chronic Stress

- What happens to our bodies when we experience chronic stress?
- Weight Gain
- Hair Loss
- Heart Palpitations
- High Blood Pressure
- Mood Swings
- Anxiety
- Depression
- Unhealthy coping strategies like alcohol and drugs

---

---

---

---

---

---

---

---

---

---

---

---



SPAN Parent Advocacy Network

### Stress in Children



- The effects of chronic stress are experienced by both adults and children
- Stress in children can manifest in a variety of ways
- Behavioral changes
- Development of a nervous habit
- Difficulty concentrating or focusing
- Fears
- Getting into trouble at school
- Withdrawing from family or friends
- Bedwetting or sleep problems
- Complaints of stomach aches or headaches

---

---

---

---

---

---

---

---

---

---

---

---



SPAN Parent Advocacy Network



### The Challenge In Finding Balance

- Increased chances of emotional exhaustion trying to maintain a healthy work/life balance.
- Calendar and schedules
- Wants vs. Needs
- Take Breaks regularly
- Don't Sweat the Small Stuff
- Focus on what matters most to you
- Setting boundaries and saying NO
- Reassess and make changes when you need to
- Share the load with your partner

---

---

---

---

---

---

---

---

---

---

---

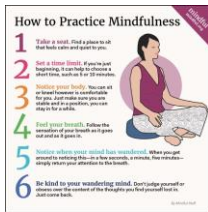
---



SPAN Parent Advocacy Network

### Strategies for Self Care and Stress Management

- Get Moving: Physical activity is a common way to relieve stress and increase endorphins
- Practice Mindfulness
- Connect with others - interactions with friends and family
- Reduce caffeine intake
- Get plenty of rest
- Limit your views of news and social media
- Limit your intake of alcohol - Moderation is key




---

---

---

---

---

---

---

---

---

---

---

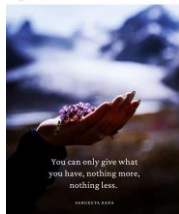
---



SPAN Parent Advocacy Network

### Self-Care Goals

- Regularly check in with yourself
- Mindfulness, deep breathing
- Get Moving: Spend time outside
- Connect with others - interactions with friends and family
- Set boundaries to avoid over-commitment
- Limit your views of news and social media
- Give Yourself a break
- Maintain a consistent sleeping schedule
- Unplug from technology - Leave your phone




---

---

---

---

---

---

---

---

---

---

---

---



SPAN Parent Advocacy Network



### Healthy Body Image

- Summer is the season when we have the greatest increase in self consciousness.
- Social Media effects on women and girls
- Recognize that none of us is perfect and don't make comparisons
- Do not make comparisons to other bodies
- No fad diets
- Self Acceptance
- No one is built the same and we aren't meant to be
- Gratitude for our bodies and what they can do
- Confidence to go to the beach, the pool
- Don't be overly covered up in the Summer if possible so that you can enjoy the health benefits of the sun



SPAN Parent Advocacy Network

---

---

---

---

---

---

---

---

---

---



### Importance of Getting Outside

- Lowers your blood pressure and reduces stress
- Improves mental health & effects of stress
- Improves Vision
- Improves focus
- Helps us heal quicker
- Better Nutrient absorption
- Healthier Immune system
- The sun is a natural source of Vitamin D
- Higher melanin can have deficiencies challenges with sun exposure
- But be sure to still protect the skin, it is a myth that higher melanin content doesn't need sunscreen etc.



SPAN Parent Advocacy Network

---

---

---

---

---

---

---

---

---

---



### Healthy Eating for Wellness

- What we eat plays a large part in our wellness
- The right balance of nutrients affects your health in important ways.
- Adults who eat well live longer, with less risk of heart disease, obesity, type 2 diabetes, and some cancers.
  - Reduce high blood pressure
  - Lower high cholesterol
  - Nutrient dense foods help to strengthen our bodies and fight off disease and improve the ability to recover from injury or illness
  - Increase energy levels
  - Lower caffeine intake - increases heart rate and cortisol levels



SPAN Parent Advocacy Network

---

---

---

---

---

---

---

---

---

---





Eventually, all things fall into place. Until then, laugh at the confusion, live for the moments, and know everything happens for a reason.



### THANK YOU

For additional information and resources, please visit:

SPAN – Parent Advocacy Network  
Website: [spanadvocacy.org](http://spanadvocacy.org)  
Facebook:  
[facebook.com/parentadvocacynetwork](https://facebook.com/parentadvocacynetwork)  
Phone: 1-800-654-SPAN (7726)  
  
Project Director: Nicole Pratt email  
[npratt@spanadvocacy.org](mailto:npratt@spanadvocacy.org)

---

---

---

---

---

---

---

---



[www.spanadvocacy.org](http://www.spanadvocacy.org)

1-(800)-654-SPAN (7726)

35 Halsey St. Newark, NJ 07102

Stay connected with SPAN for the latest information and resources for families and youth



The SPAN Youth Hub  
\*Blog: <https://thespanyouthhub.blogspot.com/>

---

---

---

---

---

---

---

---

# 's Self-Care Plan!

**MIND**

**BODY**

**SUPPORTIVE PEOPLE IN MY LIFE**

**I WANT TO ACCOMPLISH**

**SPIRIT**



Self Care Plan by Social Work Tech | Ignacio Pacheco

This work is licensed under a Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License.  
Based on a work at [socialworktech.com](http://socialworktech.com).

Permissions beyond the scope of this license may be available at [socialworktech.com/about](http://socialworktech.com/about)

