

The background of the entire slide is a photograph of four hands of different skin tones (light, dark, and two shades of brown) reaching up from the bottom and sides to form a heart shape. The hands are positioned with fingers pointing towards the center. The background has a soft, pastel color palette of pinks and blues. The title text is centered over the heart shape.

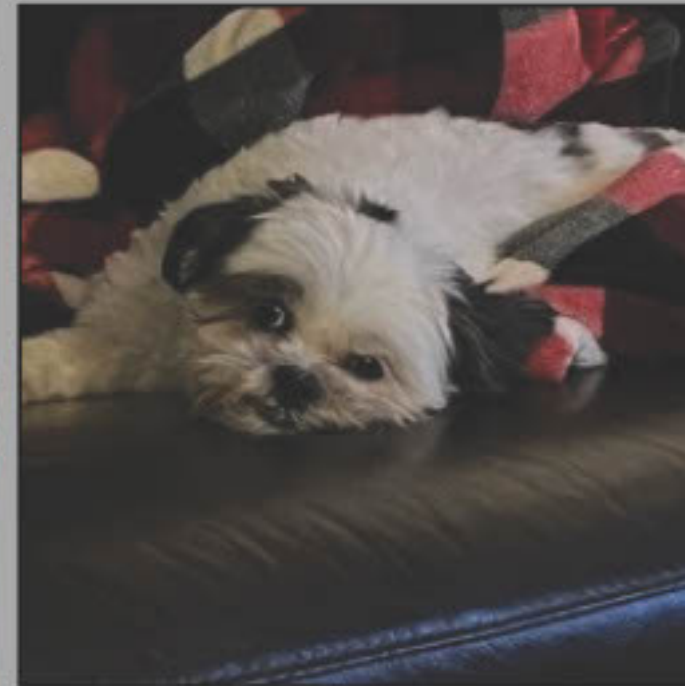
# **Self-care: How to Prioritize Ourselves**

With Amy Collier, LCSW & Stephanie Medley, LCSW



# HI, I'M AMY.

LICENSED CLINICAL SOCIAL WORKER  
WIFE, MOTHER, DOG-LOVER,  
SUPPORTER OF KID'S ACTIVITIES!







Proud Twin Momma

Love Family Adventures

# Hi, I'm Stephanie

Licensed Clinical Social Worker  
20+ years in social work  
University of Louisville:  
Social Work & Psychology

Family Court Advocate  
Emergency Psychiatry  
Family Preservation Program  
Fighting Stigma of Mental Illness



Puppy Love



Die-hard Card Fan



# Compassion

Guide me to be a patient companion, to listen with a heart as open  
as the sky.

Grant me vision to see through their eyes, and eager ears to hear  
their story...Let me honor and respect the choosing of their own  
path.

*-Adapted from Miller, 2013, "A Meditative Preparation"*



**"Self-care means taking the time to do things that help you live well and improve both your physical health and mental health.**

**When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy.**

**Even small acts of self-care in your daily life can have a big impact."**

**-National Institute on Mental Health**





# Self-Care Assessment Please Stand





Intentionality &  
Consistency



Improve Benefits of  
Self-Care





Let It Go...



Mindful Minute



Why Self-care?  
Because you can't pour from an empty glass





# Benefits of Self-care: Key to Success



**Physical Health**

**Mental Health**

**Increase in Productivity**

**Overall Satisfaction**

**Purposeful Time**

**"When you're tempted not to, remind yourself that it's  
actually the key to success."**

**-Susan Biali Haas, MD**





# Compassion Fatigue

taking on the suffering of others who have experienced extreme stress or trauma.

*"an occupational hazard of any professionals who use their emotions, their heart."*

- American Psychological Association, 2020







# Side Effects of Self-Neglect

✓ **Physical Health Disturbances:** sleep disturbance, pain, digestive issues

✓ **Relationship Dynamics:** mood disturbances, isolation, loss of support

✓ **Behavior Change:** work performance, frustration tolerance

✓ **Mental Health Struggles:** depression, anxiety, suicidal thoughts



# The State of Mental Health America

**NEARLY 50 M**  
OR 19.86% OF AMERICAN  
ADULTS EXPERIENCED A  
MENTAL ILLNESS IN 2019.

**4.58%** OF ADULTS REPORT HAVING  
SERIOUS THOUGHTS OF SUICIDE.  
THIS HAS INCREASED EVERY YEAR  
SINCE 2011-2012.

**15.08%** OF YOUTH EXPERIENCED A  
MAJOR DEPRESSIVE EPISODE  
IN THE PAST YEAR.

**24.7%**  
OF ADULTS WITH A MENTAL  
ILLNESS REPORT AN UNMET  
NEED FOR TREATMENT. THIS  
NUMBER HAS NOT DECLINED  
SINCE 2011.

**OVER 60%** OF YOUTH WITH MAJOR  
DEPRESSION DO NOT  
RECEIVE ANY MENTAL  
HEALTH TREATMENT.  
EVEN IN  
STATES WITH  
THE GREATEST  
ACCESS, **NEARLY 1 IN 3** ARE  
GOING  
WITHOUT  
TREATMENT.

**MORE THAN  
HALF**  
OF ADULTS WITH A  
MENTAL ILLNESS DO NOT  
RECEIVE TREATMENT,  
TOTALING OVER 27  
MILLION U.S. ADULTS.

**10.6%**  
OR OVER 2.5 MILLION YOUTH  
IN THE U.S. HAVE SEVERE  
MAJOR DEPRESSION.  
THIS RATE WAS HIGHEST  
AMONG YOUTH WHO IDENTIFY  
AS MORE THAN ONE RACE, AT

EVEN AMONG YOUTH  
WITH SEVERE  
DEPRESSION WHO  
RECEIVE SOME TREATMENT,  
**ONLY 27%**  
RECEIVE CONSISTENT CARE.  
IN STATES WITH THE LEAST  
ACCESS, ONLY

**11.1%**  
OF AMERICANS WITH A  
MENTAL ILLNESS ARE  
UNINSURED, THE SECOND  
YEAR IN A ROW THAT THIS  
INDICATOR INCREASED  
SINCE THE PASSAGE OF  
THE AFFORDABLE CARE  
ACT (ACA).

**14.5%**

**12%**  
RECEIVE CONSISTENT CARE.

**8.1%** OF CHILDREN HAD PRIVATE  
INSURANCE THAT DID NOT COVER  
MENTAL HEALTH SERVICES,  
TOTALING 950,000 YOUTH.



**Suicide is the 12th  
leading cause of  
death in the US**

**In 2020,  
45,979  
Americans died  
by suicide**

**In 2020, there was  
an estimated  
1.20M  
suicide attempts**

**American Foundation for Suicide Prevention**





What path are you on?

*How do I change?*

*When can I find the time?*

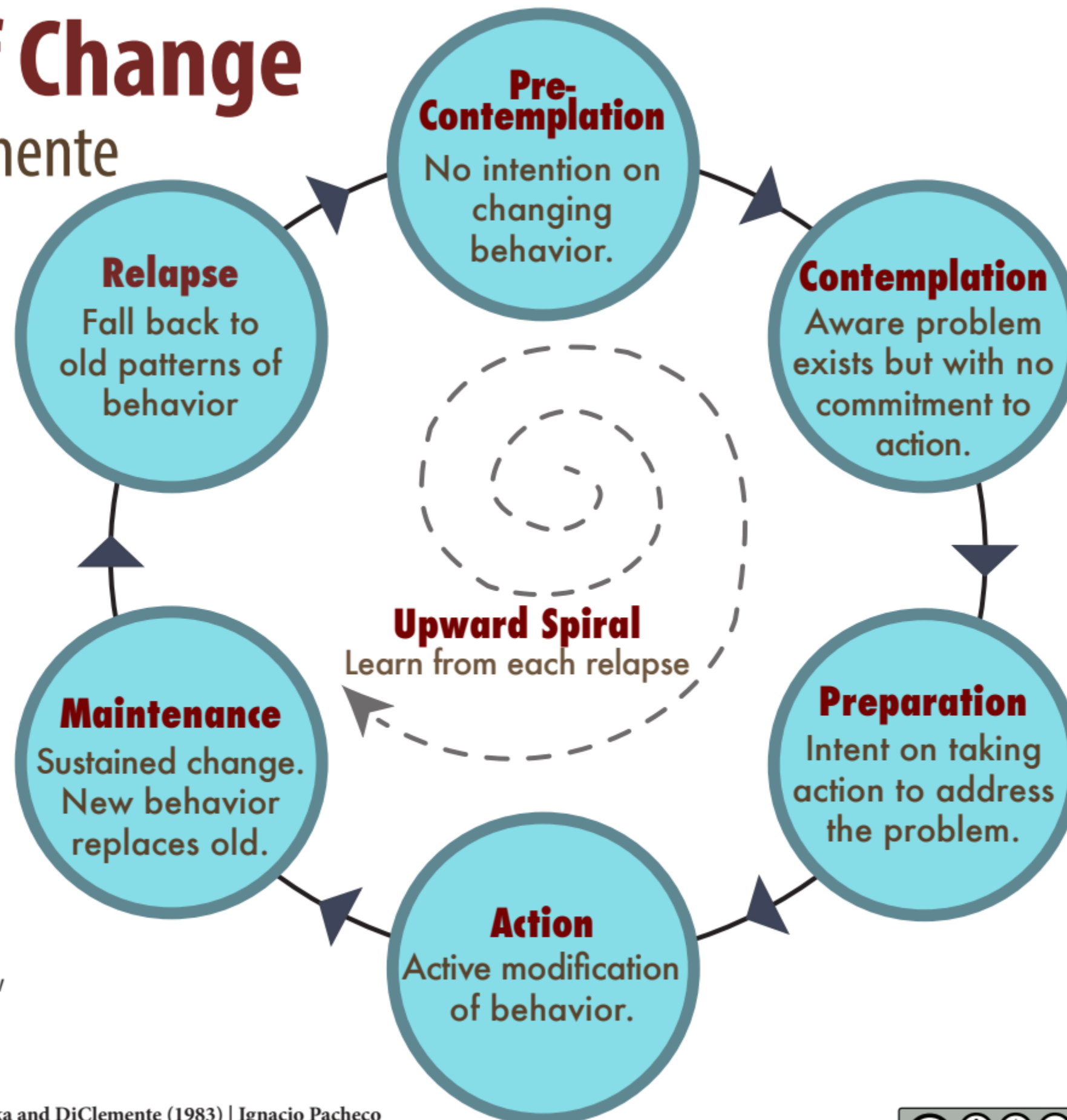
*Where I begin?*



# The Cycle of Change

## Prochaska & DiClemente

- **Precontemplation:** A logical starting point for the model, where there is no intention of changing behavior; the person may be unaware that a problem exists
- **Contemplation:** The person becomes aware that there is a problem, but has made no commitment to change
- **Preparation:** The person is intent on taking action to correct the problem; usually requires buy-in from the client (i.e. the client is convinced that the change is good) and increased self-efficacy (i.e. the client believes s/he can make change)
- **Action:** The person is in active modification of behavior
- **Maintenance:** Sustained change occurs and new behavior(s) replaces old ones. Per this model, this stage is also transitional
- **Relapse:** The person falls back into old patterns of behavior
- **Upward Spiral:** Each time a person goes through the cycle, they learn from each relapse and (hopefully) grow stronger so that relapse is shorter or less devastating.



The Cycle of Change

Adapted from a work by Prochaska and DiClemente (1983) | Ignacio Pacheco

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Version 3.4 Updated 09 September 2018







Self-care: Develop a Routine That Works for You



# Self-Soothing Skills

***Breathing:*** Take deep breaths from the diaphragm or stomach. Breathe in then, when you breathe out; very slowly release your breath out.

***Exercise:*** Change your focus, get your body moving

***Music:*** Use a relaxing or lively tune or music that inspires you. Consider dancing.

***Relax your body:*** Progressive muscle relaxation. Download guided relaxation. Take a bath or shower. Do yoga.

***Comfort Item:*** Hold onto or wrap yourself in something comforting – a blanket, jacket, scarf, stuffed animal – anything that helps you feel more comfortable.

***Imagery:*** Look at and direct your attention towards picture or photograph of a beautiful and calming scene (i.e., beach, mountains).

***Visualization:*** Visualize a place you love, either that you have been at, or that you enjoy imagining yourself to be there. Describe it paying attention to using all five senses (e.g., the beach: what it looks like, how the sand feels, what it sounds like: wind and waves, salt water smell)



# Distracting

## Focus on your Senses Right now:

Identify something you see, something you hear, something you smell, something you touch. While doing this stay mindfully focused on just your senses in the moment. Describe what you are sensing. Look at something specific. Smell something strong (scented lotion, candle, oil, spices). Touch different textures – not just with your hands – use your face, your feet, etc. Taste something minty or strong flavored, and/or brush your teeth.

## *Mindful Eating:*

Examine food (e.g., 1 raisin), watch hand move towards your mouth, take a moment to smell it, how body reacting to smell (e.g., mouth watering), how is food positioned in mouth? Begin chewing slowly, what tastes experiencing? When you swallow, feel muscles contract as you push food to your stomach, be aware of sensations (Can eat with non-dominant hand to increase awkwardness and increase likelihood you'll have to pay attention).

## *Mindful Walking:*

Walk slowly and carefully feeling your feet connect at each point on the floor. Without controlling breath too much, you can try pairing walking and breathing so that 1 foot touches the ground at each in and out breath. See how many steps seem natural to take during each inhalation and exhalation. Direct all attention towards the sensations of walking: you feet and lower legs. Which part touches the ground first? Pay attention to how your weight shifts from one foot to the other. What are the feelings in your knees as they bend? What is the texture of the ground (hard, soft, cracks, stones)? What are differences in walking on different surfaces?



# Do Something Positive

**Do One Positive Thing:** Do something positive for yourself or for someone else. Every day is an opportunity to do something to move you towards your goals or towards being more positive.

**Socialize:** Call someone and talk about something pleasant, encourage them to talk about something pleasant, plan to do something pleasant,... Call someone and vent about what is bothering you – but keep it time-limited.

**Entertain yourself:** Computer game, crossword, cards, jigsaw, cook, read books, magazines, etc, do crafts, sudoku.....

**List your achievements:** What have you done that was challenging for you, what have you put effort into, what have people said you do well....

**Prayer:** Use whatever prayers, rituals, spiritually inspiring readings, music or activities that get you in touch with something bigger than yourself.

**Problem Solving:** Is there something you can do towards solving the problem?



# Dealing with your thoughts and assumptions

## Self-statements/Cognitive Coping:

What can you say to yourself to help you feel better?

Examples include, “I’m safe now; he’s not here; It’s not my fault. I can get through this.”

You already survived your past.

Use your skills to identify the thoughts bothering you and see if you can identify an alternative true way to think about what is happening.

## Redirect Unhelpful Thoughts:

Notice if you have a lot of self-critical or otherwise discouraging thoughts.

Push these away and identify something positive you can do.

## What would your mentor say?

Whom do you admire?

What do you imagine they would say to encourage you?

## Reality Check:

Is there something I need to do about this right now?

Is there something I could do about this right now?

Is there another way to think about this?

Radical Acceptance Lifeline – is there someone else I can talk to about my options?



# BREAKDOWN Thoughts

What is making me feel\_\_\_\_\_?

What are some of the negative thoughts that I am having?

How is my body responding?

What is the worst thing that can happen?

What do I have in my control to keep this from happening?

What can I do to calm my body down?

What are positive thoughts to help calm my mind?



# Thought Record

Situation

Thoughts

Emotions

Behaviors

Alternative  
Thoughts

Ex: Walk in  
front of  
people

They are  
talking about  
me.

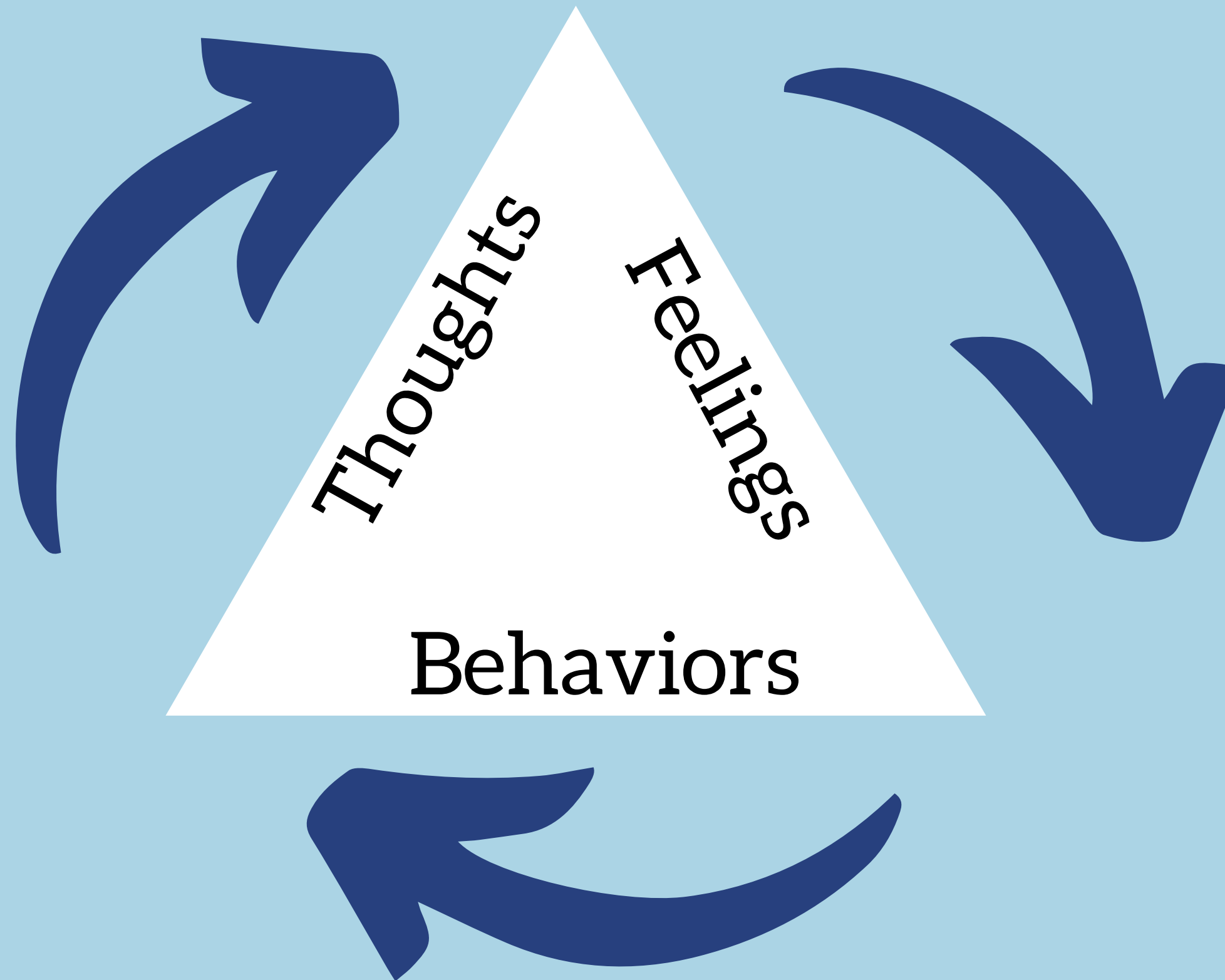
Anger  
Anxious  
Fear

Avoid them.  
Have  
difficulty  
performing  
at work.

They could  
be talking  
about  
anything.  
I will ask  
later.



# Mindset Assessment: CBT Triangle



*Did my self-talk help me feel better? No? Then it's time to consider changes to my self-talk*



## **SOMETHING HAPPENS (EVENT)**

**It's what we say to ourselves (SELF-TALK) about that EVENT that mainly determines our mood and feelings.**

**Often our SELF-TALK is so quick and automatic that we don't even notice our SELF-TALK.**

**So we get the impression that the EVENT "made" us feel the way we do.**

**But it's really our thoughts (SELF-TALK) about the EVENT that creates our mood and feelings.**

**And sometimes SELF-TALK is like a small snowball that turns into an avalanche in our thoughts!**

**CONCLUSION: I create my own mood and feelings by the way I think (SELF-TALK) about EVENTS**





## 2 TYPES OF SELF-TALK

### NEGATIVE SELF TALK:

Promotes Stress

Critical, Upsetting, Harsh, Judgmental,  
Unforgiving

“What if...” promotes anxiety

“What an idiot I am”

promotes low self-esteem

“I’ll never be able to,”

“Nothing will change” promotes  
depression

“I should,”

“I have to”

### POSITIVE SELF TALK:

Supportive - Calming

Forgiving - Encouraging

Understanding

“Relax.”

“Thinks will work out.”

“Everybody makes mistakes.”



# Personal Bill of Rights

- 1. I have the right to ask for what I want.**
- 2. I have the right to say no to request or demands I can't meet.**
- 3. I have the right to express all of my feelings, positive or negative.**
- 4. I have the right to change my mind.**
- 5. I have the right to make mistakes and not have to be perfect.**
- 6. I have the right to follow my own values and standards.**
- 7. I have the right to say no to anything when I feel I am not ready, it is unsafe, or it violates my values.**
- 8. I have the right to determine my own priorities.**
- 9. I have the right not to be responsible for others' behavior, actions, feelings, or problems.**
- 10. I have the right to expect honesty from others.**
- 11. I have the right to be angry at someone I love.**
- 12. I have the right to be uniquely myself.**



# Personal Bill of Rights

13. I have the right to feel scared and say “I’m afraid.”
14. I have the right to say “I don’t know.”
15. I have the right not to give excuses or reasons for my behavior.
16. I have the right to make decisions based on my feelings.
17. I have the right to my own needs for personal space and time.
18. I have the right to be playful and frivolous.
19. I have the right to be healthier than those around me.
20. I have the right to be in a non-abusive environment.
21. I have the right to make friends and be comfortable around people.
22. I have the right to change and grow.
23. I have the right to have my needs and wants respected by others.
24. I have the right to be treated with dignity and respect.
25. I have the right to be happy.

*Read the above list regularly and you will eventually learn to accept that you are entitled to each one of the rights listed.*





***There is another way...***

**Reach out for support - You are  
never alone**

**Asking for help is wise, not weak**

**Be intentional with your time**

**Schedule Self-Care Time**

**You are your best investment!**



# HOW TO ACCESS HELP CONFIDENTIALLY



**STEPHANIE MEDLEY, LCSW**  
**AMY COLLIER, LCSW**  
**EAP COUNSELORS**

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[amycollier@careatc.com](mailto:amycollier@careatc.com)  
(502) 586-0288

Treatment Options  
Ask Questions  
Assessment



**SANDY ROBERTS, RN**  
**NURSE CASE**  
**MANAGER**

[sandra.roberts@geappliances.com](mailto:sandra.roberts@geappliances.com)  
(502) 452-5502

Behavioral Health Claims  
Ask Questions



**STEVE BERGIN, LPC**  
**BEHAVIORAL HEALTH**

[steven.bergin@anthem.com](mailto:steven.bergin@anthem.com)

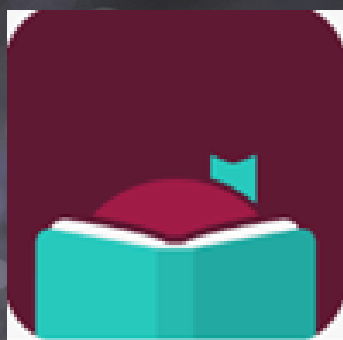
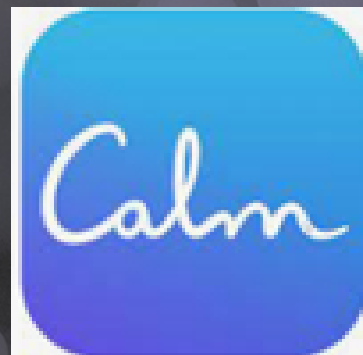
1-844-536-0388 Opt.3  
EXT: 166.100.2557

Treatment Options  
Ask Questions  
Benefits





## Apps



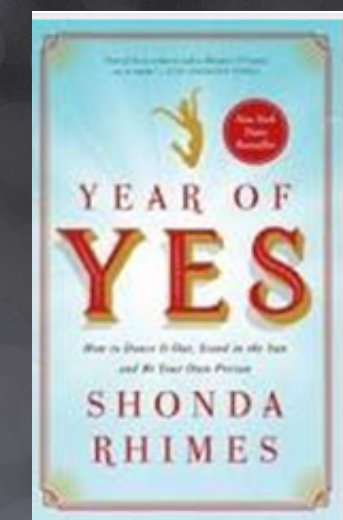
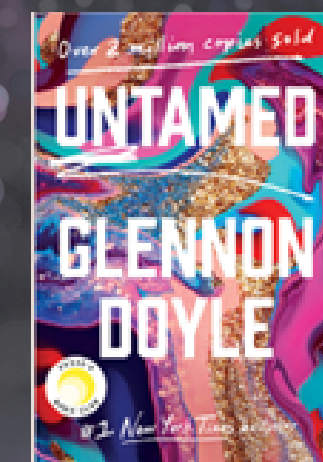
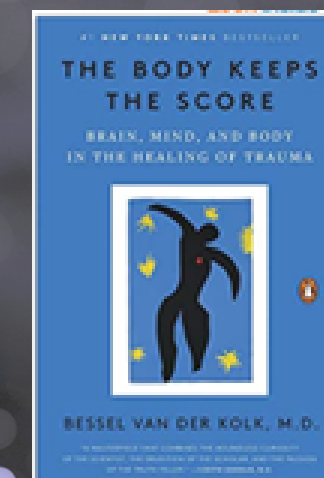
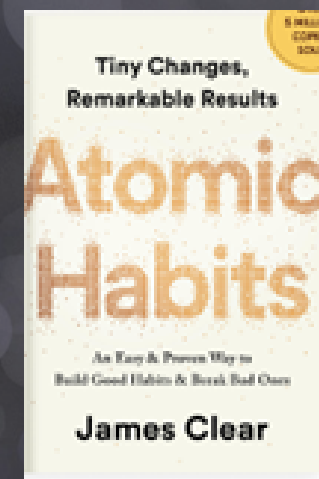
## Podcasts



shondaland



## Books



Amy &  
Stephanie  
Approved





# Self-Care Tips

- **Self-care means taking time to do things you enjoy.** Usually, self-care involves everyday activities that you find relaxing, fun, or energizing. These activities could be as simple as reading a book, or as big as taking a vacation.
- **Self-care also means taking care of yourself.** This means eating regular meals, getting enough sleep, caring for personal hygiene, and anything else that maintains good health.
- **Make self-care a priority.** There will always be other things to do, but don't let these interrupt the time you set aside for self-care. Self-care should be given the same importance as other responsibilities.
- **Set specific self-care goals.** It's difficult to follow through with vague goals, such as "I will take more time for self-care". Instead, try something specific, such as "I will walk for 30 minutes every evening after dinner".
- **Make self-care a habit.** Just like eating one apple doesn't eliminate health problems, using self-care just once won't have much effect on reducing stress. Choose activities that you can do often, and that you will stick with.



# Self Care Tips

- **Set boundaries to protect your self-care.** You don't need a major obligation to say "no" to others—your self-care is reason enough. Remind yourself that your needs are as important as anyone else's.
- **A few minutes of self-care is better than no self-care.** Set an alarm reminding you to take regular breaks, even if it's just a walk around the block, or an uninterrupted snack. Oftentimes, stepping away will energize you to work more efficiently when you return.
- **Unhealthy activities don't count as self-care.** Substance use, over-eating, and other unhealthy behaviors might hide uncomfortable emotions temporarily, but they cause more problems in the long run.
- **Keep up with self-care, even when you're feeling good.** Doing so will keep you in a healthy routine. Plus, self-care might be part of the reason why you're feeling good!



A close-up photograph of two people holding hands. The person on the left is wearing a light brown or tan shirt with a large, dark, circular ring buckle on the waist. The person on the right is wearing light green or khaki pants. The background is a soft, out-of-focus green, suggesting an outdoor setting. The overall tone is warm and supportive.

**Accountability Buddies:  
Necessary for success**



**It all comes down to...**



**YOU!!**



I keep  
promises  
to me!

## Permission Slip

I, \_\_\_\_\_,  
give myself  
permission to  
prioritize my needs  
and implement a self-  
care plan that works  
for me.

I do not owe anyone  
an explanation.

I am worth my own  
time!

\_\_\_\_\_  
signature



# *How to Begin...*



**Be Intentional**



**Be Consistent**





# Open for Questions...

Contact for individual questions:

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