



Basics of Self-Care



Goal:

- Identify different types of self-care
- Reflect on individual self-care needs

Fraternity Values:

- Honor and Respect
- Personal and Intellectual Growth

Suggested Facilitator:

- Vice President Member Experience
- Vice President Risk Management
- Director Policy and Prevention Education

Room setup/materials needed:

- TV or projector if showing the introductory video

- Six large pieces of paper or poster-board and markers if completing Part 1: Option 1
- Pen and paper, if desired, if completing Part 1: Option 2 and/or Part 2

Getting started:

- The facilitator should walk through this seminar prior to presenting it to make sure they're comfortable with the material.
- Talking points are indicated with normal font. Please use these as speaking guidelines but be sure to make the presentation your own with your personality.
- Facilitation instructions are indicated with italicized font. These are hints you might find helpful when administering the material. Most importantly, have fun! The more excited and engaged you are, the more participants will be.
- If you are holding this workshop during a chapter meeting, or another time where cell phones aren't usually allowed, make sure you let participants know they will need them for this activity.

≡ **Introduction: Basics of Self-Care**

≡ **Part 1: Basics of Self-Care**

≡ **Part 2: Basics of Self-Care**

≡ **Conclusion: Basics of Self-Care**

Introduction: Basics of Self-Care

Getting Started in Self-Care

“ Hi everyone! I'm excited to talk to you about the basics of self-care! We're going to start by setting some "ground rules" for this seminar. This will help us all be on the same page. What ground rules should we put in place to be the most present and engaged today? ”

If these are not mentioned while your members brainstorm ground rules, be sure to share them:

- *Make sure you're staying off your phone unless asked to use it for an activity. If you need to check your phone during this time, please let me know.*
- *Respect your sisters by actively listening when they're speaking. Try to avoid side conversations and stay focused on whoever is speaking.*
- *Remember, this seminar will be more beneficial if you make a conscious effort to think critically and actively participate.*

Next, complete one of these two icebreakers! Choose whichever option works best for your chapter.

OPTION 1: LARGE GROUP DISCUSS...

OPTION 2: SELF-CARE VIDEO

This option is better for chapters without access to a TV or projector screen to show a video. Additionally, it can be helpful for small- to medium-sized chapters to have this group conversation.

“ We're going to start by discussing what self-care means to us individually. ”

Lead participants in an introductory conversation about self-care for 5 minutes. Start with the questions posed below and be sure to ask follow-up questions to their responses.

- When you hear the word “self-care”, what pops into your head?
- How do you define self-care?
- Why do you think self-care is important?
- How do you make time for self-care?

If you're conducting this seminar virtually, you can use the chat feature to gather responses as well.

OPTION 1: LARGE GROUP DISCUSS...

OPTION 2: SELF-CARE VIDEO

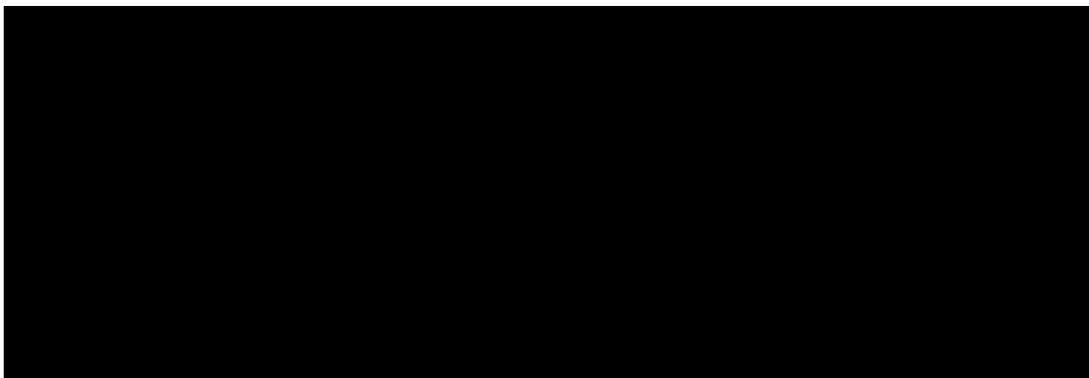
This option is better for chapters with access to a projector or TV to display the video and may be helpful for medium- to large-sized chapters where large group discussions can be difficult.

“ We're going to watch a video on self-care and self-compassion. Afterward, we'll discuss your thoughts on the video with a partner and then as a larger group. ”

Once the video has concluded, have participants pair up and discuss their initial reactions. After the pairs have had a chance to chat, invite a few members to share their key takeaways.

Tip: If participants need help getting the conversation going, consider asking about the different types of self-care discussed in the video or the importance of individualized self-care.

If you're conducting this seminar virtually, you can utilize breakout rooms for paired or small group discussions, then bring everyone back together to share.





CONTINUE

Part 1: Basics of Self-Care

Different Types of Self-Care

In this part of the seminar, participants will learn about the different types of self-care and reflect on the areas they spend the most and least time on.

OPTION 1: POSTER BOARD ACTIVI...

OPTION 2: MINUTE BRAINSTORM

This option is better for chapters that have the space to move around the room. Depending on the size of your room, this may be more suitable for small- to medium sized-chapters. If your chapter is larger, you can form small groups and have them rotate through the different posters to add to each other's ideas. Then, you can ask for volunteers to discuss each poster.

Hang large pieces of paper or poster boards for each type of self-care (listed below) around the room. Have participants break into six groups, one for each type of self-care. After giving them the definitions below, ask participants to create a poster that explains their assigned type and provide examples. They can also share their personal experiences with this type of self-care and discuss potential obstacles. Give participants 10 minutes to work on their poster, then have them share with the rest of the chapter.

If you're conducting this seminar virtually, you can put participants into breakout rooms and ask them to create a slide to share with the group.

OPTION 1: POSTER BOARD ACTIVI...

OPTION 2: MINUTE BRAINSTORM

This option is better for chapters that may not have the space to move around the room.

Walk participants through each type of self-care below. After providing the given definition and example for each type, ask members to write down as many examples of that type as they can in one minute. Once the minute is up, have them discuss their brainstorm with someone around them and ask for a few pairs to share their list.

Tip: participants can use their phones to take notes in place of pen and paper.

“Six Types of Self-Care

- **Physical**

- Physical self-care is about nourishing your body. An example of physical self-care is eating a balanced diet that gives you the energy to tackle your day. Sometimes, this means eating a salad of “superfoods”, while other times, it means treating yourself to your campus’ best ice cream!

- **Psychological**

- Psychological self-care involves stimulating or relaxing your mind. For example, you might curl up with your favorite book.

- **Emotional**

- Emotional self-care is about processing your emotions and working to understand them. One way you can work on emotional self-care is by journaling about the highs and lows of your week.

- **Practical**

- Practical self-care asks you to fulfill core tasks in your life in a strategic way. An example of practical self-care is using a planner to keep track of your classes' key due dates.

- **Spiritual**

- Spiritual self-care involves getting in touch with your values and thinking bigger than yourself. An example of spiritual self-care is completing daily meditation.

- **Social**

- Social self-care is about nurturing your relationships with others. An example of social self-care is having a game night with your friends. ”

CONTINUE

Part 2: Basics of Self-Care

Individual Self-Care Needs

In this part of the seminar, participants will apply what they've learned about the different types of self-care to create a personal self-care plan.

OPTION 1: BEGINNER'S CONVERSA...

OPTION 2: DEEPER REFLECTIONS

This option is better for chapters that need a beginner's conversation on this topic.

“ We're going to spend some time reflecting on each type of self-care and how it applies to your life.

- What type of self-care do you tend to use the most?
- What type of self-care do you tend to use the least?
- What type of self-care is most important in your life right now? Why?
- What type of self-care is the most difficult for you to implement? How can you overcome those obstacles? ”

Give participants a moment to think about their responses and jot down notes. When everyone is ready, ask for volunteers to share their thoughts with those around them. Then, ask for volunteers to share what they discussed before moving on to the next question. Tip: as the facilitator, you can help generate conversation by sharing your own experiences. Think about your answers to the above questions in advance so you can jump in if the conversation isn't flowing.

After discussing the questions above, have participants write one goal for each type of self-care. Encourage participants to make these “SMART” goals (specific, measurable, attainable, relevant and time-based).

If you're conducting this seminar virtually, you may want to have participants discuss all questions in breakout rooms, then bring everyone back together to discuss all questions as a larger group. You may want to pop into breakout rooms to see if groups need help starting the conversation.

OPTION 1: BEGINNER'S CONVERSA...

OPTION 2: DEEPER REFLECTIONS

If most participants have a strong understanding of and experience with self-care, you can have them dig deeper with questions like the ones below.

“ We're going to spend some time reflecting on how self-care applies to your life. ”

Remember that each member has a different background and set of experiences that may impact their self-care.

- What are the biggest challenges to your self-care?
- How does your personal identity affect your self-care?
- In what ways does your daily routine conflict with your self-care goals?
- How do the people in your life support or not support your self-care?
- How is your self-care positively and/or negatively impacted by media, such as social media, TV and movies?
- For example, following social media accounts with creative, healthy recipes might be helpful, but following social media accounts with unrealistic expectations might negatively impact you.

Give participants a moment to think about their responses and jot down notes. When everyone is ready, ask for volunteers to share their thoughts with those around them. Then, ask for volunteers to share what they discussed before moving on to the next question. Tip: as the facilitator, you can help generate conversation by sharing your own experiences. Think about your answers to the above questions in advance so you can jump in if the conversation isn't flowing.

After discussing the questions above, have participants write one goal for each type of self-care. Encourage participants to make these “SMART” goals (specific, measurable, attainable, relevant and time-based). Participants can make goals to implement a new form of self-care for each type, improve their quality of self-care and/or address any current challenges to their self-care.

If you're conducting this seminar virtually, you may want to have participants discuss all questions in breakout rooms, then bring everyone back together to discuss all questions as a larger group. You may want to pop into breakout rooms to see if groups need help starting the conversation.

CONTINUE

Conclusion: Basics of Self-Care

Honoring and Respecting Your Commitments

“ Thank you all for your engagement and vulnerability today. I hope you learned something new and how to apply it to your life. There are so many benefits of practicing self-care and we've seen today how simple it can be to implement! I want to make sure our conversations about self-care don't end after this seminar. ”

The following options are two ways in which members can continue to engage after the seminar:

OPTION 1: ACCOUNTABILITY PART...

OPTION 2: #SELFCARESUNDAY

Pair up participants to serve as each other's self-care accountability partners. Encourage pairs to connect once a month (whether in person before chapter meetings, over text, etc.) to check on each other's progress toward self-care goals. Collaborate with the rest of the Chapter Leadership Team to offer an opportunity to share successes and challenges with the entire chapter at another meeting later in the term.

“ You're going to be paired up with another member as a self-care accountability partner. I want you to check in once a month (in-person before chapter meetings, over text, etc.) and share progress on your self-care goals.

We'll check in with you periodically to encourage you to continue practicing self-care! ”

Encourage participants to use the hashtag #SelfCareSunday each week and tag the chapter's social media account on posts that show how they're taking care of themselves. Consider collaborating with your chapter's Community Relations Team to re-post these items on the chapter's accounts.

“ I have a challenge for everyone: this upcoming Sunday, I challenge you to participate in #SelfCareSunday. Make a social media post showing how you participate in self-care and tag our chapter's account. You may even be re-posted! ”

If your budget permits, you can even keep track of how many posts each member shares throughout the term and enter them into a raffle for a self-care item.

Survey

Provide the following link to four members of your chapter, one from each class. You and those four members will complete the Leading with Values seminar survey to provide feedback to Pi Beta Phi.

www.pibetaphi.org/lwvfeedback

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