

3 - My Mosaic: Piecing Together My Self-Care Plan

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Self-care is essential in your role as an instrument of positive change in the lives of children. This conversation is about how to piece together a self-care plan out of the fragments of broken dreams and expectations, and embrace the opportunity to create a mosaic of self-care that celebrates your strengths and inspires hope for the



Self care is not selfish, self care is essential.

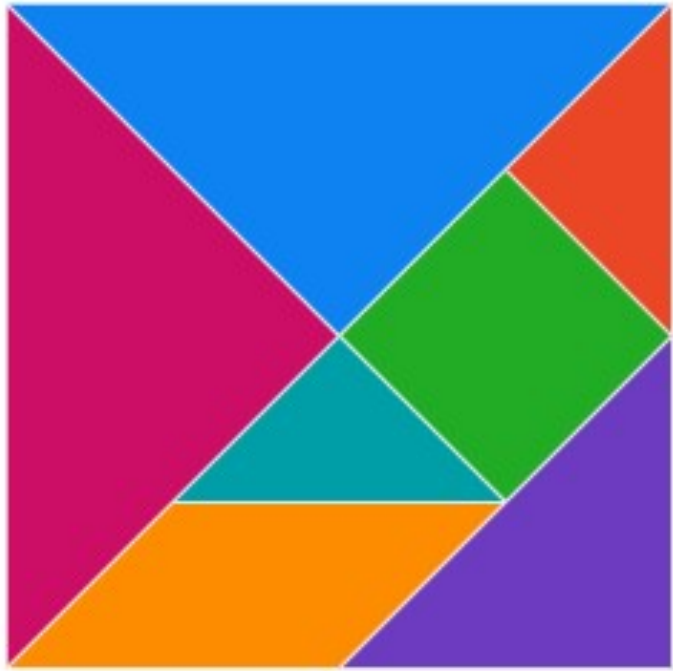
Secondary trauma, vicarious trauma, burnout and toxic stress are occupational hazards.

Life has been stressful and hard this past year.

Are you taking care of you? Your mind. your body, your soul?



A story about a broken tile...



Self-care strategies can be both
things you do and **ways of being**.



Prepare for self care: **Pause** – **Re-set** – **Nourish**

Pause:

Check in with your internal experiences or how your body is feeling at the present moment.

Re-set:

Actively do something to help you feel steadier, more calm, confident or focused on your next task. Be kind to yourself and remember that these are difficult times.

Nourish:

Soak in something positive that replenishes your mind-body-heart-soul-or spirit. Turn your focus towards something that helps you remember your own strength and resilience, or reminds you to take time to tend to yourself.

Source: National Child Traumatic Stress Network www.NCTSN.org



My Mosaic Self-Care Plan nourishes...

My Mind

My Body

My Emotions

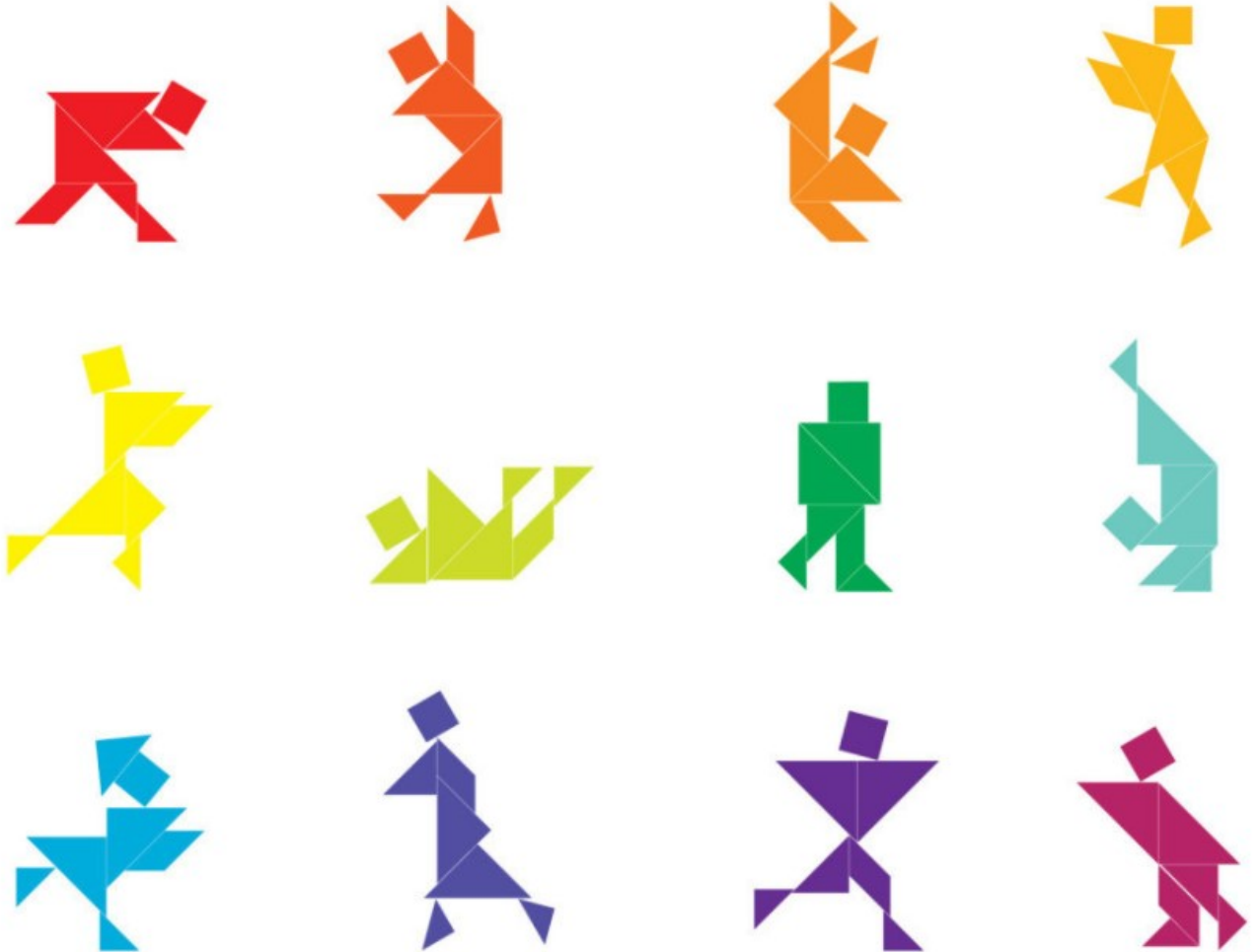
My Spirit

My Work

My Relationships

My Gifts

My Hobbies



Personal self-care:

- Physical: eat better, sleep hygiene, exercise, massage, time off, dance, sports, sex, limit screen-time, wear clothes you like
- Breathing Techniques: belly breathing, block breathing
- Mental/Psychological: meditate, yoga, stress management, music, hobbies, journaling, literature & theories, be curious, be trauma-informed, make lists
- Emotional/Social: relationships, positivity, laugh, comfort, togetherness
- Spiritual: pray, meditate, sing, community, be inspired, practice gratitude
- Environment: office, home, clean desk before leaving work, plants, light
- Workplace: breaks, quiet time, chat, set limits, arrange space, peer support, reflective supervision
- Balance work, family, relationships, play & rest
- Decompress daily
- Establish boundaries between work and home



Professional self-care:

- Support a culture of wellness
- Model and promote good self-care
- Reduce stigma
- Encourage seeking help for burnout
- Understand burnout is preventable
- Avoid blaming or judging
- Proactively address factors contributing to burnout
- Provide professional development:
 - Self-care
 - Trauma Informed Approaches
 - Mental Health & Wellness
 - Mindfulness and Meditation
 - Teaming & Reflective Supervision



What will I do to nourish myself?

