

# Be A Duck



Calm and beautiful on  
top of the water



Churning fast under the water

# TODAY'S TOPICS

DEFINE & EXPLORE SELF-CARE

LEARN TO SET SMART GOALS

FIND WAYS TO BE MORE  
RESILIENT DURING STRESSFUL  
SITUATIONS



# WHAT IS SELF-CARE?

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The practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress

WHAT  
SELF-CARE IS  
NOT?

Selfish or  
Indulgent

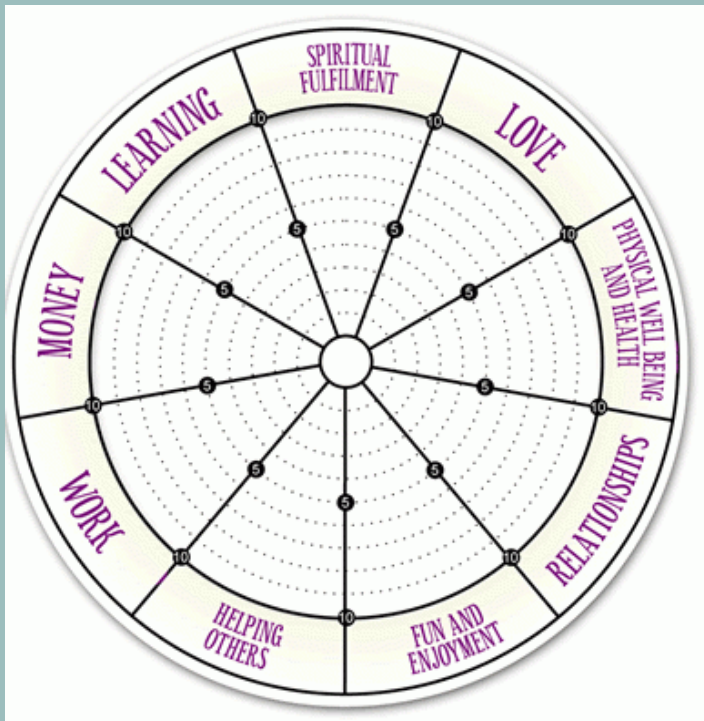
Taking care of  
YOU is the single  
most important  
thing you can do!

## WHY IS SELF-CARE IMPORTANT?

It helps us become **resilient** which is the greatest tool we can have to help avoid sinking when faced with STRESS!

It is about become your most authentic self. Exploring what makes you truly happy and uncovering areas in your life that needs some work

# A CLOSER LOOK AT SPOKES IN THE WHEEL



**Learning:** Are you growing mentally?

**Relationships:** Are you surrounding yourself with supportive people?

**Love:** Are you happy in your relationship?

**Fun & Entertainment:** Do you make the space you need for fun? Is it a priority?

**Spirituality:** Are you honoring your core values?

**Physical Health:** Are you moving daily? Eating well? Are you being proactive?

**Helping Others:** Are you there for others?

**Work:** Are your talents being utilized? Do you have a plan for growth?

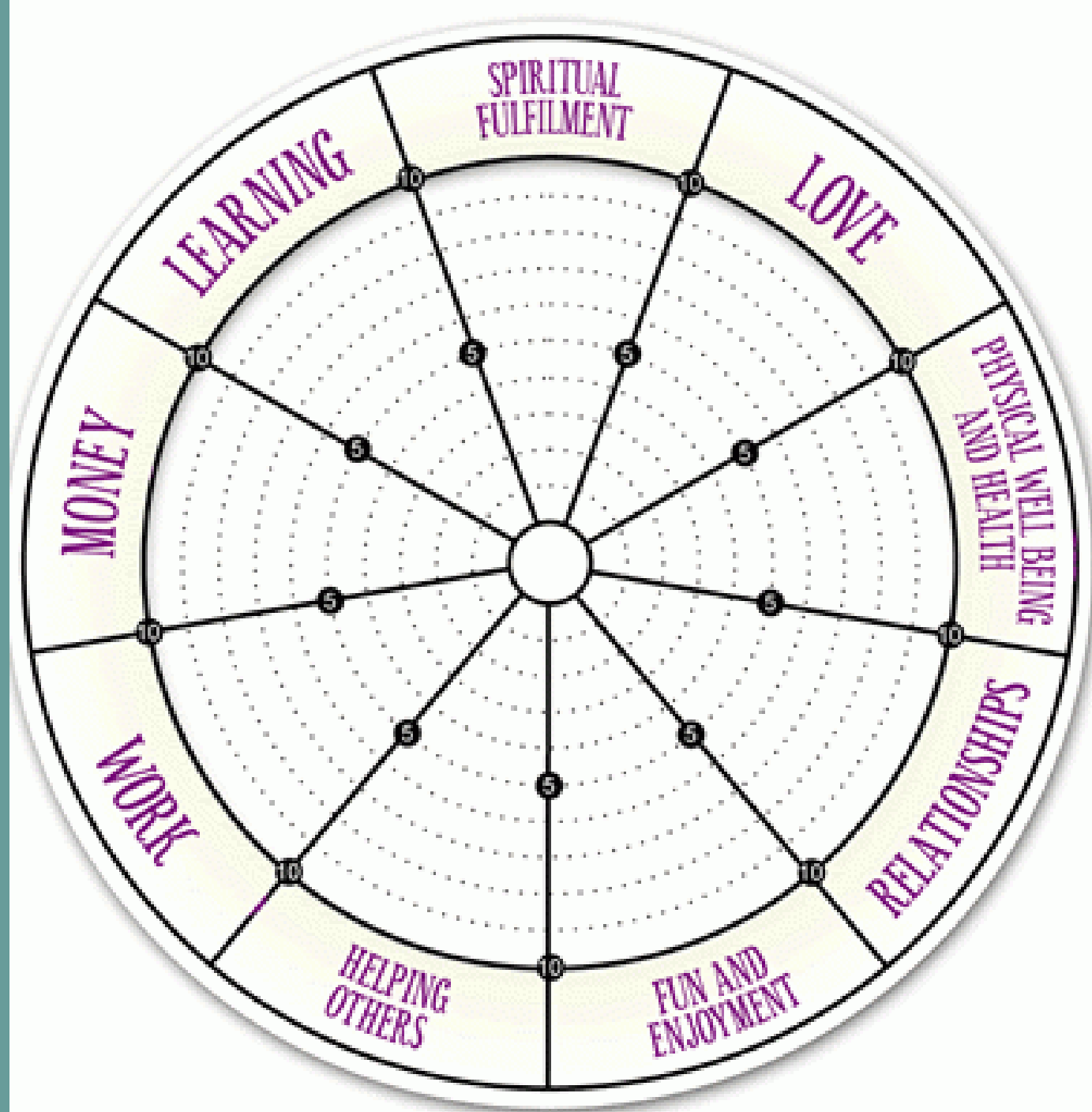
**Money:** Do you have enough to do what you need to do? Are you planning for your financial future?

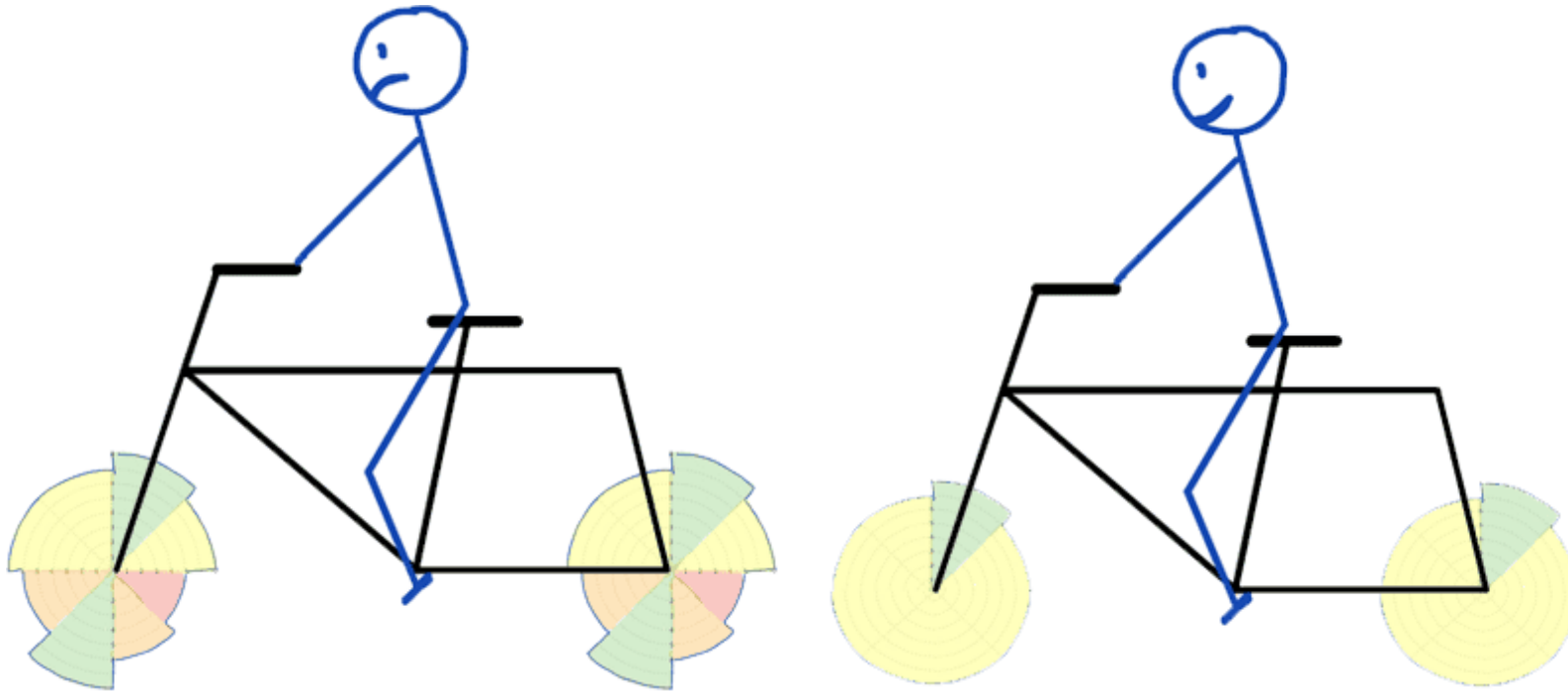
# WHEEL OF LIFE

Rank your satisfaction in each area.

1=Dissatisfied

10=Fully satisfied





ARE YOU CRUISING OR IS IT A BIT OF  
A BUMPY RIDE?





# WHEEL OF LIFE-REFLECTION

What am I doing in the areas where I am more fulfilled than others?

In the areas where you are not as satisfied, are you willing to make a change?



# Setting SMART Goals

The research shows that specific and challenging goals lead to better performance (Locke, 1968). In this lesson we will be working on designing a plan and creating SMART goals to help us achieve a healthier lifestyle.



You goal should be as specific as possible and answer the questions: **What** is your goal? **How** often or how much? **Where** will it take place?



**How** will you measure your goal? Measurement will give you **specific feedback** and hold you accountable.



Goals should push you, but it is important that they are **achievable**. Are your goals attainable?



Is your **goal and timeframe realistic** for the goal you have established?



Do you have a **timeframe** listed in your SMART goal? This helps you be **accountable** and helps in **motivation**.

# My SMART Goal:



Beginning April 13, 2020 I will download the Daily Yoga app and incorporate 2, 30 minutes yoga sessions into my weekly workout routine until May 30, 2020. Upon completing this goal I will treat myself to a new yoga outfit.

# CREATE YOUR OWN SELF-CARE TO DO LIST!

- \*Simplify Your Schedule - stop overcommitting
- \*Do something to energize your body – run, walk, hike, yoga, gym
- \*Relax – take a bath, read a book, binge watch a show, light a candle
- \*Try something new – join a club, take a class
- \*Treat yourself! Mani/Pedi, massage, glass of wine, sweet treat
- \*Take a nap, get enough sleep
- \*De-clutter
- \*Socialize and spend time with friends & family
- \*Take the vacation
- \*Create a budget
- \*Plant a garden



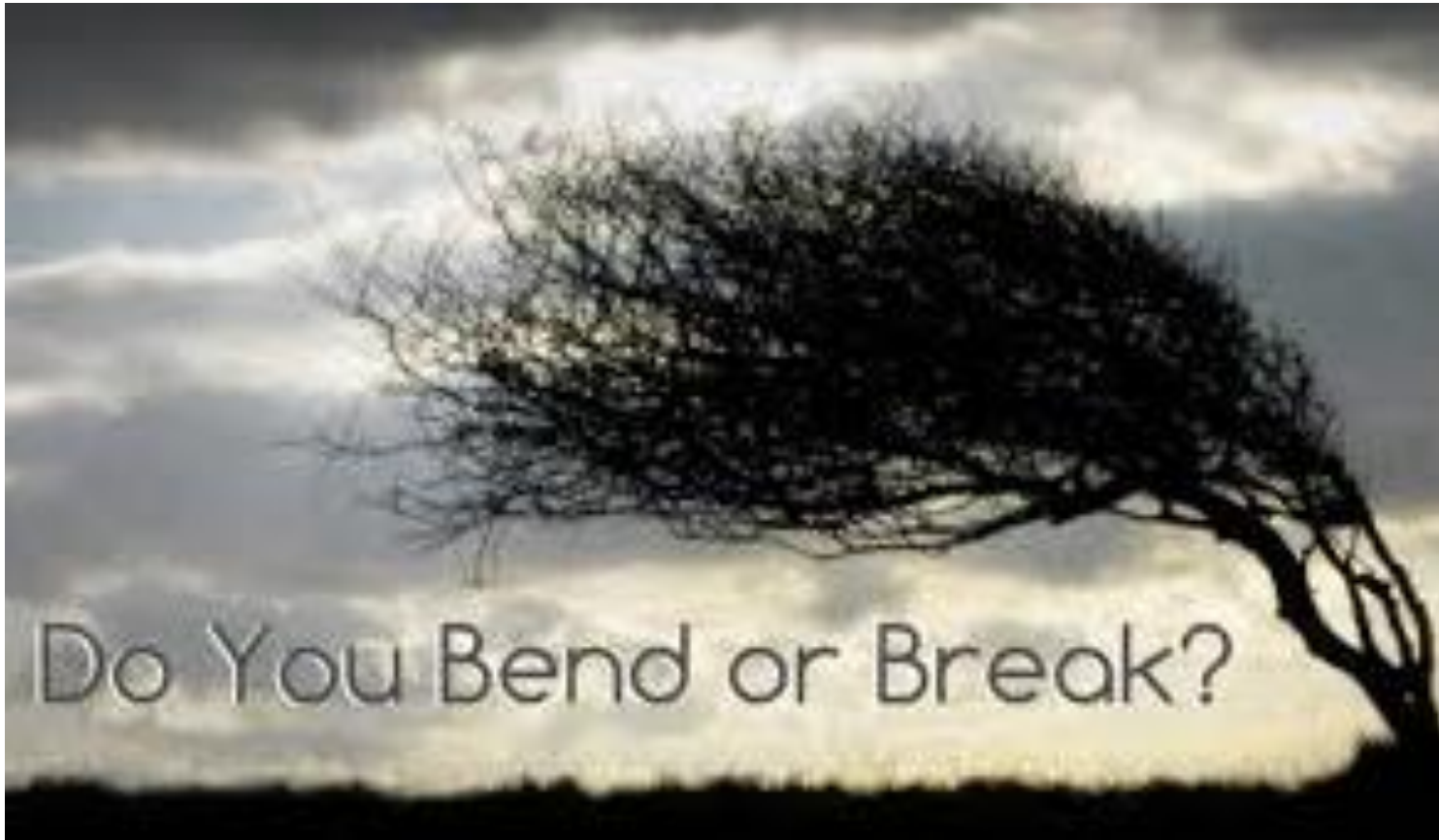
YOU GOTTA  
NOURISH  
TO FLOURISH

It is not the “WHAT” you  
do...it is making it a  
priority to do  
“SOMETHING” just that  
for YOU!



**YEP....THERE IS AN APP FOR THAT!**

- **Fitness & Nutrition:** My Fitness Pal, Couch to 10K, Daily Yoga
- **Spirituality/Mindfulness:** Calm, Insight Timer, #selfcare, Happify
- **Goal Setting:** Goals Wizard, Habit – Daily Tracker
- **Finance:** Mint.com, Clarity Money, NerdWallet
- **Learning:** Good Reads, Lumosity, Wordscapes, Sudoku
- **Fun/Relationship Builders:** Psyche, Word with Friends, Zoom, Netflix Parties, Facetime, Google Meets



Do You Bend or Break?

RESILIENCY

The ability to  
advance  
despite  
adversity



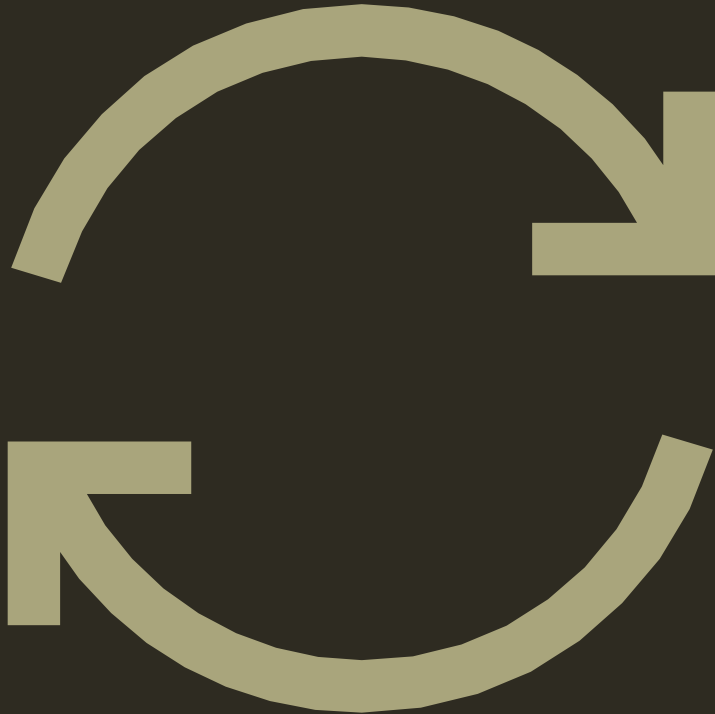
WHAT'S  
NEXT?

You can't change the fact that highly stressful events will happen but you can change how respond to these events

CORONAVIRUS IMPACT ON OUR WELL-BEING:  
HOW DO WE KEEP THE WHEELS OF OUR LIFE  
TURNING WHEN SO MUCH HAS  
CHANGED SO QUICKLY?



EMPLOYEE ASSISTANCE PROGRAM



## PROCESSING CHANGE:

1. PRESS PAUSE
  2. PRACTICE POSITIVITY
  3. PUT A PLAN IN PLACE
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# PRESS THE PAUSE BUTTON

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Take time and allow yourself the chance to feel whatever emotion you mind needs you to experience.



# PRACTICE POSITIVITY

- **Avoid negative self-talk.**  
Practice by finding at least 1 thing that is positive so that you can start to shift your focus from the bad to the good
- **Be grateful.** Research shows that by cultivating an attitude of gratefulness we reduce stress hormones, improve our mood and have more energy



1 2 3 4 5

1 2 : 3 4 5

Set an alarm and at  
12:34 each day think of 5 things you are grateful for

# LAUGHTER IS THE BEST MEDICINE IT'S YOUR NATURAL RESET BUTTON



## **CRITICAL ADVISORY**

8pm is now the  
official time to  
remove your day  
pajamas and to  
put your night  
pajamas on

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Uncertainty fuels anxiety but those emotions can be subdued once you start focusing on a solution.

PUT A PLAN IN PLACE



## MY STORY..

### Pause:

Wait...I can't teach until TDB?!?  
How do I feel?

Sad, disappointment, mad, panic

### Positivity:

- Remind myself, I will teach again when this is over.
- I can give my body a break
- I can enjoy nature

### Plan:

I will stay in shape but take advantage of a time to explore new or forgotten activities like yoga and running. I will stay connected to the members that come to my class via social media.

- I will implement a self-care plan by setting SMART goals so I can become my most authentic self.
- I will re-visit the Wheel of Life, especially once the pandemic has eased.
- I will give myself grace to pause and accept my feelings when faced with stressful events.
- I will practice shifting my thoughts from negative to positive.
- I will be grateful. I will be kind because I know by doing so I will be happier.
- I will laugh.
- I will ask for help if I need it.

# REMEMBER... YOU ARE NOT ALONE

Triad EAP Customers:

[www.triadeap.com](http://www.triadeap.com)

877-679-1100

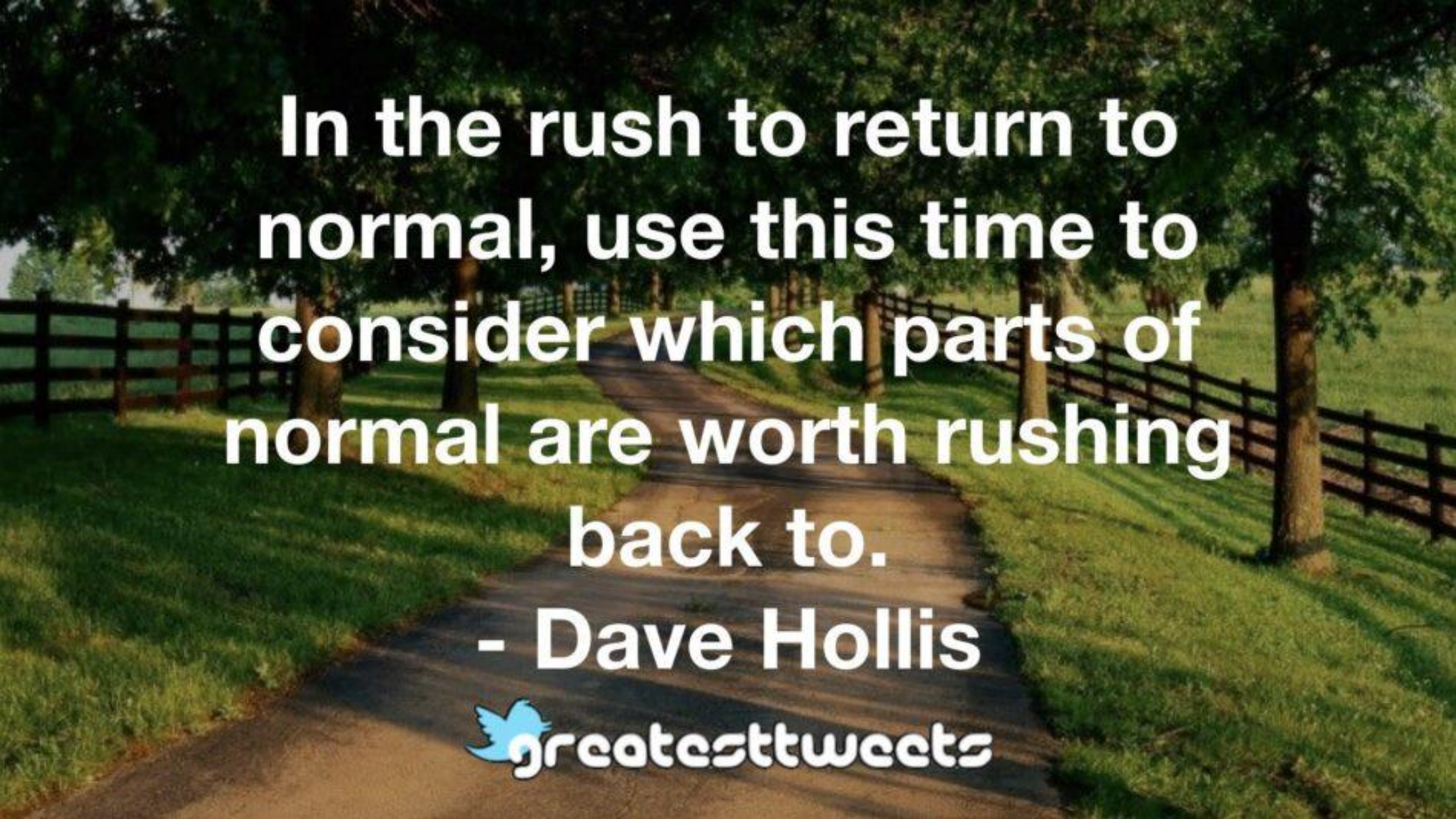
970-242.9536

Community Resources:

\*Colorado Crisis Line 844.493-8255

\*Review your health insurance for  
information on mental health  
coverage



A paved path leads through a lush green field, bordered by a wooden fence and lined with trees. The scene is bright and sunny, with shadows cast across the path.

**In the rush to return to normal, use this time to consider which parts of normal are worth rushing back to.**

**- Dave Hollis**

 **greatesttweets**



# REFERENCES



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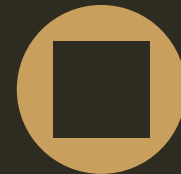
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