



Filling the Family Cup: Self-Care and Everyday Wellness

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Agenda

- Why self-care matters
- Common barriers families face
- Practical tools and strategies
- Quiz + Prizes
- Closing Reflection



Icebreaker

Pair share with your neighbor and discuss if you've ever told a family to practice self-care while running on fumes yourself.



Filling Your Cup



What is Self Care?

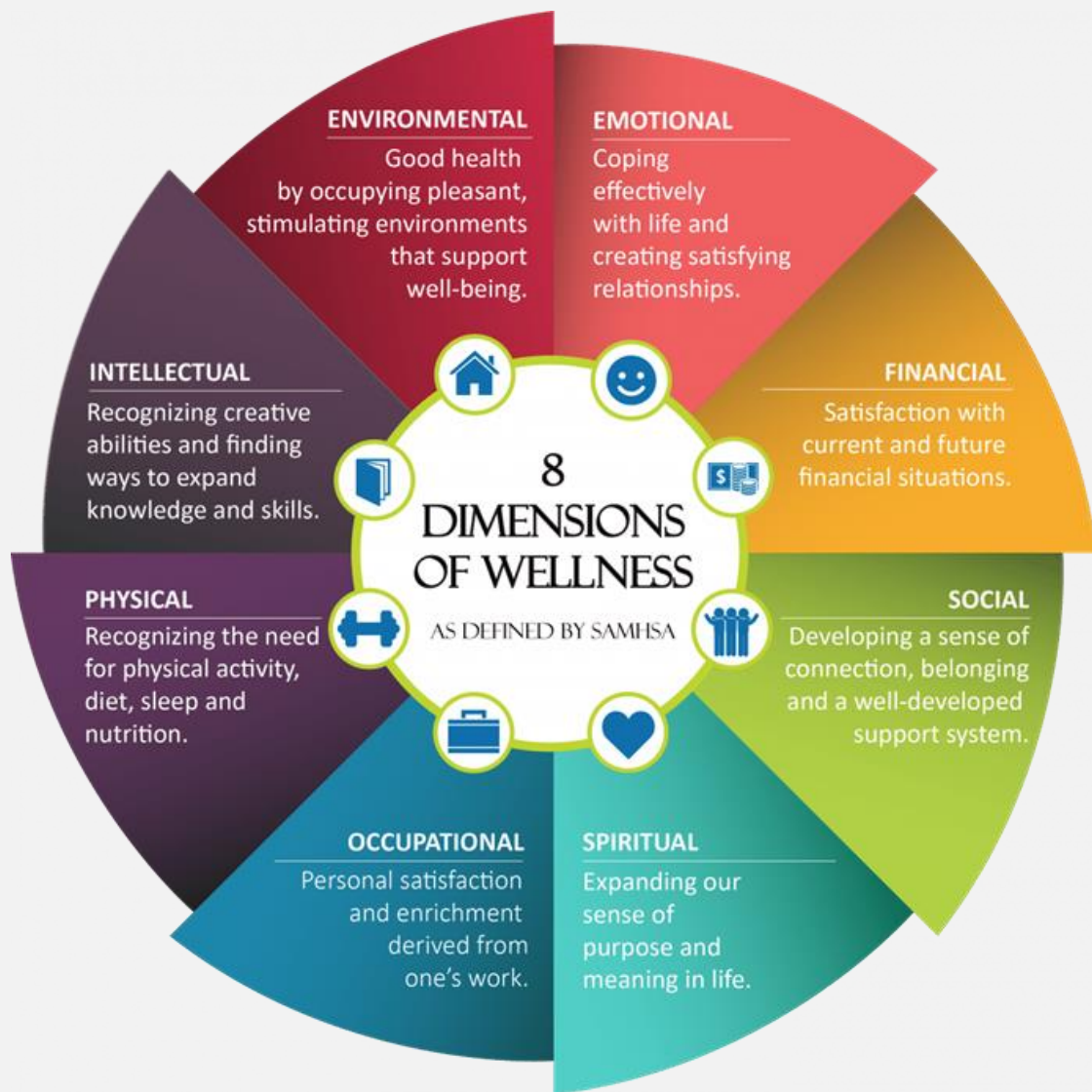
8 types of self care



Embracing Holistic Self-Care

- Restores energy and focus
- Supports the 8 dimensions of wellness
- Helps you show up better for family and work





*Adapted from Lucille Zimmerman's "Renewed: Finding your Inner Happy in an Overwhelmed World"

Barriers to Self-Care

Overindulge (spend, eat, etc.)

Want others to read our minds to meet our needs

Ignore our desires, but seek to fulfill the desires of others

Suppress our real emotions and put on a "happy face"

Push ourselves beyond reasonable limits

Deflect compliments

Say yes to many things because saying no is too hard

Avoid time alone or thinking time

Exhaust ourselves to feel important or needed

Avoid emotional intimacy

Try to do everything ourselves without asking for help

Try to appear perfect



I Will Be Okay



Family Support Partner

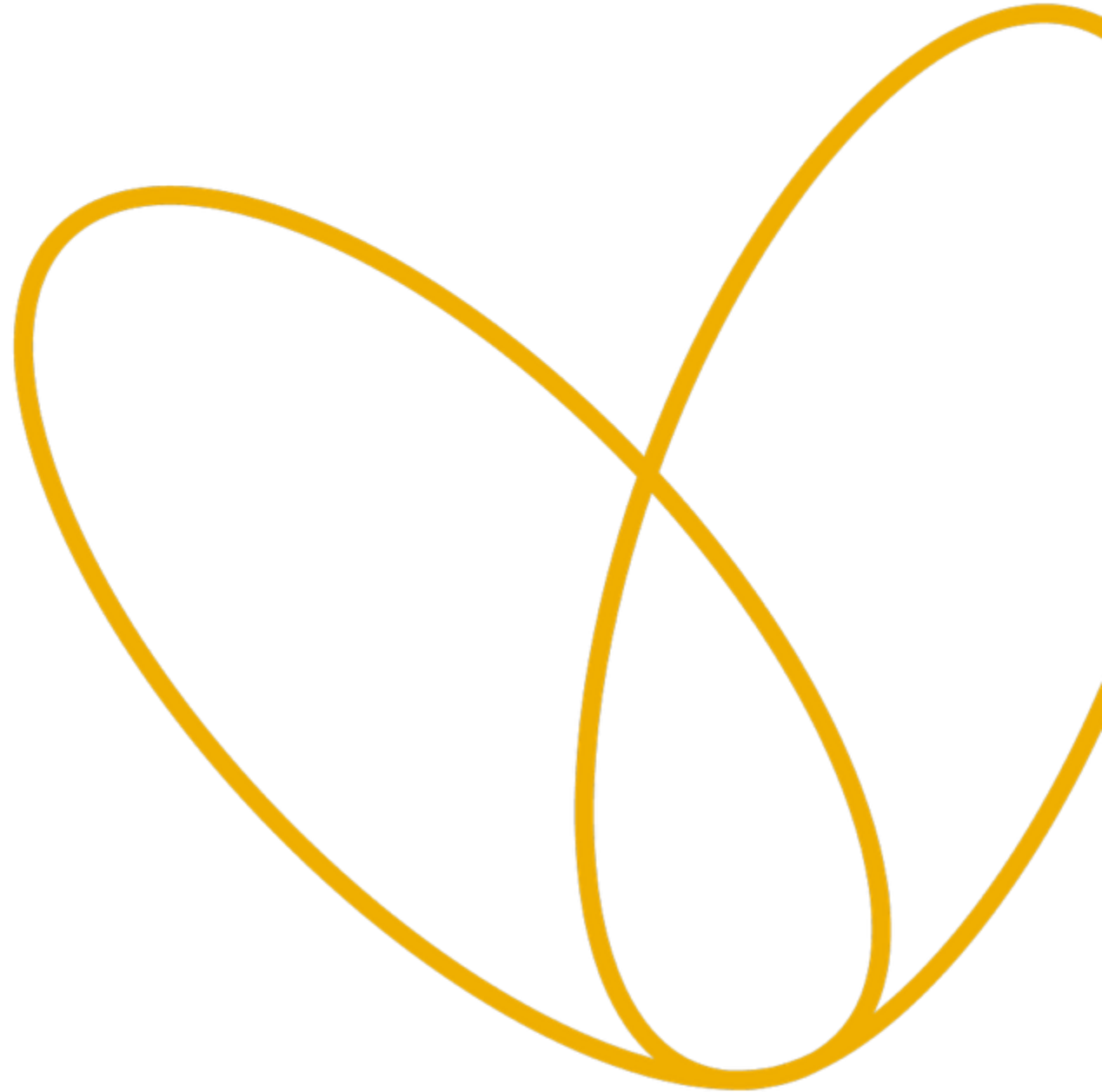
- Establish a rapport with families by sharing lived experiences
- Connects families with resources in their community
 - Ensure youth and family voice and choice are heard



Intensive Care Coordination

- Helps build parent capacity to manage service providers
- Engage and increase natural supports
 - Family voice and choice guides the process

"Do For Do With Cheer On"





CALM

- Logical, rational
- Can take perspective
- Future-oriented
- Stress relief: hopes, goals, dreams



ALERT

- Attentive
- Less flexible
- Focused on here and now
- Stress relief: avoid stressor, connection



ALARM

- On guard, rigid
- Emotional
- Hard to think clearly
- May freeze, be overly compliant
- Stress relief: “body pleasers” like fat, salt, sweets



FEAR

- No thinking (no upstairs brain)
- Reactive
- No sense of future or time;
- Literal fight, flight or dissociation
- Stress relief: removing the stressor



TERROR

- No thinking; reflexive behaviors
- No sense of time
- No upstairs brain
- Fight or flight is extreme (catatonia, rage)
- Stress relief: rocking, self-stimulation

<p>Reflection (Sense of Purpose and Determination)</p> <ul style="list-style-type: none"> •Working with a therapist •Journaling* •Spiritual activities •Prayer •Mindfulness activities* •Meditation * •Being in nature* •Gratitude practice* •Solitude/Silence/Stillness/Space* •Talking with a friend 	<p>Creativity (Taking control/emotional regulation)</p> <ul style="list-style-type: none"> •Writing* •Gardening* •Crafting •Building •Music* •Singing* •Dance* •Cooking/Baking •Storytelling •Making art
<p>Movement (Looking After Yourself & Positive Mental Attitude)</p> <ul style="list-style-type: none"> •ANY movement •Walking* •Hiking* •Bi-lateral movement* •Cross-lateral/Contralateral movement* •Yoga* •Shaking* •Dance* •Sports team •Martial arts* 	<p>Connection (Connection with others)</p> <ul style="list-style-type: none"> •ANY healthy, safe connection •Partners •Friends •Children •Siblings •Parents •Grandparents •Pets •Colleagues/Peer Support •Group activities

Self Care Assessment



Tips for Regulation

- Play
- Taking breaks/Distraction
- Movement
- Vagus Nerve exercises
- Tapping
- Breath work
- Box breathing
- Hand Breathing



Quiz Time 🎉

1. What is self-care?
2. Humor = self-care (T/F)?
3. You can't pour from an ____ cup.
4. Name 1 of Bruce Perry 5 state of minds ?



Closing Reflection



What's one self-care practice you'll commit to this week?

Who is one accountability partner you can rely on?