

Capacity Building: Self Care Workshop



What Self Care is Not

- **Not Self-Indulgence:** It's not about constant indulgence or avoiding responsibility but about balance and healthy habits.
- **Not Escapism:** Avoiding problems or distractions (like excessive screen time) isn't self-care. It's about addressing needs in a productive way.
- **Not Selfishness:** Taking care of yourself is essential for well-being and allows you to show up for others, not neglect them.
- **Not a One-Time Fix:** Self-care is an ongoing practice, not a quick solution for stress or burnout.
- **Not Escaping Responsibilities:** It's about resting and recharging, not avoiding work or obligations.
- **Not Perfectionism:** It's not about striving for perfection but being kind to yourself and meeting your needs.
- **Not Always Easy:** Sometimes, it involves doing difficult things like setting boundaries or seeking help.
- **Not a Replacement for Professional Help:** It complements therapy or medical treatment but isn't a substitute for professional support.
- **Not About Comparing:** Self-care is personal—what works for others may not work for you.

Self-Care

PRIORITIZE
SLEEP

SET
BOUNDARIES

PRACTICE
GRATITUDE

STAY ACTIVE

NURTURE SOCIAL
CONNECTIONS

SEEK
PROFESSIONAL
HELP IF NEEDED

EAT NUTRITIOUS
MEALS

ENGAGE IN
HOBBIES

USE
AFFIRMATIONS

PRACTICE
MINDFULNESS

UNPLUG FROM
TECHNOLOGY

MAKE A VISION
BOARD

Prioritize Sleep

PRIORITIZE
SLEEP

- **Stick to a Consistent Sleep Schedule:** Go to bed and wake up at the same time daily, even on weekends, to regulate your body's internal clock.
- **Create an Ideal Sleep Environment:** Keep your bedroom cool, dark, and quiet. Use comfortable bedding and minimize distractions.
- **Limit Screen Time Before Bed:** Avoid blue light from phones, tablets, or computers at least 30-60 minutes before sleep.
- **Relax Before Bed:** Engage in calming activities like reading, meditation, or a warm bath to wind down.
- **Watch What You Eat and Drink:** Avoid caffeine, nicotine, heavy meals, and alcohol close to bedtime.
- **Exercise Regularly:** Aim for daily physical activity but avoid vigorous exercise close to bedtime.
- **Limit Naps:** Keep naps short (20-30 minutes) and earlier in the afternoon if needed.
- **Manage Stress:** Practice stress-relief techniques such as mindfulness or deep breathing to calm your mind.
- **Get Daylight Exposure:** Spend time outdoors, especially in the morning, to help regulate your sleep-wake cycle.
- **Consult a Doctor if Needed:** If sleep problems persist, consult a healthcare provider for possible underlying issues.

Stay Active

STAY ACTIVE

- **Set Clear Goals:** Start with achievable, specific targets and gradually increase them.
- **Choose Enjoyable Activities:** Pick exercises you like to make staying active more enjoyable.
- **Make It a Routine:** Schedule regular physical activity and make it a habit.
- **Incorporate Movement:** Look for opportunities to move throughout the day (e.g., walking, taking stairs).
- **Start Small:** Begin with simple exercises and build up over time.
- **Find a Workout Buddy:** Partner with a friend or family member to stay motivated.
- **Try New Activities:** Keep things fresh by exploring different exercises.
- **Track Your Progress:** Monitor your activity to stay motivated and celebrate milestones.
- **Mix It Up:** Vary your routine with different types of exercise (cardio, strength, flexibility).
- **Prioritize Rest:** Take rest or active recovery days to prevent burnout.

Eat Nutritious Meals

EAT NUTRITIOUS
MEALS

- **Focus on Whole Foods:** Choose fresh, unprocessed foods like fruits, vegetables, whole grains, and lean proteins.
- **Balance Your Plate:** Aim for a mix of half fruits and vegetables, one-quarter protein, and one-quarter whole grains.
- **Eat a Rainbow:** Include a variety of colorful fruits and veggies for a range of nutrients.
- **Incorporate Lean Proteins:** Choose sources like chicken, fish, beans, and tofu to support health.
- **Choose Whole Grains:** Opt for whole grains like brown rice, quinoa, and oats for added fiber.
- **Limit Added Sugar:** Reduce sugary drinks, desserts, and processed snacks. Use fruit to satisfy sweet cravings.
- **Control Portions:** Pay attention to portion sizes to avoid overeating.
- **Plan and Prepare Ahead:** Prepare meals in advance to ensure healthy options are available.
- **Stay Hydrated:** Drink plenty of water throughout the day.
- **Mindful Eating:** Eat slowly and listen to your body's hunger and fullness cues.

Practice Mindfulness

- **Focus on Your Breath:** Take slow, deep breaths and center your attention on your inhale and exhale.
- **Be Present:** Engage fully in the current activity, using all your senses to experience the moment without distractions.
- **Body Scan:** Pay attention to each body part from head to toe, noticing any tension or sensations.
- **Use Guided Meditation:** Try meditation apps or videos to structure and focus your practice.
- **Observe Thoughts Non-Judgmentally:** Acknowledge your thoughts without reacting or judging them.
- **Mindful Walking:** Walk slowly and pay attention to your steps, surroundings, and body movements.
- **Cultivate Gratitude:** Reflect on things you're grateful for to stay present and positive.
- **Create a Calm Environment:** Reduce distractions by turning off electronics and finding a quiet space.
- **Practice Mindful Listening:** Focus on listening fully without forming judgments or preparing responses.
- **Set Time for Practice:** Dedicate a specific time each day for mindfulness, even if just for a few minutes.

Set Boundaries



SET
BOUNDARIES

- **Know Your Limits:** Understand your physical, emotional, and mental boundaries.
- **Be Clear and Direct:** Communicate your needs assertively using "I" statements (e.g., "I need some space").
- **Learn to Say No: Practice saying no without over-explaining or feeling guilty.**
- **Prioritize Your Own Well-being: Make self-care a priority to prevent burnout and resentment.**
- **Be Consistent:** Reinforce your boundaries consistently and don't compromise them.
- **Set Boundaries Early: Address issues as they arise, rather than waiting for them to escalate.**
- **Respect Others' Boundaries:** Honor other people's boundaries as you expect them to honor yours.
- **Prepare for Pushback:** Stay firm if others resist your boundaries and calmly reaffirm your needs.
- **Reflect Regularly:** Reassess your boundaries to ensure they still serve your well-being.
- **Seek Support:** Get guidance from a therapist or trusted person if needed.

Nurture Social Connections

- **Make Time for Others:** Prioritize quality time with friends and family.
- **Be a Good Listener:** Show empathy and actively listen to strengthen bonds.
- **Stay in Touch: Reach out regularly through calls, messages, or meetups.**
- **Be Authentic:** Be yourself and encourage others to do the same to build trust.
- **Show Appreciation:** Express gratitude to those you care about.
- **Support Others:** Offer help and emotional support when needed.
- **Join Social Activities: Participate in events or groups to meet new people.**
- **Communicate Openly:** Share your thoughts and feelings to foster closeness.
- **Be Patient and Flexible:** Adapt to changes in relationships and give them time to grow.
- **Make New Connections:** Stay open to meeting new people to enrich your social circle.

Engage in Hobbies

ENGAGE IN
HOBBIES

- **Choose Enjoyable Activities:** Pick hobbies that genuinely interest and bring you joy.
- **Start Small:** Begin with simple tasks and gradually build up over time.
- **Make Time for It: Set aside regular time in your schedule for your hobby.**
- **Try New Things:** Explore different hobbies to discover new interests.
- **Join a Community:** Connect with others who share your hobby for motivation and support.
- **Set Goals:** Establish achievable goals to track progress and stay motivated.
- **Be Patient:** Enjoy the process without rushing or stressing over results.
- **Incorporate It Daily:** Find small ways to include your hobby in daily life.
- **Stay Inspired:** Seek inspiration from books, videos, or online communities.
- **Enjoy the Process: Focus on the enjoyment and relaxation your**

UNPLUG FROM
TECHNOLOGY

Unplug from Technology

- **Set Screen Time Limits:** Use timers or apps to manage and reduce screen time.
- **Create Tech-Free Zones:** Designate areas (like the bedroom or dining room) to be free from devices.
- **Schedule Tech-Free Time:** Dedicate specific times in your day or week to be device-free.
- **Engage in Offline Activities:** Focus on hobbies, exercise, reading, or in-person socializing.
- **Turn Off Notifications:** Disable non-essential alerts to reduce distractions.
- **Use Technology with Purpose:** Avoid mindless scrolling and use tech intentionally for tasks.
- **Practice Digital Detoxes:** Take regular breaks from all devices, like a full day or weekend.
- **Avoid Devices Before Bed:** Turn off screens at least 30-60 minutes before sleep.
- **Spend Time in Nature:** Get outside and enjoy nature without tech distractions.
- **Practice Mindfulness:** Use techniques like deep breathing or meditation to stay present.

Practice Gratitude

PRACTICE
GRATITUDE

- **Keep a Gratitude Journal:** Write down 3-5 things you're grateful for each day.
- **Express Gratitude to Others:** Thank people in your life through notes, texts, or words of appreciation.
- **Practice Mindful Gratitude:** Pause throughout the day to reflect on positive things, focusing on the present moment.
- **Use Visual Reminders:** Place reminders around your home or workspace to inspire gratitude.
- **Reframe Negative Thoughts:** Shift focus from challenges to what you can be grateful for in the situation.
- **Share Gratitude:** Include expressions of gratitude in conversations with others.
- **Make It a Group Practice:** Start a gratitude practice with family or friends, sharing one thing you're grateful for.
- **Reflect on the Big Picture:** Consider the larger blessings in your life, like health and relationships.
- **Celebrate Small Wins: Acknowledge small achievements or moments of joy.**
- **Focus on What You Have:** Appreciate what you currently have instead of focusing on what's lacking.



Seek Professional Help if Needed

- **Recognize the Need for Help:** Be aware of signs like persistent stress, anxiety, or difficulty coping.
- **Reach Out Early:** Seek help before issues become overwhelming.
- **Consult a Trusted Person:** Talk to someone you trust to decide the next steps.
- **Choose the Right Professional:** Find the appropriate professional for your specific needs (therapist, doctor, etc.).
- **Be Honest and Open:** Share your feelings and challenges openly for better support.
- **Ask Questions:** Ensure you understand the professional's approach and treatment options.
- **Follow Through:** Stick to appointments and treatment plans for progress.
- **Seek Support from Loved Ones:** Inform friends or family to gain their encouragement.
- **Understand It's Okay to Ask for Help:** Recognize that seeking help is a sign of strength.
- **Evaluate Your Progress:** Assess how you're feeling and adjust support if needed.

USE
AFFIRMATIONS

Use Affirmations

- **Be Positive and Present:** Use positive, present-tense statements (e.g., "I am confident").
- **Keep It Simple: Keep your affirmations clear and easy to remember.**
- **Make Them Personal:** Tailor affirmations to your needs and goals (e.g., "I am deserving of success").
- **Use "I Am" Statements:** Start with "I am" to empower yourself (e.g., "I am strong").
- **Repeat Regularly:** Practice affirmations daily, especially in the morning or before bed.
- **Visualize While Affirming:** Pair affirmations with visualizing your goals or desired qualities.
- **Believe in Your Words:** Approach affirmations with openness and believe in their power.
- **Make Them Specific:** Be specific about your goals (e.g., "I am attracting success in my career").
- **Use in Challenging Moments:** Use affirmations to stay positive during challenges (e.g., "I can handle this").
- **Feel the Emotions: Connect with the emotions behind your affirmations to strengthen their impact.**

Make a Vision Board

- **Clarify Your Goals:** Identify specific goals in areas like career, health, and personal growth.
- **Gather Materials:** Use a board, scissors, glue, magazines, printouts, and personal items like photos.
- **Use Inspiring Images: Choose visuals that resonate with and inspire you.**
- **Include Affirmations:** Add positive quotes or affirmations that align with your goals.
- **Be Specific:** Focus on clear, detailed goals to make your vision feel tangible.
- **Organize with Intent:** Group similar goals together or create sections for different areas.
- **Make It Personal:** Include meaningful symbols, photos, or words.
- **Keep It Positive:** Focus on uplifting images and messages.
- **Place It in a Visible Spot: Keep it where you'll see it daily to stay motivated.**
- **Update as Needed:** Adjust your board as your goals evolve or are achieved.

Manage Stress and Anxiety

- **Breathing Techniques:** 4-7-8 Breathing and Box Breathing helps activate the parasympathetic nervous system and reduce stress.
- **Journaling:** Lets you track your mood and reflect on triggers to gain insights into anxiety patterns.
- **Exercise:** Helps utilize and release excess energy while promoting relaxation.
- **Progressive Muscle Relaxation:** Contract and release exercises can help reduce physical tension and manage anxiety.
- **Aromatherapy:** Essential oils (e.g., lavender) and calming soundtracks can promote relaxation.
- **Grounding Techniques:** 5-4-3-2-1 exercise and holding comforting objects like stress balls or fidget spinners can help refocus and manage anxiety.
- **Support Groups:** Online communities (e.g., Reddit's r/Anxiety) and local or virtual groups via Meetup offer peer support.
- **Sleep Tools:** Sleep Cycle and Pzizz help regulate sleep and promote restful nights, reducing sleep-related anxiety.
- **Therapeutic Tools:** Workbooks and Emotional Freedom Techniques (EFT/Tapping) offer structured approaches to anxiety relief.
- **Nutrition & Supplements:** Magnesium supplements and herbal teas (e.g., chamomile) can help calm the nervous system.
- **Visualization:** Guided Imagery exercises allow you to mentally escape anxiety triggers and focus on calming scenes.

Practice Positive Self-Talk

- **Be Kind to Yourself:** Treat yourself with compassion, like you would a friend.
- **Use Affirmations:** Repeat positive statements like "I am capable" to shift your mindset.
- **Challenge Negative Thoughts:** Question the validity of negative thinking.
- **Focus on Strengths:** Emphasize your abilities and accomplishments.
- **Use "I Can" Statements:** Replace "I can't" with empowering language like "I am learning how."
- **Practice Gratitude:** Acknowledge things you're thankful for to enhance positivity.
- **Stay Present:** Focus on the here and now, not past mistakes or future worries.
- **Be Realistic:** Address challenges with a mindset that encourages learning and growth.
- **Visualize Success:** Picture yourself succeeding to boost confidence.
- **Forgive Yourself: Accept mistakes as opportunities for growth and learning.**

THANK YOU