



End-Stage Renal Disease  
Network Program

# The Healing Power of Self Care





**You *first.* | Managing Burnout**

**Self Care is a daily calling from your  
body, your mind and your spirit to  
practice well-being.**

**Make the Time to Listen.**

**SELF CARE IS  
AN  
INCONVENIENT  
TRUTH**



# It's not selfish to do what is best for you.

—Mark Sutton



# Goals for Self Care Awareness

- To feel empowered in taking control of your own health and wellness.
- To increase awareness of body responses to food, energy and quiet.
- Create healthier habits that are easy to sustain.
- How self-care in the workplace is interdependent on the self-care of staff.

# Six Areas for Self Care and Wellness

- Nutrition
- Movement
- Sleep
- Stress Management
- Nourishing your Spirit
- Relationships, Community and Boundaries





# SELF CARE IS A HEALING PRACTICE

- What areas of your life need nourishment?

# Becoming Aware of Your Body

## Body Awareness Exercise



# SELF CARE TOOL KIT

## NOURISHING YOUR BODY

- WHEN, HOW AND WHAT YOU EAT (SLOW DOWN)
- EATING FOR ENERGY
- HYDRATION, DRINK HALF YOUR WEIGHT IN WATER
- HEALTHY SNACKS, SMOOTHIES
- PLANNING FOR MEALS, HONORING HUNGER AND FULLNESS
- ORGANIC, UNPROCESSED CHOICES



BEGIN WITH A  
SMOOTHIE!



EAT  
REAL  
FOOD







# MOVEMENT

- FINDING FUN IN MOVING YOUR BODY
- WALK, BIKE, HIKE, DANCE, SWIM OUTSIDE
- YOGA, TAI CHI
- STRENGTH TRAIN FOR WORK AND HOME





# SLEEP

- UNPLUG FROM TECHNOLOGY AT LEAST ONE HALF HOUR BEFORE BED
- TAKE A WARM BATH WITH EPSOM SALTS AND ESSENTIAL OILS
- READ, QUIET TIME, JOURNAL WITH FIVE MINUTE JOURNAL

# Self Care is Stress Management

- Just Breathe
- 5-5-7 Breath exercise
- Slow down, Be Mindful of Who you are BEING



# STRESS REDUCERS

- What kinds of activities give you energy? Take it away?
- What kind of contemplative practices do you engage in?
- Yoga, Meditation, Quiet reflection, Prayer?
- Connection to self and to something greater
- Gratitude journaling

# BODY

headaches  
taut muscles  
frequent infections  
muscular twitches  
skin irritations  
breathlessness  
fatigue

# MIND

worrying  
muddled thinking  
impaired judgement  
nightmares  
hasty decisions  
negativity  
indecisions

# STRESS

loss of confidence  
more fussy  
irritability  
anxiety  
alienation  
depression  
apathy

# EMOTIONS

smoking more  
restlessness  
insomnia  
loss of sex drive  
drinking more  
loss of appetite

# BEHAVIOR

# PRACTICE MINDFULNESS

- When doing mundane things
- Washing dishes, brushing your teeth
- Handwashing before you go into a patient's room- a reminder to take a breath and be present





JUST  
BREATHE



# CREATIVITY, PLAY AND EXPLORATION

- How much time to do reserve for play, fun, creativity and exploration?
- Do you enjoy art? Writing? Music? Dance? Crafts?
- Do you challenge your mind in games, study? Travel to new places?




# RELATIONSHIPS

- Do you nourish your home life?
- Your work life?
- Support each other and hold each other accountable for your goals?
- What would your ideal day look like with loved ones?



# COMMUNITY AND BOUNDARIES

- Do you have support and nourishment from your friends and community?
- Do you ask for help when you need it?
- Do you set boundaries for your self care?
- Are you saying NO authentically? NO means Nourish Oneself



Remember to  
take care of yourself.  
Sometimes you get so  
busy helping others you  
forget that you're  
important too.

tinybuddha.com



## **Self Care is LIVING your BEST LIFE and BEING the BEST Version of Yourself!**

- Being In Balance in order to heal.
- Healing to self and others.

**If you don't pick  
a day to relax  
your body will  
pick it for you.  
#takecareofyour  
self**



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Southern New England  
Chapter 135



# DO ONE THING EVERY DAY FOR YOU!



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**GO OUTSIDE**

**BE PRESENT**

**MOVE YO'SELF**

**EAT WELL**

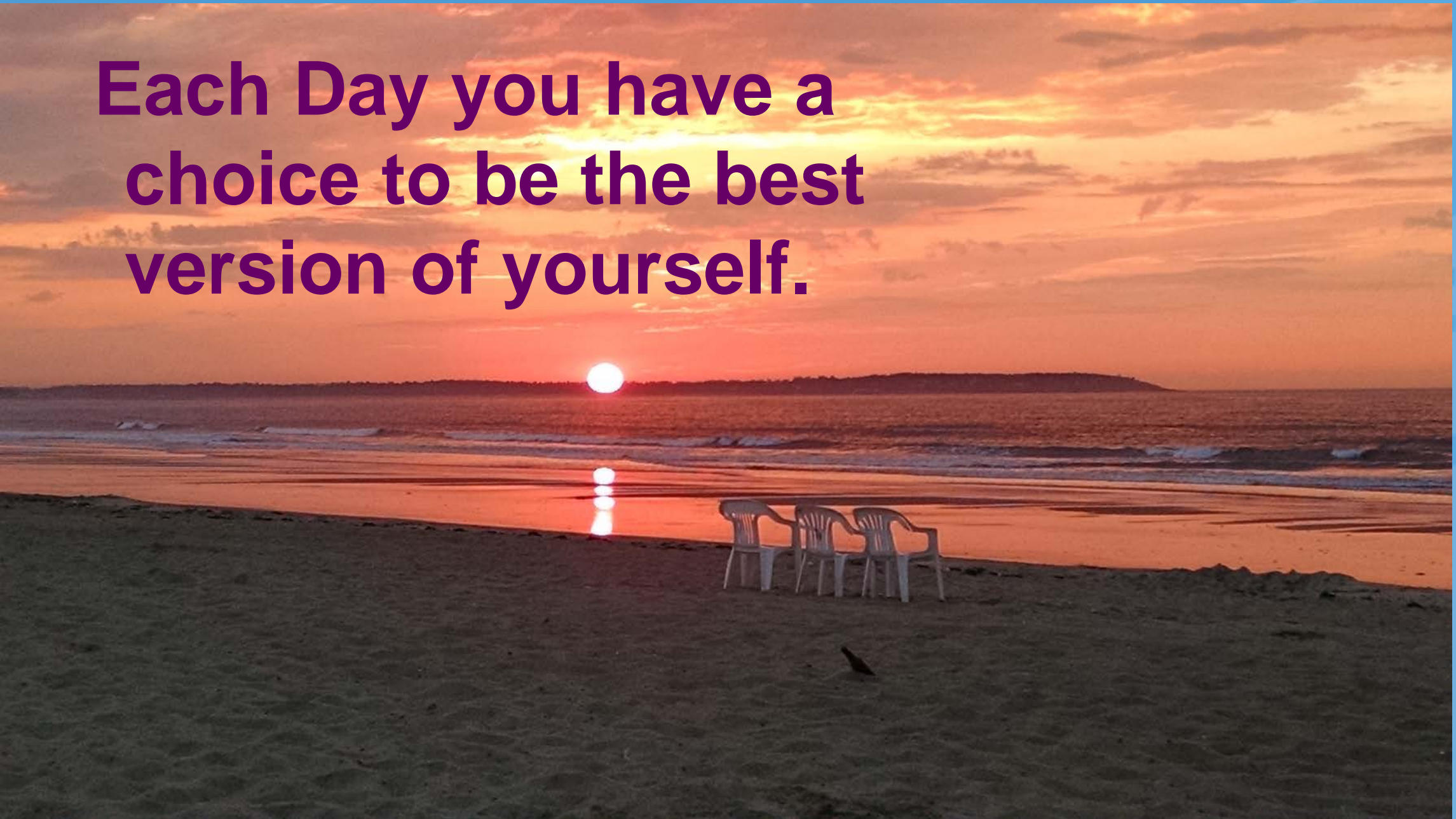
**BREATHE**

**SAY NO and HAVE FUN**





**Each Day you have a  
choice to be the best  
version of yourself.**





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CHARTERED 1978



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