



Your
Mind Matters



Rev. Lisa Williamson MD MPH
First Episcopal District Health Coordinator

Self Care & Stress Management

Self-care is giving the world the best of you, instead of what's left of you.

Katie Reed

JANINERIPPER.COM

“Self-care means giving yourself permission to pause.”

— Cecilia Tran

GIRLS' NIGHT IN

What Self Care Is Not?

What Self Care Is?

Self Care Is Not:

- + Selfish
- + A Sign of Weakness
- + To Be Taken Lightly
- + One Dimensional
- + Time Consuming
- + Occasional
- + Costly/Expensive
- + Optional

Self Care Is:

- + Self Awareness
- + Sign of Strength
- + Intentional
- + Holistic
- + A Commandment (Exodus 20: 8-11)
- + A Daily Practice (Christian Discipline)
- + Individually Determined
- + Love: Love of God, Love of Neighbor, and Love of Self

WHOLENESS

+ May God himself, the God who makes everything holy and whole, make you holy and whole, put you together—spirit, soul, and body—and keep you fit for the coming of our Master, Jesus Christ. The One who called you is completely dependable. If he said it, he'll do it! 1 Thessalonians 5: 23-24 (MSG)

Emotional Wellness

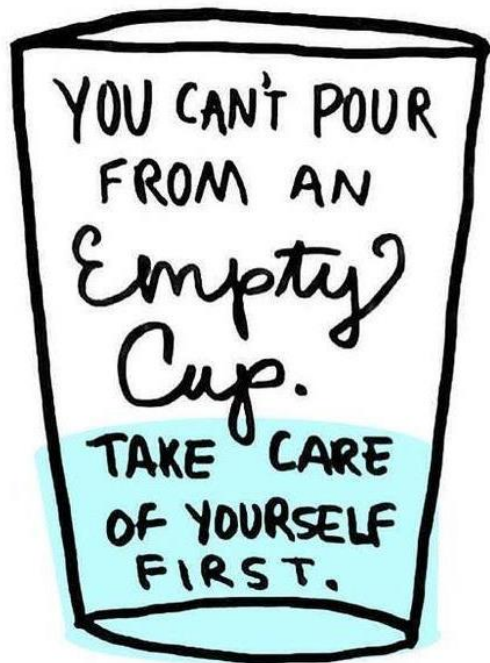


- + Emotional wellness is understanding your own feelings and expressing emotions in a constructive way. It is also the ability to manage stress and cope with life's challenges.
- + **Ecclesiastes 3:4: “a time to weep, a time to laugh, a time to mourn, and a time to dance.**
- + Learn relaxation and stress management technique
- + Cultivate an awareness of your thoughts and feelings
- + Develop confidence in your abilities.
- + Practice expressing both negative and positive feelings constructively, with assertive communication.
- + Take responsibility for and learn from your decisions, without self-critical thoughts.
- + Positive thinking, learn from mistakes, accept your authentic self,

Why Self Care?

**77% of illnesses
are
preventable!!**

Diet, Exercise,
and
Stress
Management



Chronic Stress

- Chronic stress puts pressure on the body for an extended period. (days to months).
- This can cause a range of symptoms and increase the risk of developing certain illnesses.
- About 33 percent of people report feeling extreme stress.
- 77 percent of people experience stress that affects their physical health.
- 73 percent of people have stress that impacts their mental health.

(www.therecoveryvillage.com/mental-health/stress/stress-statistics)



Symptoms of Chronic Stress

- irritability, which can be extreme
- fatigue
- headaches
- difficulty concentrating, or an inability to do so
- rapid, disorganized thoughts
- difficulty sleeping
- digestive problems
- changes in appetite
- feeling helpless
- a perceived loss of control
- low self-esteem
- loss of sexual desire
- nervousness
- frequent infections or illnesses

Stress Management

- + Exercise Regularly (30 mins/3x/week)
- + Stay Hydrated
- + Practice Mindfulness(Progressive Muscle Relaxation)
- + Journal Writing(getting thoughts on paper)
- + Sleep Training (Rhythmic Brain)
- + Laughter
- + Primal Screams/Dance
- + Aromatherapy
- + Balanced Diet/Herbal Supplements

