

# Self-care

---

Jonathan & Sarah  
McGuire



# Group Discussion:

- 1. Does anyone here ever feel completely run down and it is all you can do to keep moving forward?*
- 2. When do you feel the most physically and/or emotionally drained?*



# What will we talk about?

- The Need
- How To
- Personal Application



# The Need







# Under stress our bodies release:

**Adrenalin & Cortisol**

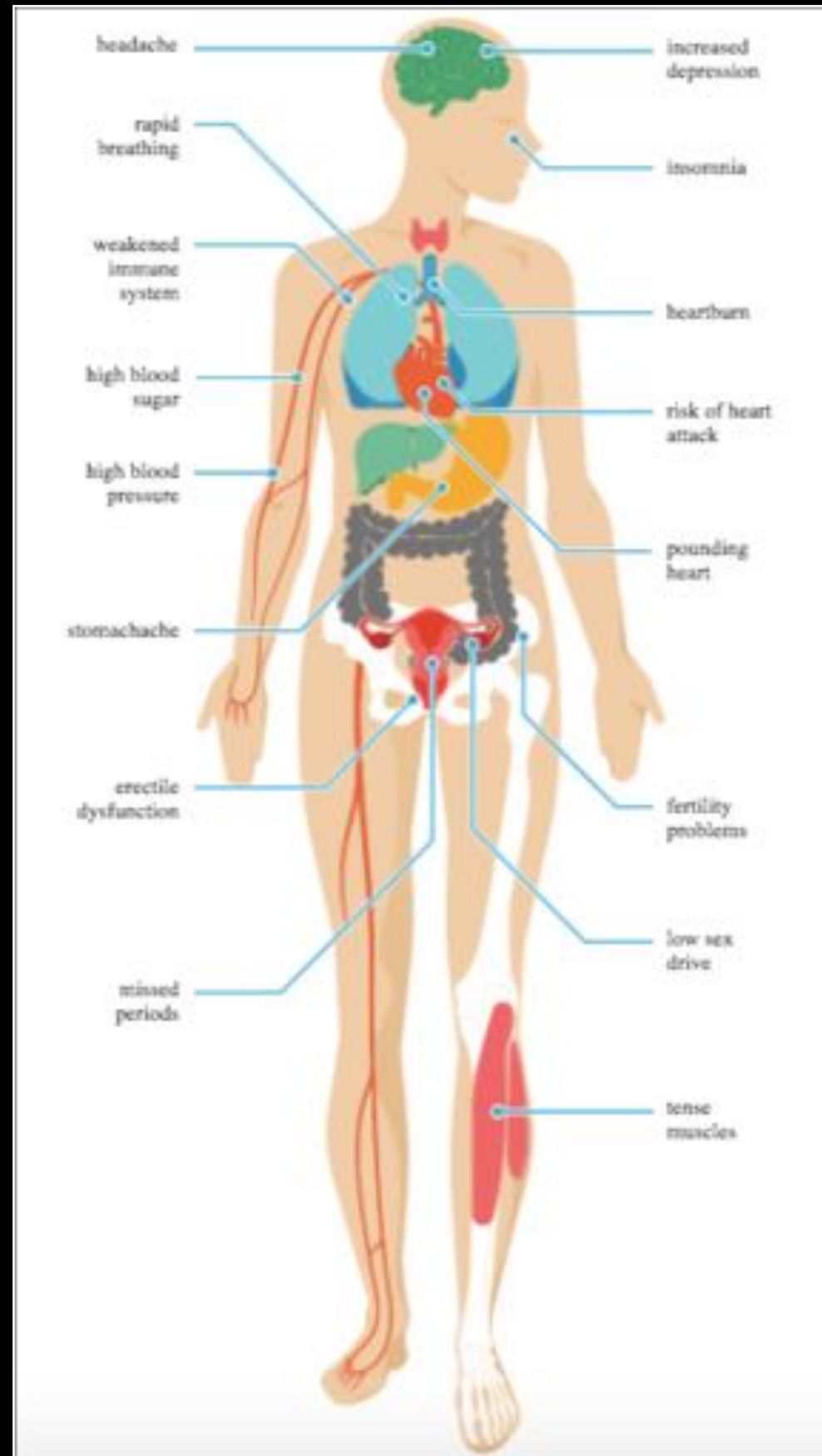


# Group Discussion:

*What sources of chronic stress can you identify in your life?*



# Effects of Stress





# Stress Inventory



# How To





*It's been a long day. My kids are finally in bed, and I am supposed to be cleaning my house right now.*



**When we create a self-care plan, the goal is to:**

**Create an individualized plan to help you reduce stress**



# Your plan should include:

- Activities that you do just for fun
- Exercise & health goals
- A regular stress management approach





# *Progressive Muscle Relaxation*



# *Visualization*





Engage  
Your  
Senses





# Laugh



# *Deep Breathing*





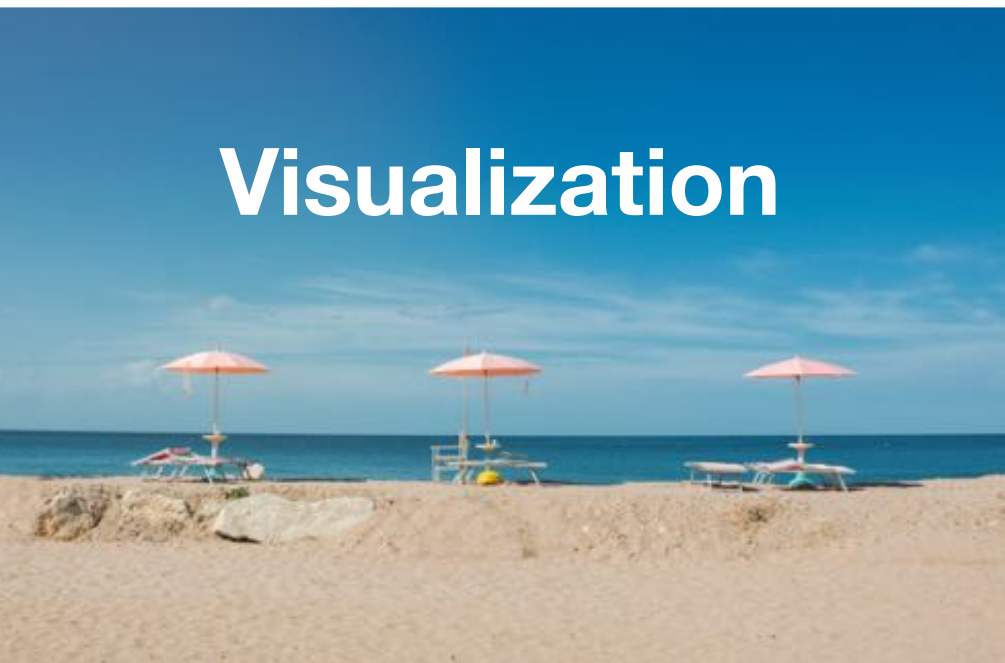
**Progressive  
Muscle  
Relaxation**



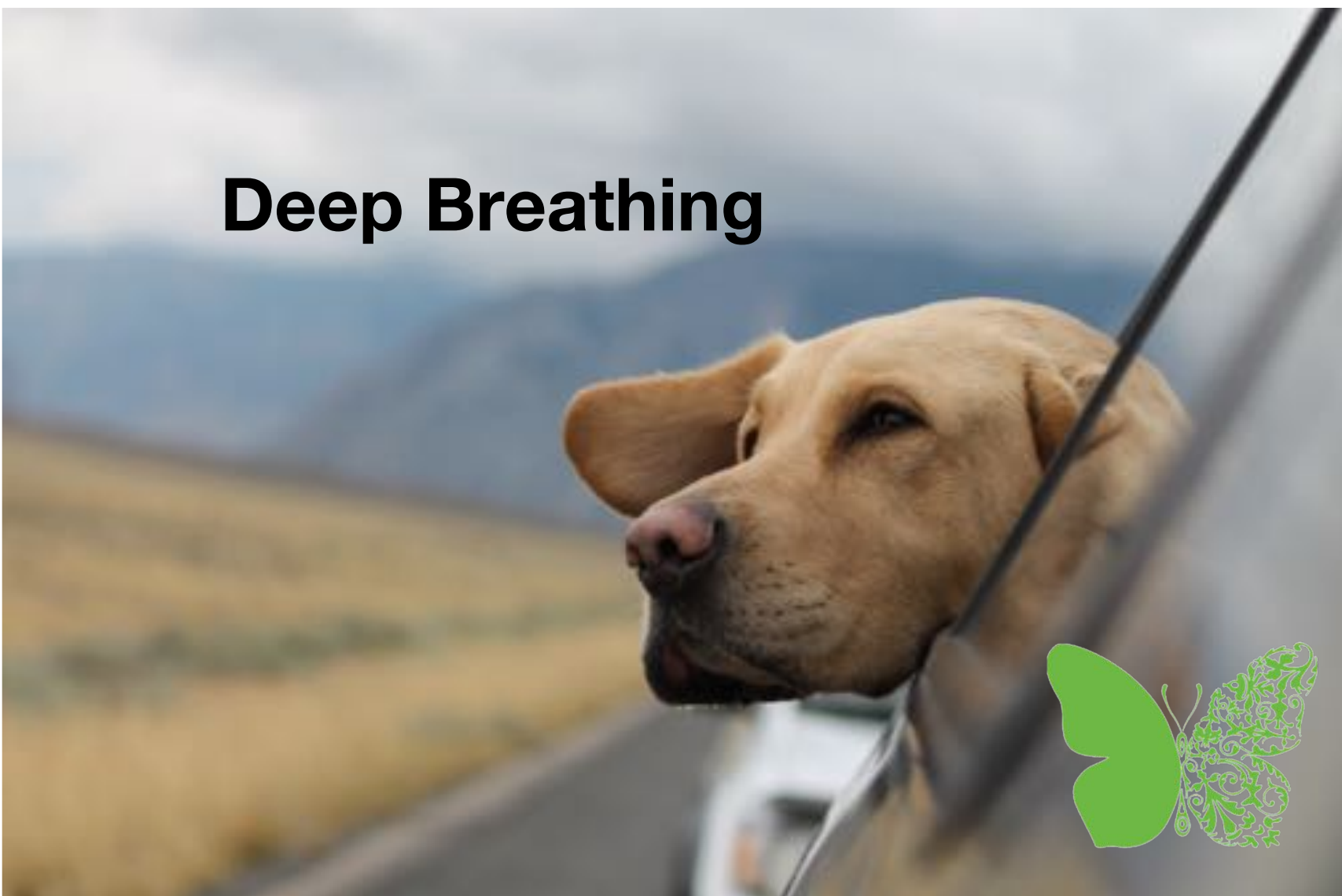
**Laugh**



**Visualization**



**Deep Breathing**



**Engage  
Your  
Senses**



# Personal Application



# Group Discussion:

*What are activities that can be done on a daily basis to take care of yourself and relieve stress?*



# Group Discussion:

*What are some stress relieving activities that might only be realistic to do on a weekly or monthly basis?*

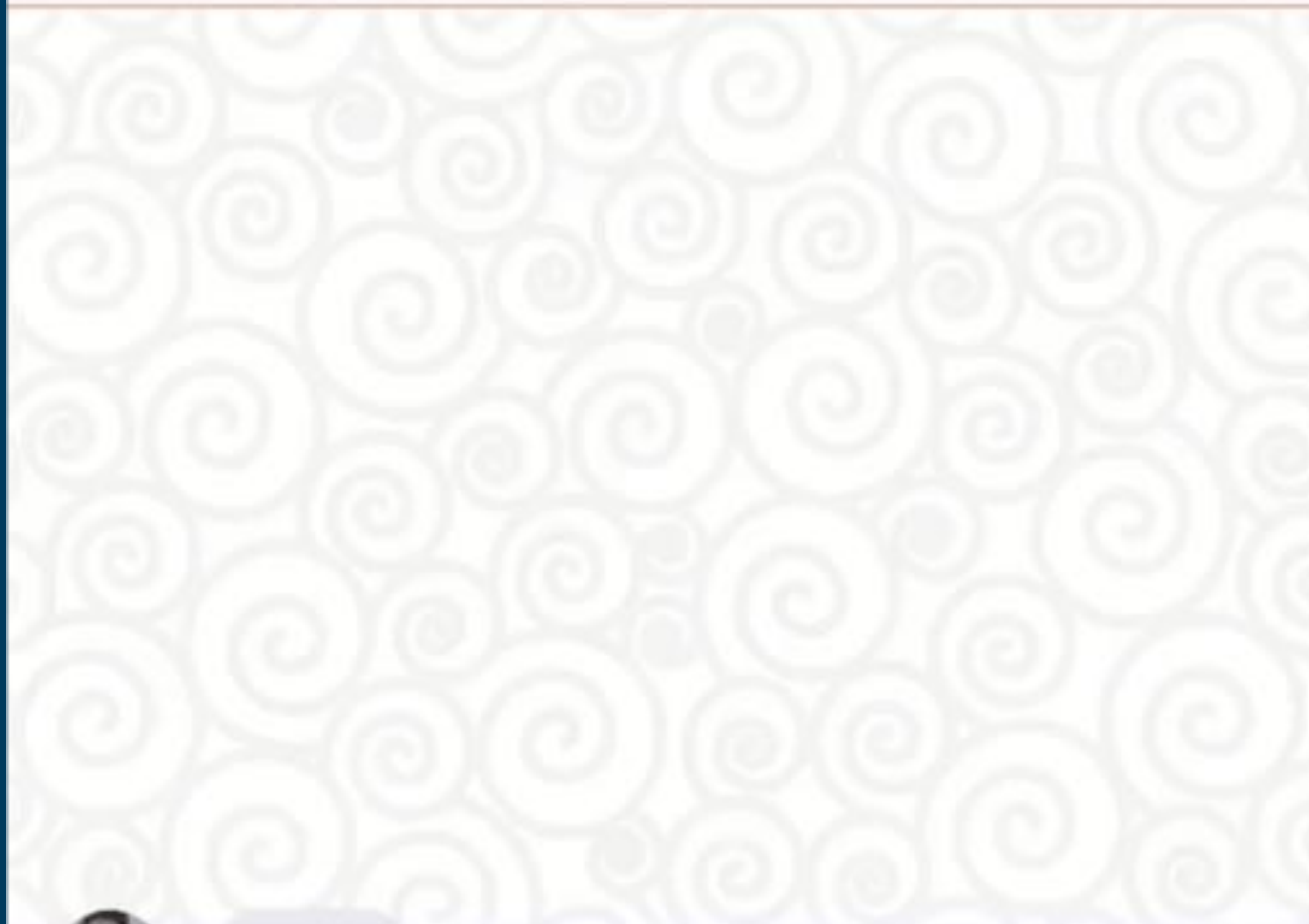


# Hope Anew Community

Alisha



Tiffany





Thank **you** for being here!

