

Seasonal Self-Care

December 6, 2023





About Us

The Wellbeing Partners works with communities and organizations to address local health challenges and grow healthy workplace cultures.

Through education, collaboration, and advocacy, The Wellbeing Partners fosters wellness, so people and their communities thrive.



Agenda

- Year-End Stressors
- Stress
- Stress Management
- Self-Care
- Action Steps
- Resources Available



YEAR-END STRESSORS







STRESS





What is stress?

- Stress is defined as a state of worry or mental tension caused by a difficult situation.
- Stress is a natural human response that prompts us to address challenges and threats in our lives.



Signs/Symptoms of Stress

- Physical:

- Muscle tension
- Jaw clenching
- Fatigue
- Headaches
- Restlessness
- General aches and pains



Signs/Symptoms of Stress

- Emotional:

- Overwhelm
- Racing Thoughts
- Forgetfulness
- Impaired Problem-Solving
- Frequent Instances of Emotional Reactivity



Signs/Symptoms of Stress

- Behavioral:

- Decreased Sleep Quality
- Changes in Appetite or Weight
- Substance Use
- Sexual Difficulties

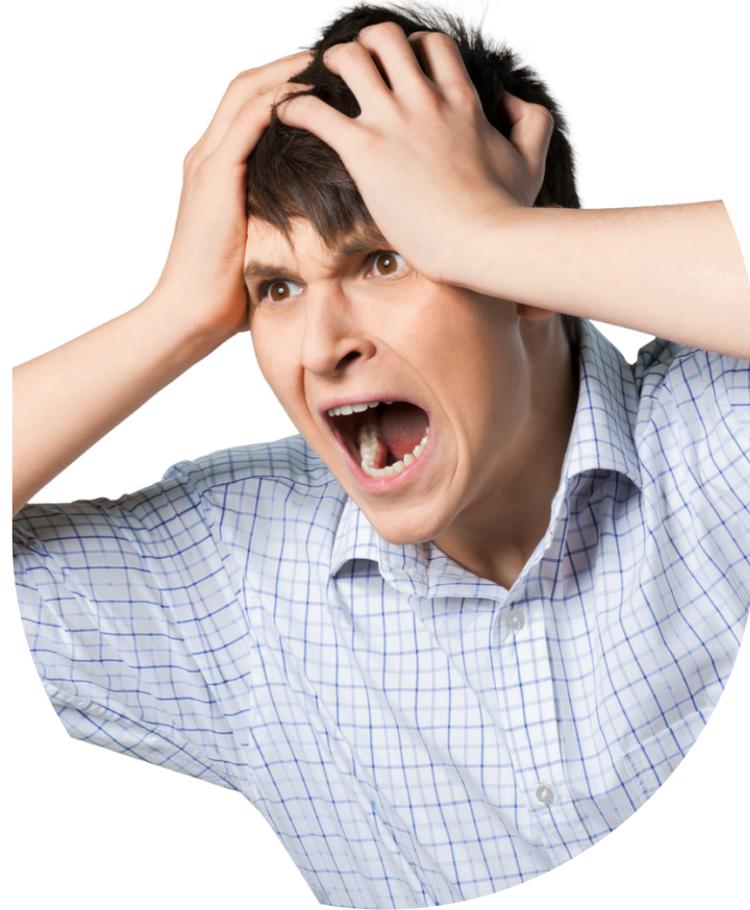


STRESS MANAGEMENT



Identify Your Stress Response

Over-excited



Under-excited



Over-Excited Response Stress Management

- Meditation/Mindfulness
- Progressive Muscle Relaxation
- Employ Your Senses
- Aromatherapy



Under-Excited Response Stress Management



- Exercise
- Social Support Network
- Volunteer



Healthy Stress Management Strategies

- Progressive Muscle Relaxation
- Deep Breathing
- Meditation/Mindfulness
- Guided Imagery
- Massage
- Aromatherapy
- Music/Art Therapy
- Hydrotherapy



Healthy Stress Management Strategies cont.



- Eating a Healthy Diet
- Getting Enough Sleep
- Yoga, Tai Chi, Exercise
- Spending Time Outside
- Connecting with Supportive Family/Friends



Healthy Stress Management Strategies cont.

- Problem-Solving
- Managing Time and Priorities (single-tasking)
- Grounding Techniques

An infographic with a grey border and four light yellow panels. Each panel has an icon at the top, a title, and a short paragraph of text. A blue arrow from the 'Managing Time and Priorities' bullet point points to the top right corner of this infographic.

- BROWSER TABS** (Icon: Computer monitor): Only have one browser tab open at a time - the more you have the more likely you are to switch and multi-task.
- TAKE BREAKS** (Icon: Coffee cup): Deep focus takes effort, so make sure you take enough breaks where you actually switch off and step away from your task.
- DIGITAL DETOX** (Icon: Phone with slash): Your phone, computer and social media can be major distractions. It can be helpful to spend time away from your phone or laptop.
- TIME-BLOCKS** (Icon: Clock): Decide one task you want to focus on and work on it for a set time interval (e.g. 25 minutes or 45 minutes).



SELF-CARE



What is self-care?

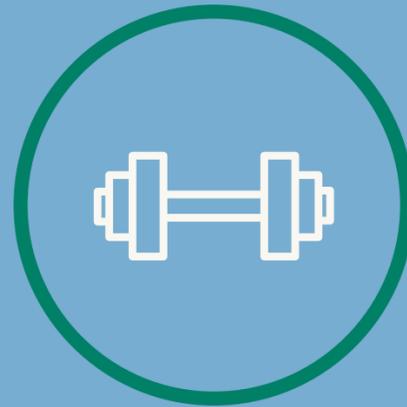
- The act of working to protect, support and improve all aspects of your health (8 dimensions).
- Recognizing your needs and taking the steps needed to fulfill them.
- Listening to your body, thoughts, and emotions to ensure you are functioning at your best.



8 DIMENSIONS OF WELLNESS



Emotional



Physical



Social



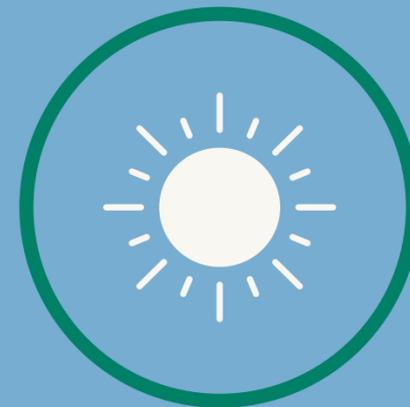
Occupational



Financial



Environmental



Spiritual



Intellectual



How are you doing taking care of yourself in all 8 dimensions?



Self-Care Tips

- Focus on things you enjoy
- Schedule self-care into your calendar (work/life integration)
- Create a routine and stick to it
- Learn to set and practice boundaries
- Practice saying "no"
- Make time for fulfilling relationships
- Prioritize your health
- Invest in all 8 dimensions of wellbeing
- Take time off
- Be kind to yourself



ACTION STEPS



Tips to manage year-end stress and overwhelm:

Acknowledge your feelings

Make a plan

Reach out

Give yourself permission to say no

Be realistic and accept imperfections

Make time for your health

Set aside differences

Take a break

Make a budget

Seek professional help if you need it

Focus on what you can control

Self-Care



RESOURCES AVAILABLE



DO A
WELLNESS
CHECK



CREATING A
HEALTHIER
LIFE



MENTAL HEALTH RESOURCES

Crisis Lines

<https://thewellbeingpartners.org/crisis-lines/>

Warm Lines

<https://thewellbeingpartners.org/warm-lines/>

Treatment Centers

<https://thewellbeingpartners.org/treatment-centers/>

Providers

<https://thewellbeingpartners.org/mental-health-providers/>

Self Care

<https://thewellbeingpartners.org/self-care/>

Classes & Training

<https://thewellbeingpartners.org/classes-training/>



*Local/national mental health resources



QUESTIONS?





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