

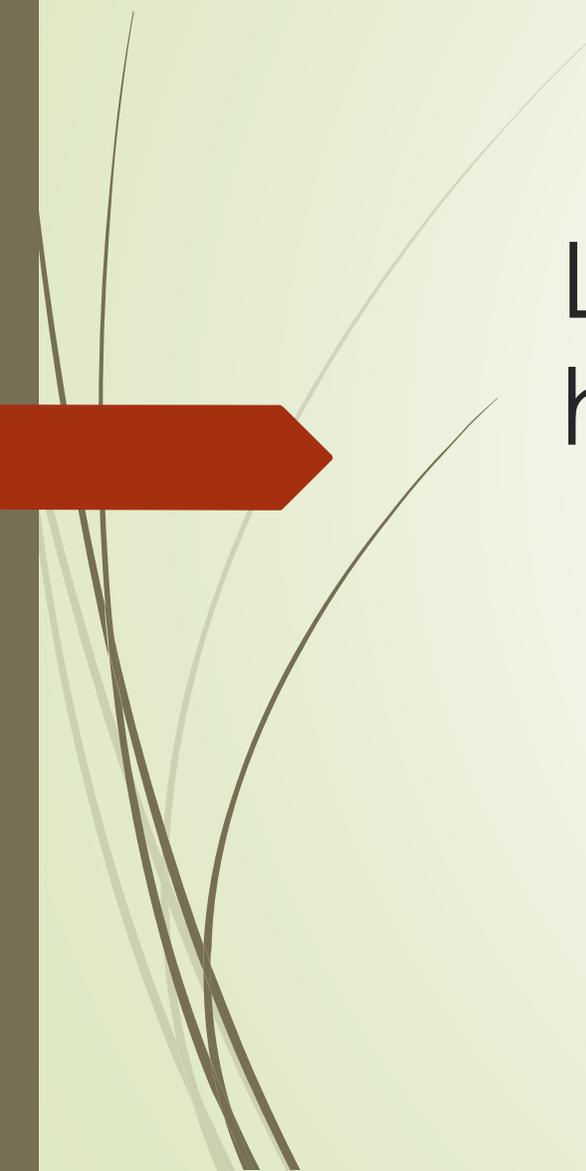


Caring for Ourselves

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Adjunct Development Day

Fall 2021



Let's reflect on how this pandemic
has affected ***US***.



Coping through T/trauma

Resilience

- ▶ The ability to bounce back from challenges using internal resources and external supports
- ▶ Keeps people from experiencing the most damaging effects of trauma

Post-traumatic growth

- ▶ Occurs after the most damaging effects of trauma and depicts major transformations in the following areas:
 - ▶ Appreciation of life
 - ▶ Relationships with others
 - ▶ New possibilities in life
 - ▶ Personal strength
 - ▶ Spiritual change



Self-Compassion & Self-Care

What comes to mind?

Self-Compassion = treating yourself as you would treat a loved one





Self-Compassion

► **Mindfulness**

- Be still
- Feel your feelings
- Find balance between negative rumination & unrealistic positivity

► **Common humanity**

- You are not alone
- Your pain is not unique

► **Self-kindness**

- Choose grace over berating ourselves
- Find healthy ways to self-soothe



Writing Exercise

Practicing self-compassion



Self-Care

- ▶ What self-care is NOT:
 - ▶ Indulgent
 - ▶ Selfish
 - ▶ Self-soothing
 - ▶ Only for those with lots of time or money
- ▶ *“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own...” (1 Cor. 6:19)*
- ▶ Small but powerful investments into your holistic health → pours out onto others

Self-Care Bingo





Let us be still.