

Self-care and Wellness

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**GRANTS FOR OUTREACH
AND SERVICES TO
UNDERSERVED POPULATIONS**
THROUGH THE OFFICE ON VIOLENCE AGAINST WOMEN



Agenda

- Overview of Self-care and Wellness
- Wellness Strategies
- Small Group Discussion
- Reflections
- Resources



Learning Objectives

- Define and discuss self-care.
- Describe and briefly explore ideas related to wellness practices.
- Explore your understanding of wellness and connections to your work.



WHAT IS SELF-CARE?



QUESTION....

What comes to mind when we say self-care?

TYPES OF SELF-CARE



PHYSICAL

Sleep
Stretching
Walking
Physical release
Healthy food
Yoga
Rest



EMOTIONAL

Stress management
Emotional maturity
Forgiveness
Compassion
Kindness



SOCIAL

Boundaries
Support systems
Positive social media
Communication
Time together
Ask for help



SPIRITUAL

Time alone
Meditation
Yoga
Connection
Nature
Journaling
Sacred space

Examples of Self-care are...



- Regular sleep routine.
- Aim for a healthy diet.
- Taking breaks during work.
- Working out and/or developing a regular workout routine.
- Saying no to others, and saying yes to your self-care.
- Getting organized at work and home.
- Reading a book.
- Unplugging for the day.
- Creating a gratitude journal.
- Meeting regularly with a therapist.

SELF-CARE CHECK-IN

Mid-month check up! Are you...?

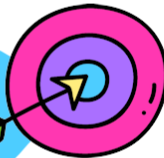


Finding your inner peace



Taking breaks and getting rest

Meeting the goals you set for yourself



Honoring your word of the year



Spending time on the things that you love

Reaching out to the people you adore



Meeting your health goals



BlessingManifesting



DISCUSSION



DISCUSSION QUESTIONS

- What is *your* definition of self-care?
- How do you practice self-care?
- Are there areas in your self-care practice you would like to enhance?



What is wellness?

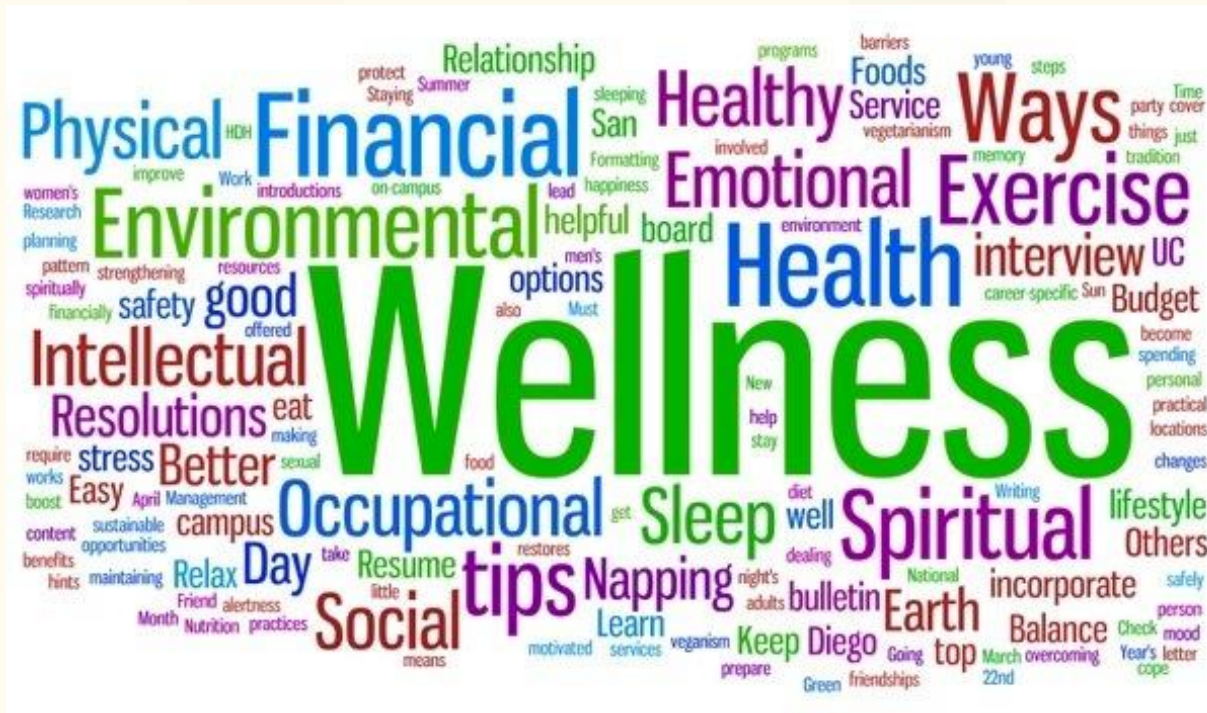


Wellness is...

- The state of being in good health
- The ability to keep on striving to improve ourselves to maintain our *overall* health status
- Associated with one's quality of life



Wellness







How to Recognize Wellness...

- Your life is in balance
- You are engaged in your work
- You are living self-aware
- You feel free
- You treat others well
- You're flexible
- You like who you are
- **QUESTION: What are other ways to recognize wellness in your life?**



SMALL GROUP DISCUSSION



Small Group Discussion Questions

- What has changed for you that has challenged you to maintain your state of wellness?
- How do you talk about wellness?
- When do you know you're well?
- What does wellness look like for you now?
- What does wellness look like for the work that you do? For your survivors?

Tying it All Together...

- Social isolation
- Social distancing
- Ourselves, our work, our survivors

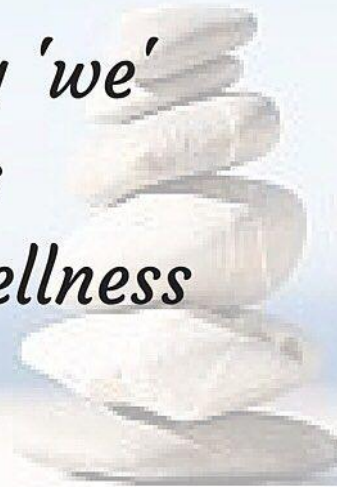


#SISGIntern



The SISGI Group

*When 'i' is
replaced by 'we'
even illness
becomes wellness*



Fill in the blank:

Wellness is _____

Reflections

Anything rising to the surface?

Anything to share?







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