



**Caring for yourself while caring for
the community**

About Me

Intersectional Identities

- Black
- She/her
- Mother
- Doctoral Student

Areas of Experience

- Public Health
- D.E.I.
- Health & Wellness



Objectives

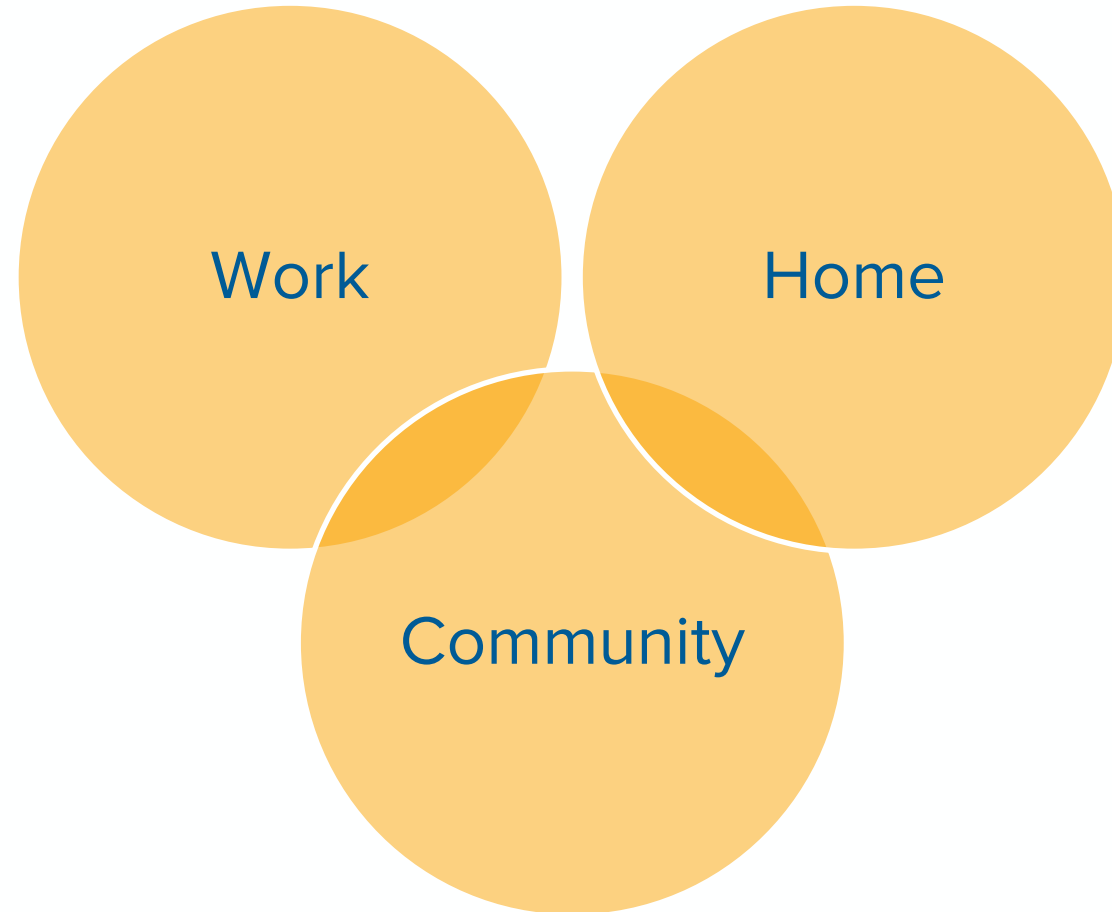
- Welcome to the “New Normal”
- Let’s Talk About Stress
- Re-defining Self-Care

Welcome to the New Normal

There's No Crying in Baseball



Before



Today

Remote and hybrid
work environments

COVID-19

Zoom fatigue

Gun Violence

Issues hit way to close
to home



Home Work
Community

Racial Trauma

Gas Prices

Rising housing costs

TRUE OR FALSE?

66% of American workers
lack life-work balance.

TRUE

FALSE

On a national level, burnout affects 40-50% of full-time working Americans across all industries.

TRUE OR FALSE?

Americans take 26% of their work home.

TRUE

FALSE

Recent research analyzing 185 million working hours revealed that the average US worker completes only 74% of work at their workplace.

TRUE OR FALSE?

77% of full-time US employees experience burnout at their current job.

TRUE

FALSE

On a national level, burnout affects 40-50% of full-time working Americans across all industries.

Let's Discuss

- What does work life balance mean to you?
- What's been the biggest adjustment since COVID?





Why work-Life Balance is important?

WHERE DID THE TIME GO?

- 25 years sleeping
- 10.3 years working
- 9.1 years watching TV (2 years commercials)
- 4.3 years driving
- 2.5 years cooking
- 3.66 years eating (67 min/day)



- We laugh 290,000 times
- We walk approx. 110,000 miles

Tips to help achieve work-life balance

- Establish clear boundaries
- Make concrete commitments
- Schedule an ongoing activity
- Start small
- Allow for flexibility



Let's Talk About Stress

What is Stress?

State of mental or emotional strain or tension resulting from adverse or very demanding circumstances

- Positive vs. Negative
- Acute vs. Chronic
- Firsthand vs. Secondhand

Stress Symptoms

Physical

Tension Headaches
Appetite Change
Muscle Tension
Stomach Cramps
Fatigue
Cold, Sweaty Hands
Night Sweats
Trouble Concentrating
Restlessness
Rapid Heartbeat

Mental

Anxiety
Frustration
Nightmares
Poor Concentration
Feeling Overwhelmed
Confusion
Forgetfulness
Loneliness
Depression
Guilt

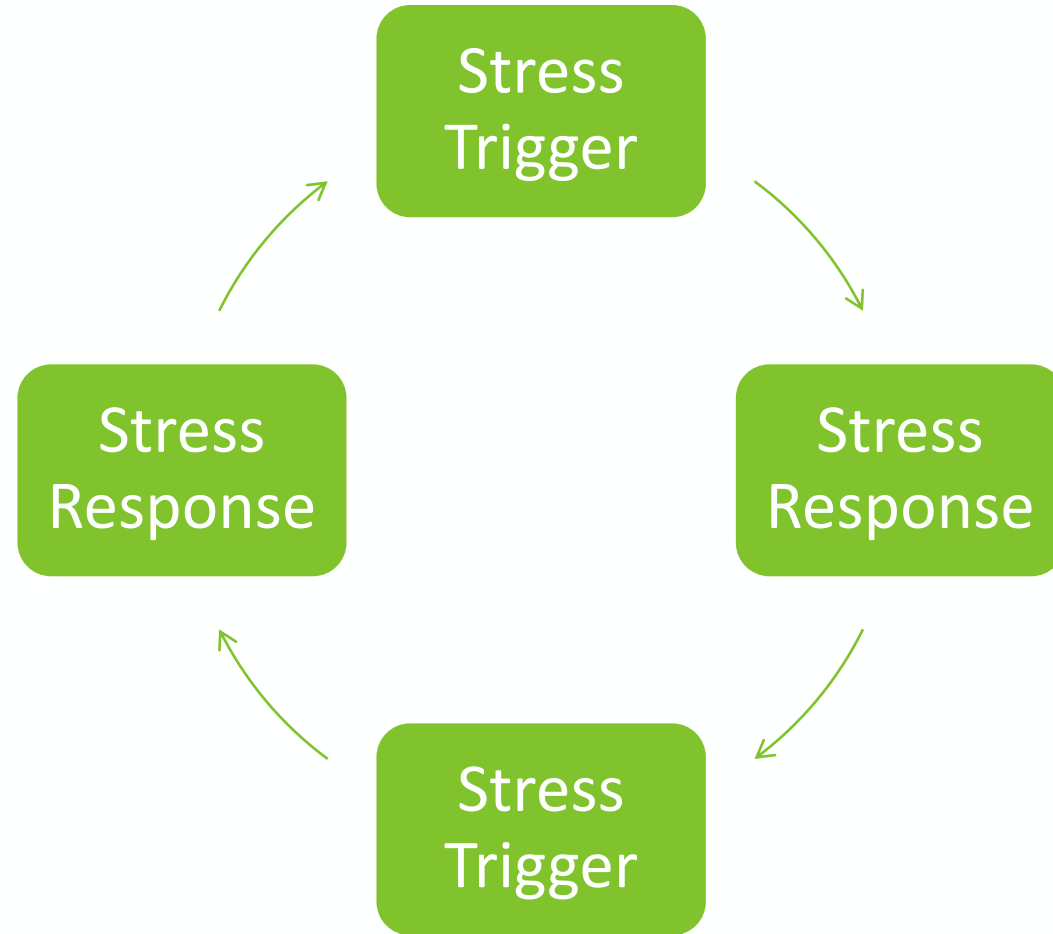
Behavioral

Overspending
Mood Swings
Crying Spells
Lying
Increased Alcohol Use
Making Excuses
Nail-biting
Excessive Worrying
Social Withdrawal
Procrastination

“Ideal” Stress Cycle



“Overstressed” Cycle



Impact of Stress Over Time

Short Term:

Ability to focus

Patience

Energy

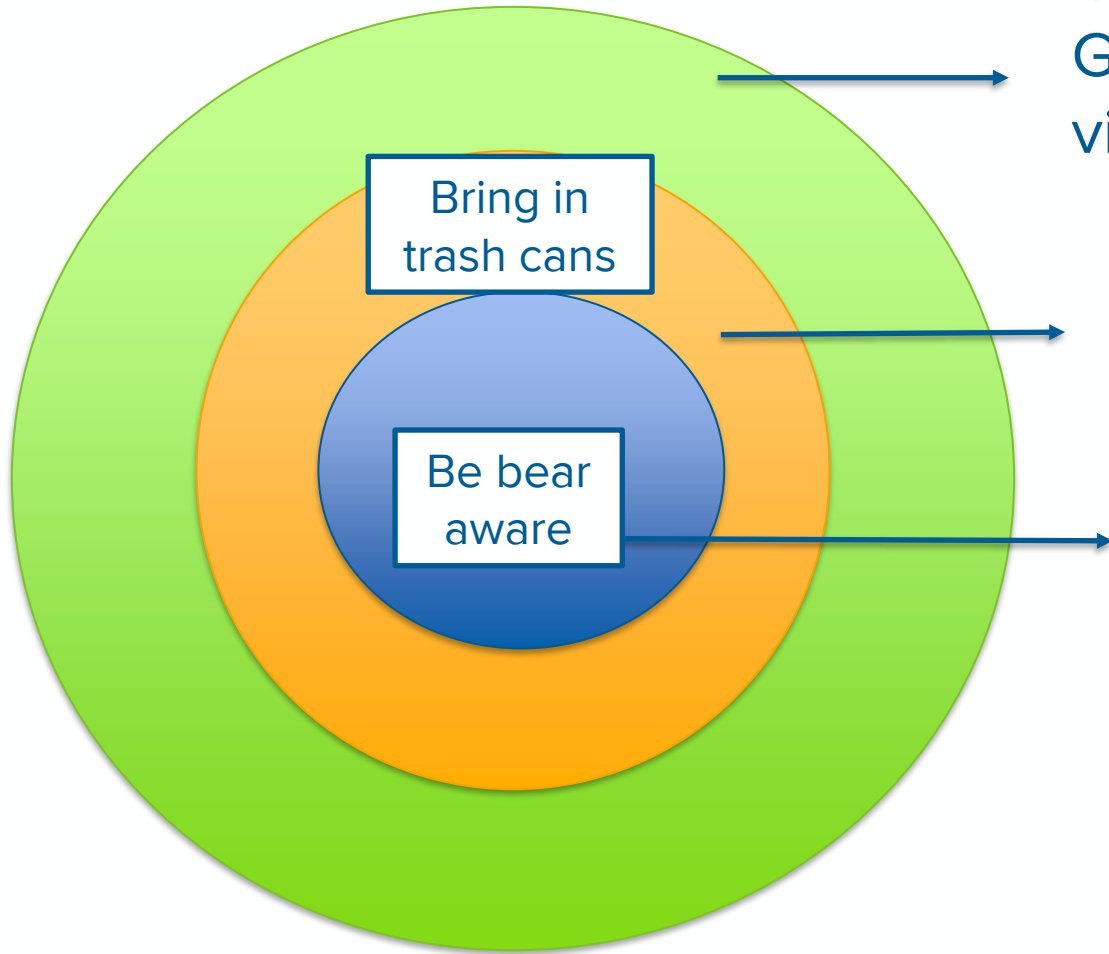
Motivation

We are all Stressed...What Now?



Where are you most stressed?

Circle of Control



Concern: "I, We, It"
Global war, gun violence, etc.

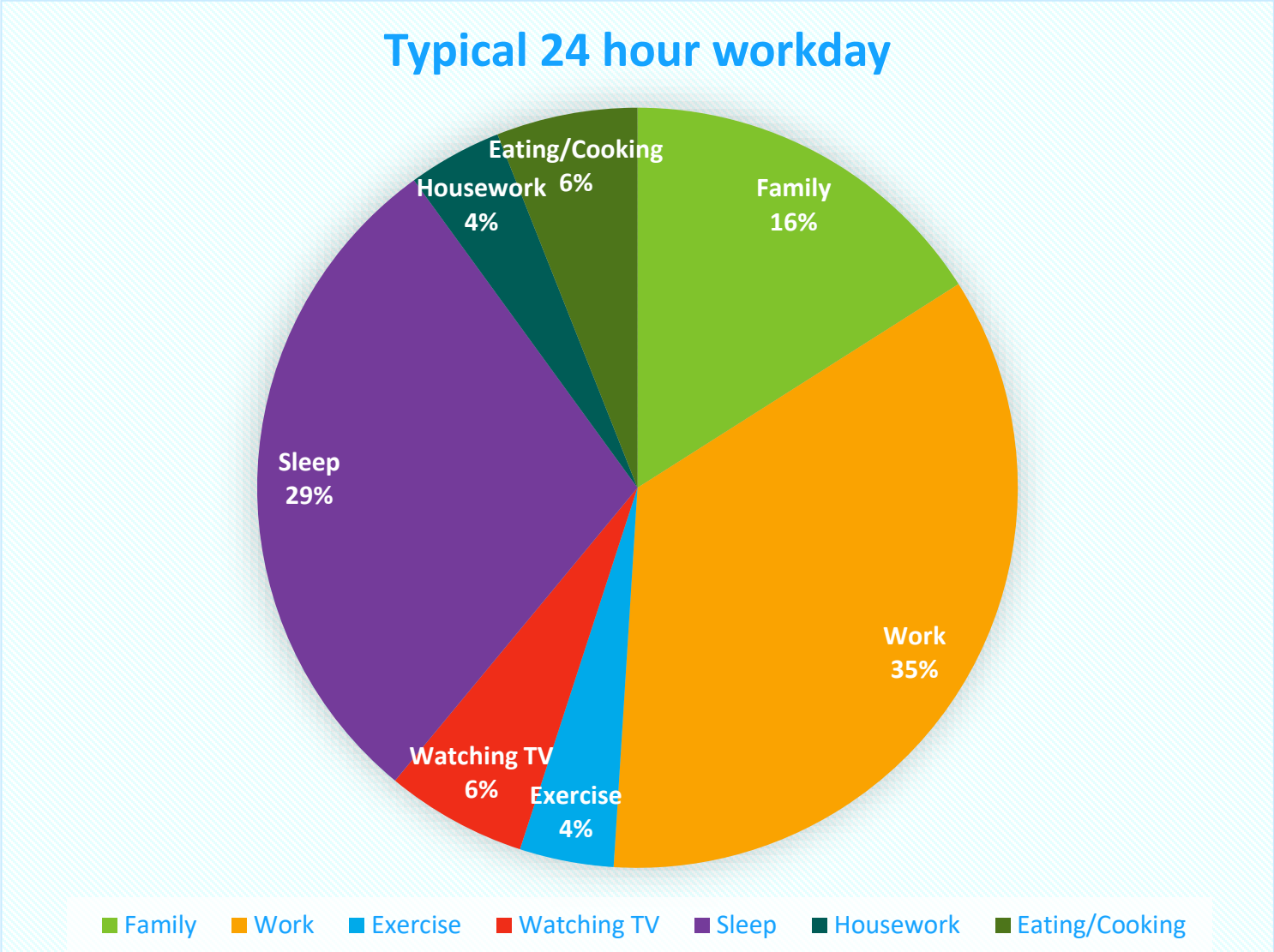
Influence: "We"
Relationships

Control: "I"
Action, choices and awareness



The Bottom Line

- Where are you spending your time and energy?
- Who is getting your best energy?



Re-defining Self-Care



What is Self-Care?

What self-care is not...

WHAT ARE THE TYPES OF SELF-CARE?

PHYSICAL

SOCIAL

MENTAL

SPIRITUAL

EMOTIONAL

Physical self-care...



When it comes to physical self-care, ask yourself the following questions to assess whether there might be some areas you need to improve:

1. Are you getting adequate sleep?
2. Is your diet fueling your body well?
3. Are you taking charge of your health?
4. Are you getting enough activity?

Social self-care



To assess your social self-care, consider:

1. Are you getting enough face-to-face time with your friends?
2. What are you doing to nurture your relationships with friends and family?

Mental self-care...



Here are a couple of questions to consider when you think about your mental self-care:

1. Are you making enough time for activities that mentally stimulate you?
2. Are you doing proactive things to help you stay mentally healthy?

Spiritual self-care



As you consider your spiritual life, ask yourself:

1. What questions do you ask yourself about your life and experience?
2. Are you engaging in spiritual practices that you find fulfilling?

Emotional self-care...



When assessing your emotional self-care strategies, consider these questions:

1. Do you have healthy ways to process your emotions?
2. Do you incorporate activities into your life that help you feel recharged?

Self-care benefits

- Reduces anxiety & depression
- Reduces stress & improving resilience
- Improves happiness
- Increases energy
- Reduces burnout
- Creates stronger interpersonal relationships

Beginning your self-care journey...

Where do I feel
deprived?

What do I need
more of right
now

What do I need
less of?

What am I
yearning for?

Who or what is
causing me to
feel resentful,
and why?

What am I
starving for?

3 Tips for Action

1. Embrace play
2. Routine vs. Ritual
3. Prepare to F.A.I.L.



1. Embrace Play

- Lower stress
- Better physical health
- Increased happiness



2. Routine vs. Ritual

- Shift from “have to” to “get to”
- Daily, weekly, etc.



Tea Meditation

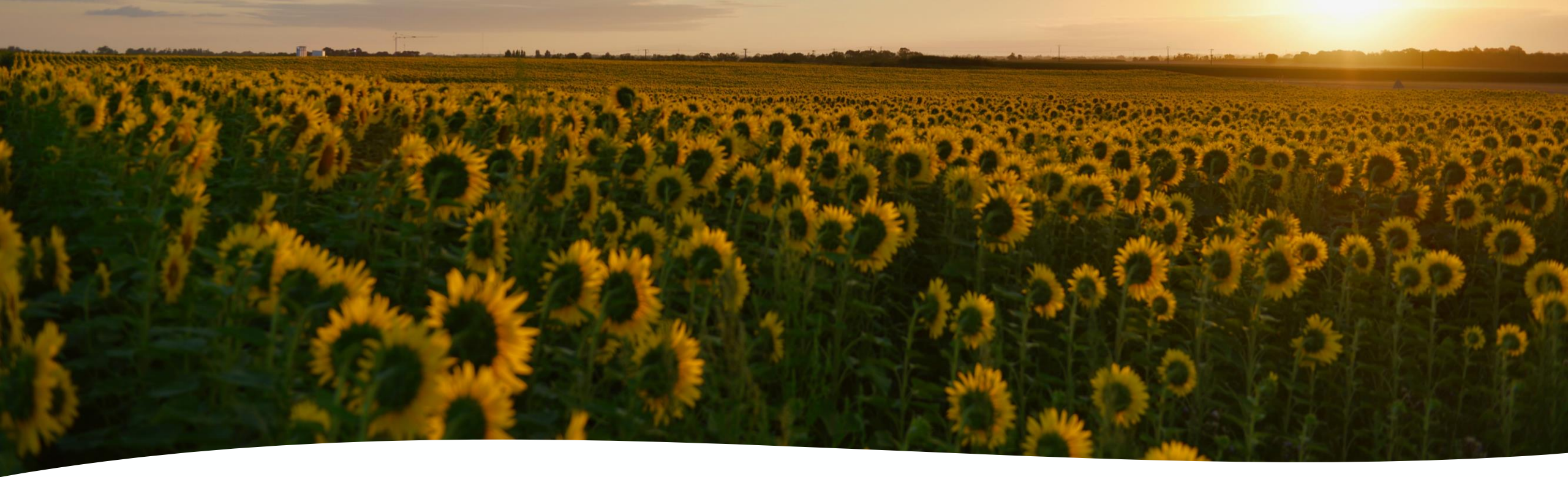
1. Focus on preparing the water
2. Prepare your mug
3. Choose your tea
4. Pour the water and observe
5. Relax and let steep
6. Express gratitude
7. Enjoy your tea (taste, smell, warmth)



3. Prepare to F.A.I.L.

First
Attempt in
Learning





I will start to...

Online Resources

***Daylight** teaches you proven tools and techniques to face difficult emotions and cope in challenging times.*

Sleepio teaches you how to fall asleep faster and stay asleep during the night.

Mindshift teaches relaxation skills, help develop new ways of thinking and suggest healthy activities.

BellyBio is a biofeedback app that monitors your breathing when you rest your device on your belly. It plays music, sounds reminiscent of ocean waves, and more while you relax- and it's great for anxiety and stress.

Quit That! lets you see exactly how long it's been since you last quit something. It also lets you plan on quitting certain habits in the future, and to take notes on each thing you quit.

Take a Break! is a free app that helps you quickly recharge. Listen to a 7-minute Work Break or 13-minute Stress Relief recording with or without music or nature sounds.

Bearable is a well-rounded health tracker that helps you put mental health symptoms into context with your general well-being.

I am attracting...

Everything that is for
my highest good.
New opportunities,
new energy, new
mindset and new
connections.





Extending the Healing Ministry of Christ