

Self-Care: Taking Care of Yourself so You Can Guide Others

Presented by Ronda Davis, CPTD, PMP, RYT 200

What is Self-Care?

- Taking time for ourselves
- As talent development professionals, we are all about helping others – How often do we take time for ourselves?
- Looks different to each person
- The key is to find what works for you

When was the last time you've taken time for yourself?

Why Self-Care?

- Reduce stress and anxiety
- Increase energy
- Improve productivity
- Improve mood and emotional well-being
- Improve physical health
- Practice self-compassion and self-awareness

Breathe

- Relax
- Close your eyes
- Notice your breath
- Deep inhale
- Exhale using mouth – Let it out!
- Notice what you hear, what you feel . . .

How do you feel after taking time to breathe?

Finding What Works for You

What helps you to relax?

What helps you to recharge?

What helps you to feel rejuvenated?

With self-care, **you** write the rules – You create a plan for you!

TYPES OF SELF-CARE

Physical Self-Care

Taking care of your physical body - A few ideas:

- Sleep, hydration, body movement (exercise, stretch, go for a walk, go for a hike)
- Forest bathing – spending time in forests, in the woods
- Getting a massage, slowing down, taking a bath, taking a nap, etc.

Gently stretch your wrists – up, down, rotate clockwise, rotate counter-clockwise

How can you practice physical self-care?

Emotional Self-Care

A few ideas:

- Daily affirmation or focus of the day to reflect on throughout the day
- Journaling – just write!
 - In a physical notebook or journal
 - Electronically on your phone, tablet, or computer (my favorite journal app is [Day One](#), available in App Store and Mac App Store)
- Talking it out to a therapist, coach mentor
- Expressing yourself through painting, playing a musical instrument,
- Listening to music ([Deep Focus Playlist on Spotify](#))
- Photography (taking photos, reviewing photos)

"It is up to us to decide, every day, to focus our energies on those things worthy of the one life we have been given." - Joshua Becker

How can you practice emotional self-care?

Journal Prompts

What are you most grateful for this week?

What brings you joy?

What makes you feel powerful?

Mental Self-Care

Challenge or Relax the mind . . . a few ideas:

- Reading a book
- Listen to an audiobook
- Listen to a podcast
- Solve puzzles (crosswords, trivia)

How can you practice mental self-care?

Spiritual Self-Care

Look to something bigger than yourself . . . a few ideas:

- Meditation
- Yoga
- Prayer and worship
- Self-reflection, also thinking about core values, goals, visions
- Creating a vision board, aspirations
- Watch sunrise
- Watch sunset

How can you practice spiritual self-care?

Office Yoga

A little office yoga to move our spine in different directions . . .

- Please take slow, gentle movements.
- Please listen to your body.
- Feeling a nice stretch is good, however, if you feel pain or discomfort, please do not proceed in these movements.

While in your chair and remembering to breathe:

1. Extend your spine (sit up tall)
2. Forward fold (rounding your spine)
3. Back bend (looking to the sky)
4. Side Bend (raise arms to the sky, stretch and bend to the right, then stretch and bend to the left)
5. Twist (place hands on chair, armrest, or back of chair for support and twist to the left, then to the right) Remember to slowly unwind . . .

Social Self-Care

Human Connection – a few ideas . . .

- Phone Call with a family member or friend
- Video Call
- Zoom Happy Hour to catch up
- Reflection on your relationships, are they healthy or unhealthy
- Write a letter
- Mail a card

Who is one person you can reach out today (text, email, or call)?

What will you share with this person?

How can you practice social self-care?

Practical Self-Care

Things you can do today to make your future-self less stressful – a few ideas . . .

- Planning for the upcoming week
- Meal prep for the week
- Clearing inbox
- Unsubscribe from newsletter that no longer serve you
- Financial planning
- Organizing
- Gardening

How can you practice practical self-care?

Professional Self-Care

How you can make time for self-care in your work life . . . a few ideas:

- Take break every hour
- Block time off on your calendar for a lunch break – for a break, possibly to work out
- Professional development to learn something new
- Recognize need to take time off and actually take time off – take a mental health day

How can you practice professional self-care?

Final Tips

- Self-care is not selfish
- We are responsible for our wellness
- It is up to each one of us to take time ourselves, because if we don't take time to care for ourselves, who will?
- Incorporate self-care with a habit (daily, weekly, or monthly)
- Enlist support if needed

Take Action

The premise of Elevation 52 is that you can make meaningful change one week at a time

"It is up to us to decide, every day, to focus our energies on those things worthy of the one life we have been given." - Joshua Becker

Types of Self-Care

- Physical
- Emotional
- Mental
- Spiritual
- Social
- Practical
- Professional

Closing Activity

What is one self-care activity that you can do today?

What is one self-care activity that you can do this week?

Connect with Ronda Davis, CPTD, PMP, RYT 200

Email: ronda@elevation52.com

LinkedIn: <https://www.linkedin.com/in/rondadavis>

Handout available at <https://elevation52.com/self-care>

Quick Biography . . .

Passion for transforming the lives of others, elevating them to their highest potential

Techie to Trainer

- Programmer -> Technical Trainer -> Training Manager -> Coach
- Founder of Elevation 52, LLC
- Training Manager at Tyler Technologies

Yogi

- Registered Yoga Teacher (RYT 200)
- Passion for making yoga accessible

Lifelong Learner

- Bachelor of Science in Information Systems and Operations Management (University of North Carolina at Greensboro)
- Master of Science in Information Technology and Management (University of North Carolina at Greensboro)
- Ed.D. in Leadership (currently in progress) (American College of Education) - Personal Knowledge Management