

Self-Care and Mindfulness

Mechele Wimble Training



Seeme Cost calculator

<https://www.seemescotland.org/workplace/see-me-in-work/step-1-sign-up/cost-calculator/>

State is everything – well almost

- If you want to feel resourceful in life – especially in those situations where it is critical – you need to learn to know how to access resourceful states (calm)
- You're already influencing states all the time, whether conscious or not yours and others – previous experiences influences behaviour
- The useful question is “which states are most useful to optimise my behaviour, my sense of well-being and my resourcefulness in this situation”




Why Self-Care

- Be good to yourself first
- Recharging our batteries to work in an optimum state
- If we are well nourished and cared for then we can help and support others
- All leading to better state of mind and productivity

World Health Organization

- Self care is “the ability of individuals, families and communities to promote health, prevent disease, maintain health, and cope with illness and disability with or without the support of a health-care provider”.
- Self-care interventions represent a significant push towards new and greater self-efficacy, autonomy and engagement in health for self-carers and caregivers.



What

- **Self-care** is anything we do to support our own mental, emotional and physical health.
- **Self care** reduces the negative effects of stress.
- Good **self-care is** key to improved mood and reduced anxiety.
- **Self care** supports you being a full citizen in your community, helping you make full contributions

Things you can do to help you.

- ▶ Wake up and look forward to the next 24hours you have been given
- ▶ Have a morning routine
- ▶ Build habits which improve your productivity and helps you focus
- ▶ Have an achievable “To Do” list
- ▶ Start with simple tasks first
- ▶ Take a lunch break away from your desk and enjoy your break
- ▶ Have a break between tasks – 5 deep breaths ~~Multi-task~~
- ▶ Take time out – walk - tea break – alone time – annual leave
- ▶ Sleep and diet routine
- ▶ Reflect on the best three things that have happened
- ▶ Note what you are grateful for

Exercises – Self Care

- Write down three of the best things which have happened today
- Grateful – positive focus
 - Jujitsu Gratitude Move 1: Notice and name five things in your life you are grateful for and why
 - Jujitsu Gratitude Move 2: Keep track of your daily gratitude's.
 - Jujitsu Gratitude Move 3: Share your daily gratitude with another.
- Do this for a week, and *don't settle for repeating the same gratitude each day*. There are many kinds of gratitude to notice.

Thich Nhat Hanh
is a Vietnamese
Buddhist monk,
peace activist
and teacher

The most precious gift we can
offer others is our presence.
When mindfulness embraces
those we love, they will bloom
like flowers.



What we know about Mindfulness

- You don't need make things happen just take notice of it
- Paying attention to the present moment (what we see, hear, taste, touch and smell)
- It can help reduce stress and its consequences
 - Lowering blood pressure
- Helps improve ability to pay attention and brain functions, like able to keep focused
- Keeps us calm
- Increased ability to handle stressful situations
- Helps us regulate anxiety
- Helps us think things through mindfully



Relaxation and mindfulness

Do what you feel comfortable doing

Thank you

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