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Fill Up Your Cup: Discover Self-Care

Agenda

- What is Self-Care?
- Evaluate: What is Your Cup Filled With?
- Adding Self-Care Through Your Day
 - Night before
 - Morning
 - Afternoon
 - Evening
- What Changes Can We Make?
- Resources

What is Self-Care?

- What is Self-Care to you?
 - Not a "Should List"
- What does research say we need to be our best?
 - Emotional & Physical
 - Safety to Express Self
 - LET IT OUT!
 - Go Beyond "Top" Emotions



What is your cup filled with?

- Self-talk
- Routines
- Do you even know?
 - Auto-Pilot



What fills and empties your cup?

- Fills: gives (+ & -)
- Empties: (+ & -)
- Bandwidth

Let's look at our day to see how we can balance.

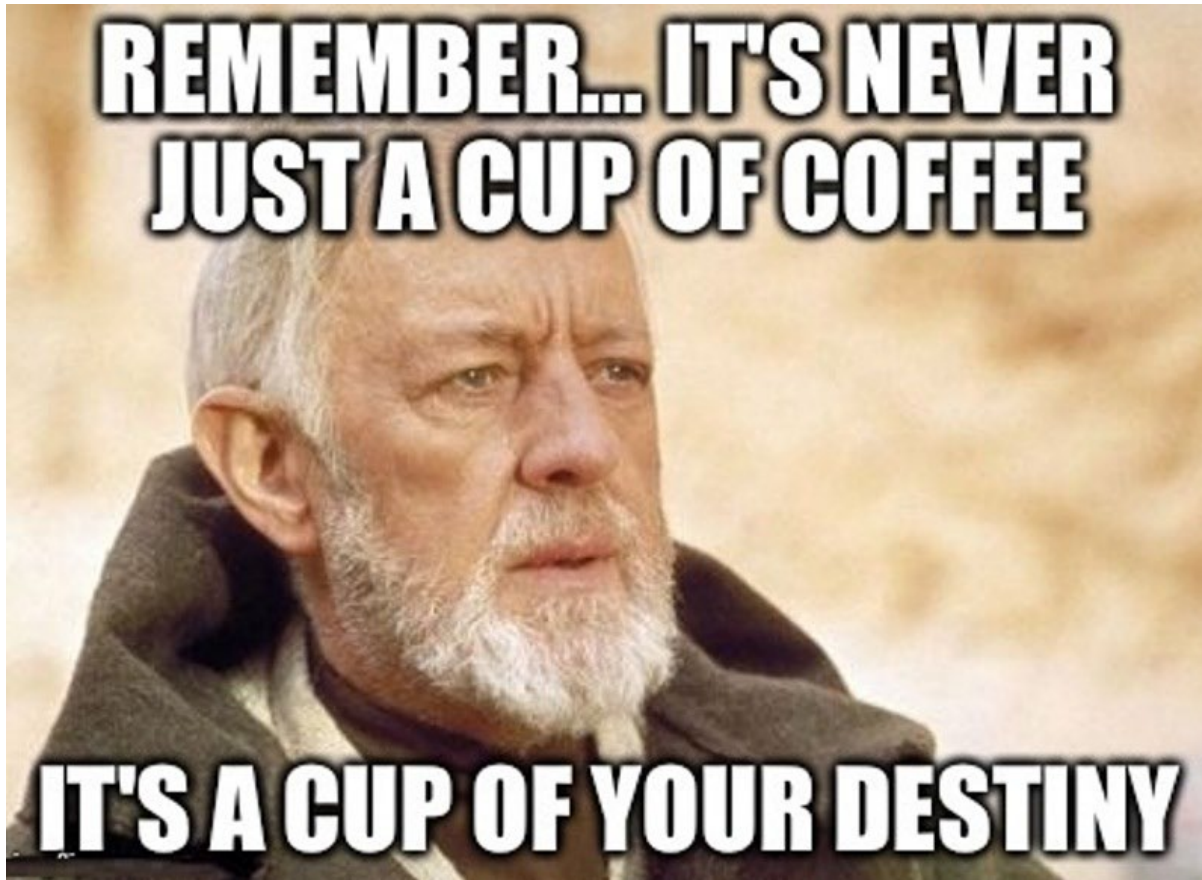


What does your current day look like?
(Night Before, Morning, Afternoon, Evening)

Let us explore how self-care can look like
throughout your future days!
(Night Before, Morning, Afternoon, Evening)

Your Day Starts the Night Before...

- Get to Sleep!
 - Quality & Quantity (7-9 Hours)
 - Enhanced Emotional Regulation
 - Enhanced Time Management
- Prep for the day before
 - Outfits, Kid's Stuff, Lunch, etc.



Good Morning!!
Set yourself up, for a successful day!

- Positive Thought & Set that intention
 - 18 Second Shift
 - Breath in that good thought
 - Stretch
 - Show LOVE!
- Do NOT hit Snooze
 - Sleep inertia grogginess
 - Keep your commitment to yourself!

Afternoon: **Work**

Boundary Setting
and Breaks



Boundary Setting

- Avoid Burnout
 - Signs: Emotional & Physical Exhaustion, unable to concentrate, sense of failure or self-doubt, detached, uninspired etc.
 - Causes: unmanageable workload, unfairness, lack of role clarity, lack of communication from manager, not enough time to do work etc.
 - Remote workers report higher burnout than those who are in office

Boundary Setting

- What are your values?
 - What does respecting those values look like?
 - Ex:
 - Value: Respect
 - Respect means to me: Considering my time
 - Boundary looks like: Telling others to check for availability on my calendar before scheduling a meeting.
- Avoid Blurred Boundaries
 - Set and Communicate them
 - Ex: Letting people know when you take lunch or sign off...
 - Ex: Set agendas so meetings stay on time

Breaks

- Remember, 18 Second Shift!
- Get Up & Move
- Name Your Feeling
- Affirmations:
 - I am smart.
 - I am capable of solving this problem.
- Perspective:
 - I am able to...
 - I get to...

The Day is Coming to an End!

- Leave the day in the car
- Set the intention, “I am going to have a good night,”
- Wash the Day off
 - Skin-care, change to comfy clothes, set alarm etc.
- 15mins of something YOU enjoy
- Remember Our First Slide...
 - Prep for tomorrow, get to bed, etc.



It must be bedtime, right?



Bedtime!

- Breath: Exhale longer than inhale
- Reduce Lights, Blue Lights & Noise
- Comfort: Temperature, Pillows, etc.

What changes can
you make?

- What time of your day can you make changes to?
- What routine changes can you make?
- What boundaries can you set?
- What time can you take a break during the day?
- What can you accomplish the night before to help yourself in the morning?

YOU ARE WORTH IT!

Resources: Abby Medcalf: [Home - Abby Medcalf](#)

me looking at myself after I actually
take the time to practice self care

