



# ***The Essential Elements of Self-Care and Resilience***

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***This workshop reviews the concepts of self care, resilience, hope and congruence. Just what do we mean by those words?***

***There is the belief that if we are aware of our own work life balance then we are more effective in our roles. Do we agree? The idea of congruence is seen to be important to our wellbeing and suggests that it is beneficial to live in accordance to our own recognised set of values and an awareness of our boundaries.***

***Resilience and hope scales will be used to further our own self understanding that is seen to be important in order to be resilient, congruent and hopeful. Being out of step with ourselves, can actually lead to anxiety, burnout and fatigue. Therefore it's important to recognise signs of when we are out of sync in order to make the necessary changes.***

***This workshop is based around interaction, sharing wisdom, strategies and reminders of what is good to remember in order to develop the Essential Aspects of Self Care.***



**Within the short fun workshop we will talk about:**

- **Self Care-huge topic! Just what it involves.**
- **Developing an understanding of the wonders of Resilience and Hope**
- **Congruence and Values**



# Self Care

What do I do to look after myself?

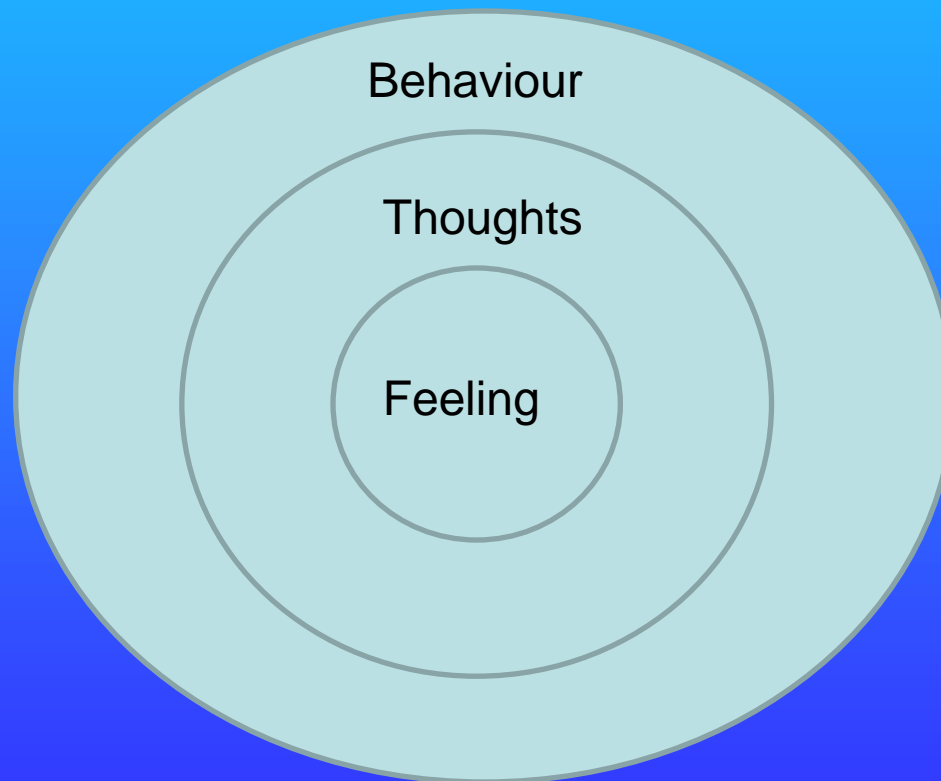
- Nutrition
- Sleep hygiene
- Exercise/physical activity
- Quality time with others
- Enjoyment/fun
- Relaxation
- Personal time
- Psychological Well-Being



# ***Knowing a little more about ourselves***

We need to know how good we are at: Social skills, communication skills, assertive skills, negotiation skills, conflict skills, effectiveness skills, flexibility skills, self awareness, self caring

As people we operate on 3 basic levels:

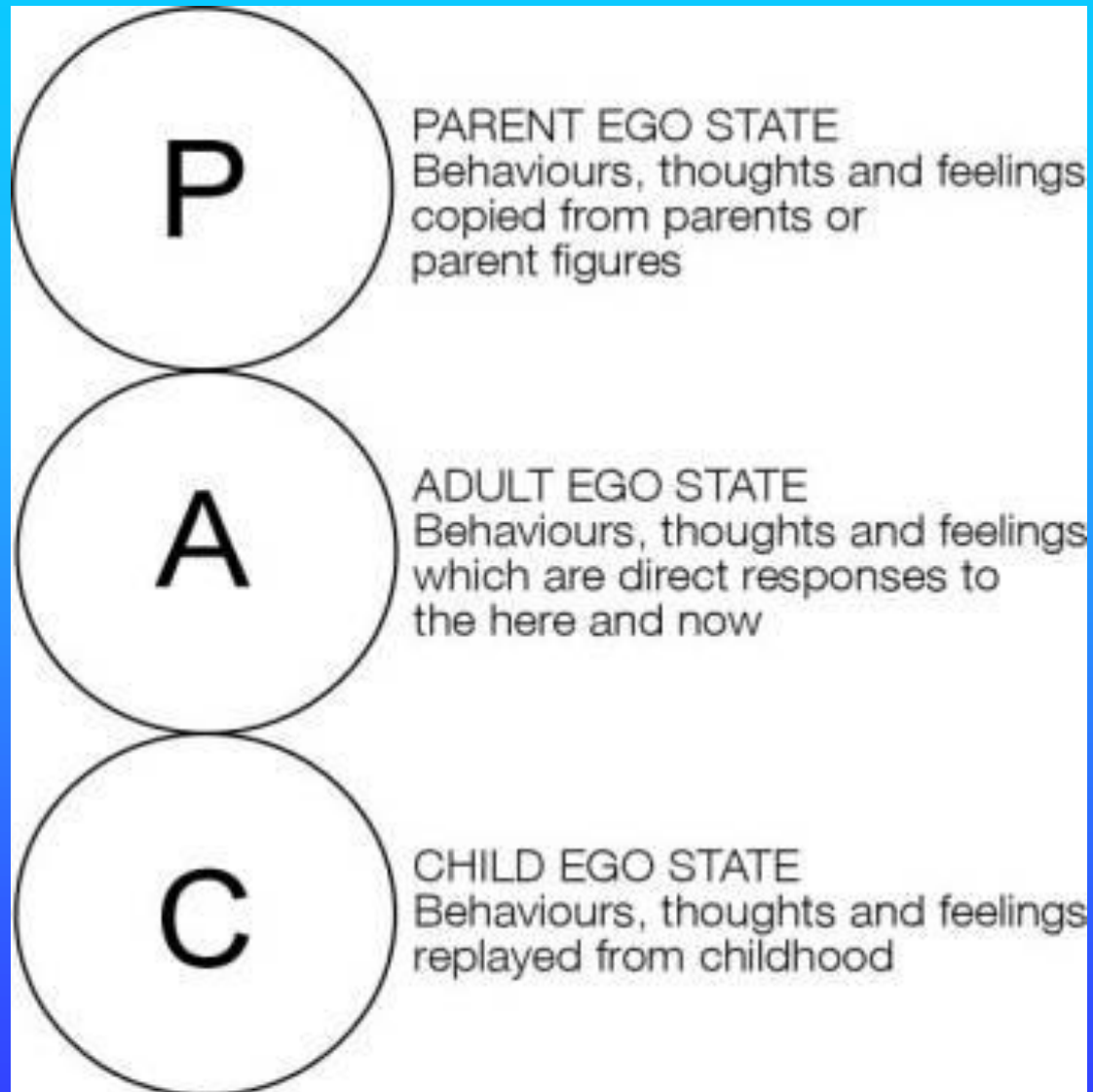


# Early Years

- The importance of 1-5 (8)
- Development of Basic Feelings
- Emotional Regulation
- Attachment-Primary and Siblings



# Transactional Analysis which says:



These terms have different definitions than in normal language.

# *Parent*

This is our ingrained voice of authority, absorbed conditioning, learning and attitudes from when we were young. We were conditioned by our real parents, teachers, older people, next door neighbours, aunts and uncles, Father Christmas and Jack Frost. Our parent is formed by external events and influences upon us as we grow through early childhood. We can change it, but this is easier said than done.

Parent is now commonly represented as a circle with four quadrants:

**Nurturing** - Nurturing (positive) and Spoiling (negative).

**Controlling** - Structuring (positive) and Critical (negative).



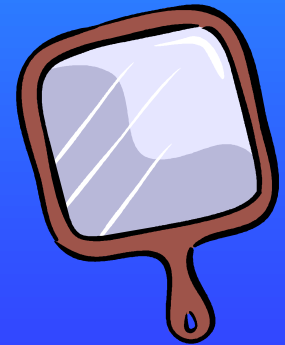
# *Child*

Our internal reaction and feelings to external events form the 'Child'. This is the seeing, hearing, feeling, and emotional body of data within each of us. When anger or despair dominates reason, the Child is in control. Like our Parent we can change it, but it is not easy.

Child is now commonly represented as circle with four quadrants:

**Adapted** - Co-operative (positive) and Compliant/Resistant (negative).

**Free** - Spontaneous (positive) and Immature (negative).



# *Adult*

Our 'Adult' is our ability to think and determine action for ourselves, based on received data. The adult in us begins to form at around ten months old, and is the means by which we keep our Parent and Child under control. If we are to change our Parent or Child we must do so through our adult.

Adult remains as a single entity, representing an 'accounting' function or mode, which can draw on the resources of both Parent and Child.

In other words:

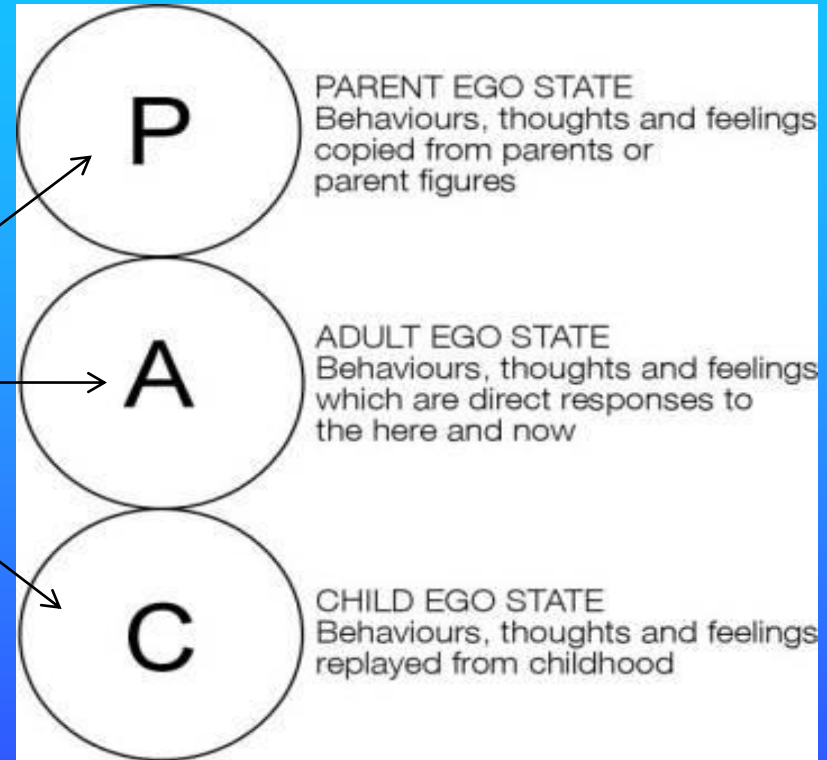
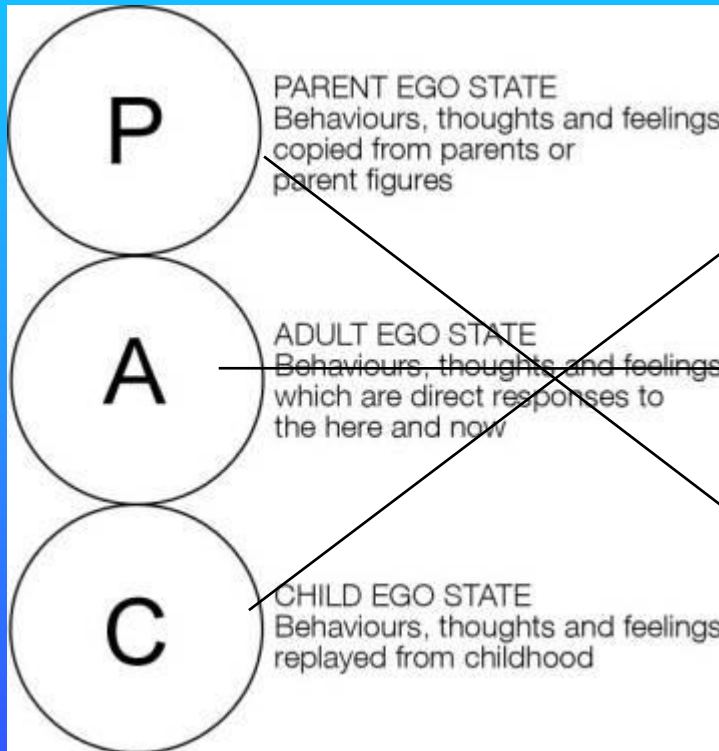
Parent is our 'Taught' concept of life

Adult is our 'Thought' concept of life

Child is our 'Felt' concept of life



# So what does this mean?

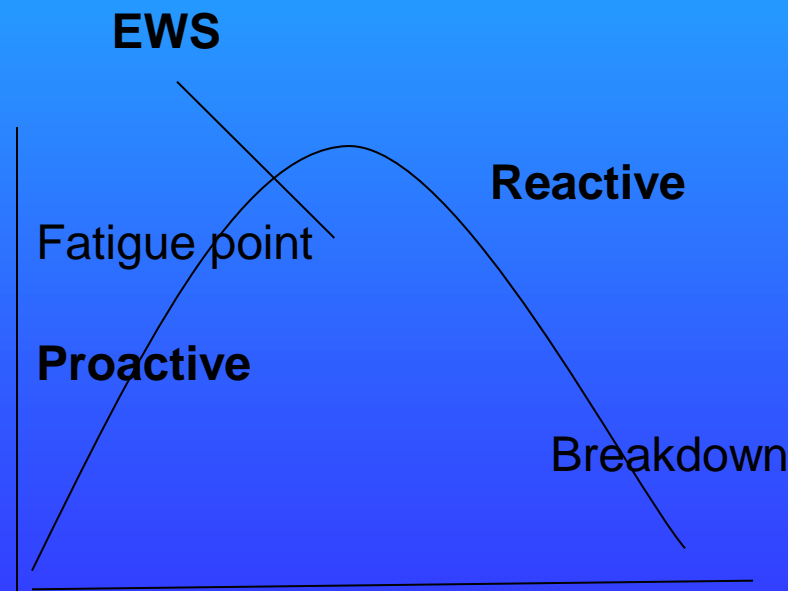


# ***U Shape Curve-Proactive and Reactive***

***Where are we effective? Where do we have freedom? What's important?***

***Eat, sleep, exercise and fun bucket!***

***Tired, anxious, stressed, not well and in grief***



## ***Proactive people :***

Exude wellbeing, strength, confidence, security and support



## ***Reactive people :***

Exude defensiveness, nervousness, weakness, inappropriate anger,  
bullying



# Factors Influencing Self Care

- Predisposing
- Precipitating
- Perpetuating
- Protective
  
- Environment
- Thoughts
- Moods
- Behaviours
- Physical response



# Psychological Well Being

What do you know about psychological well being?

- There is no thought or behaviour that does not have an emotional counterpart
- Mental health problems are common and we will all experience some level of distress throughout our life
- Mental health problems are based upon a series of symptoms and severity is based upon a continuum
- Maladaptive versus adaptive
- Depression, anxiety and trauma are the most common mental health concerns
- Self awareness involves identifying changes in ourselves and if these changes lead to increased distress; early identification can lead to a more rapid recovery



# Dealing with Stress

- **Alter:** how may I change, remove or do differently to address this situation?
- **Avoid:** how may I ignore, get away from or prevent an escalation in this situation?
- **Accept:** what about this situation can I live with, how much control do I really have over this situation?

*If I accept the situation , I can also:*

- Build my resistance and tolerance
- Change my Perception. If you can't change a situation, change the way you think about it.



# *What do we mean by Resilience?*

- \* Coping with everything
- \* Keeping on going
- \* To bend and not break
- \* To use resources
- \* Network and ask for support
- \* Be able to think and act as you choose
- \* To maintain proactivity



# Resilience Items

- When I make plans, I follow through with them
- I usually manage one way or another
- I am able to depend on myself more than anyone else
- Keeping interested in things is important to me
- I can be on my own if I have to
- I feel proud that I have accomplished things in life
- I usually take things in stride
- I am friends with myself
- I feel that I can handle many things at a time
- I am determined
- I seldom wonder what the point of it all is
- I take things one day at a time

# Resilience Items cont...

- I can get through difficult times because i've experienced difficulty before
- I have self discipline
- I keep interested in things
- I can usually find something to laugh about
- My belief in myself gets me through hard times
- In an emergency, I'm someone people can generally rely on
- I can usually look at a situation in a number of way
- Sometimes I make myself do things whether I want to or not
- My life has meaning

# Resilience Items cont...

- I do not dwell on things that I can't do anything about
- When I'm in a difficult situation, I can usually find my way out of it
- I have enough energy to do what I have to do
- It's okay if there are people who don't like me
- I am resilient



# So the place of Hope with Resilience

## The Trait Hope Scale

*Directions: Read each item carefully. Using the scale shown below, please select the number that best describes YOU and put that number in the blank provided.*

- 1. = Definitely False
- 2. = Mostly False
- 3. = Somewhat False
- 4. = Slightly False
- 5. = Slightly True
- 6. = Somewhat True
- 7. = Mostly True
- 8. = Definitely True



# Items Hope Scale

- \_\_\_\_\_ 1. I can think of many ways to get out of a jam.
- \_\_\_\_\_ 2. I energetically pursue my goals.
- \_\_\_\_\_ 3. I feel tired most of the time.
- \_\_\_\_\_ 4. There are lots of ways around any problem.
- \_\_\_\_\_ 5. I am easily downed in an argument.
- \_\_\_\_\_ 6. I can think of many ways to get the things in life that are important to me.
- \_\_\_\_\_ 7. I worry about my health.
- \_\_\_\_\_ 8. Even when others get discouraged, I know I can find a way to solve the problem.

# Items Hope Scale continued

- \_\_\_ 9. My past experiences have prepared me well for my future.
- \_\_\_ 10. I've been pretty successful in life.
- \_\_\_ 11. I usually find myself worrying about something.
- \_\_\_ 12. I meet the goals that I set for myself.



# Scoring Hope Scale

*Note. When administering the scale, it is called The Future Scale.*

*The agency subscale score is derived by summing items 2, 9, 10, and 12;*

*The pathway subscale score is derived by adding items 1, 4, 6, and 8.*

*The total Hope Scale score is derived by summing the four agency and the four pathway items.*

# Congruence

- The quality or state of corresponding, agreeing, or being congruent and at peace with ourselves



# Values

- What's really important to us? What makes our lives worthwhile? what really matters to you deep in your being? what sort of a person do you want to be? What personal strengths or qualities do you want to develop? Lets do the values exercise..



Thank you!

