

Self-Care 101: Part 1

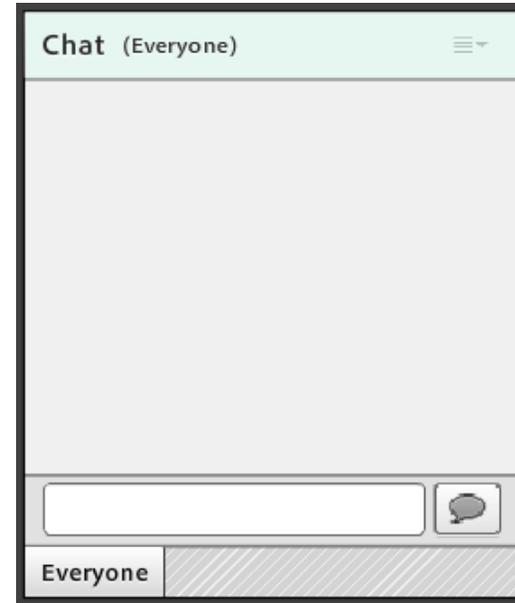
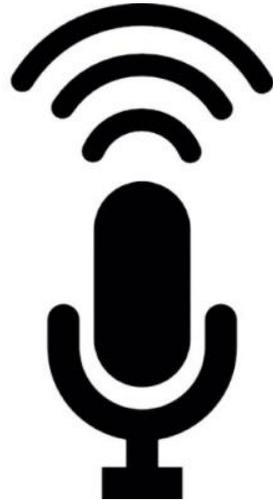
August 12, 2020



NCS D

National Coalition
of STD Directors

Logistics



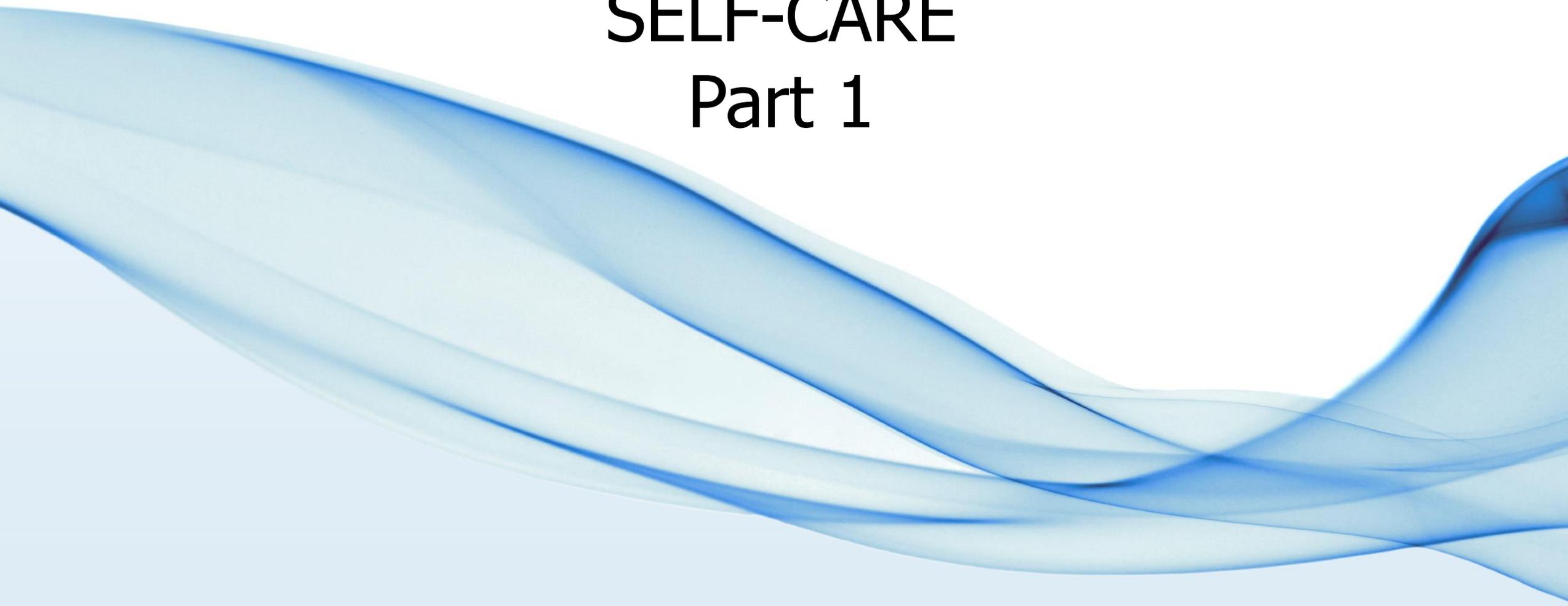
This webinar is being recorded. The recording and presentation slides will be emailed to those that registered. These materials will also be placed on the NCSD website.



Robert George

HIV Program Manager

Denver HIV Resources, Denver Department of Health & Environment



SELF-CARE

Part 1

Your Presenter

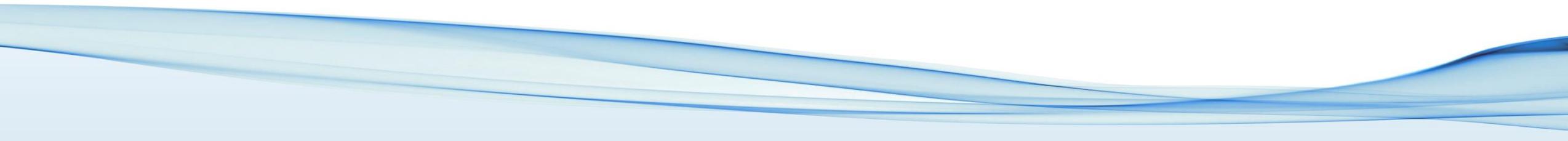
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Presentation Structure

1. Presentation Content
2. Ask questions in the chat during the presentation
3. Questions will be answered at the end of the presentation



Training Objectives

- Define self-care
- Describe the connection between trauma and self-care
- Describe the brain's response to trauma
- Describe self-capacity building and self regulation as results of self care



The background features several overlapping, semi-transparent blue wavy lines that flow across the frame, creating a sense of movement and depth. The lines vary in opacity and color intensity, ranging from a pale sky blue to a deeper cerulean. The overall composition is clean and modern.

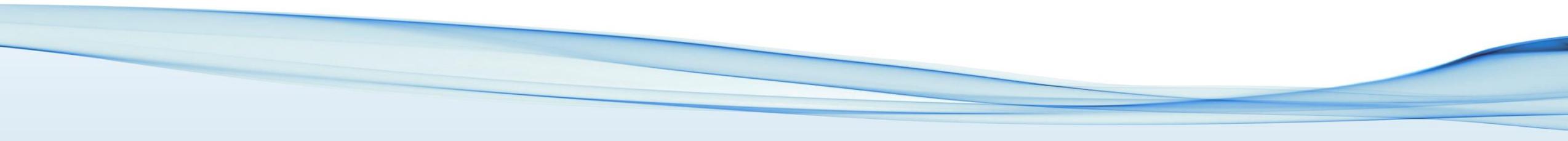
DEFINING SELF-CARE

The Big Question

What does self-care mean to you?



Why do we talk about self-care?

- Our jobs are hard
 - Workload expectations
 - We work with clients who don't cooperate
 - We see and hear some tough stuff
 - Burnout
- 

Why do we talk about self-care?

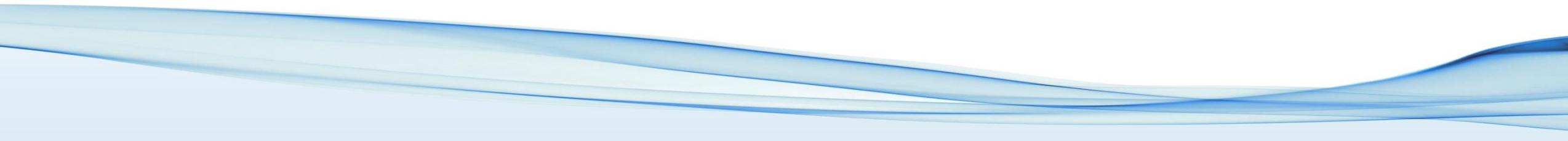
COVID

- Working from Home
- Isolation
- Health Concerns



Why do we talk about self-care?

Racial Justice

- Public Health Concerns
 - Community Environment
 - Political Environment
 - Workplace Environment
- 

Self-Care History

“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.”

--Audre Lorde

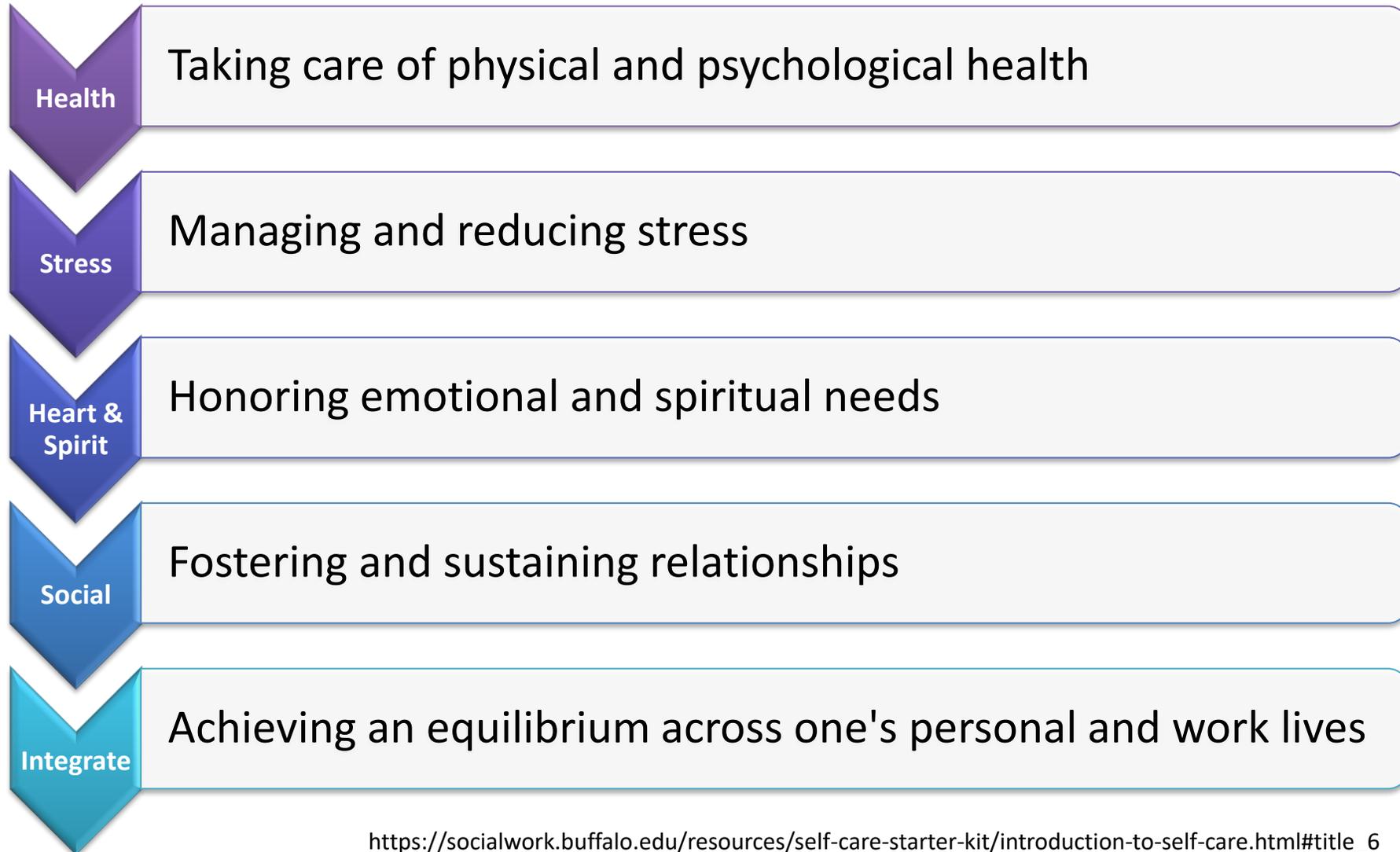


Self-Care



Self-care refers to activities and practices that we can engage in on a regular basis to **reduce stress and maintain and enhance our short- and longer-term health and well-being**

Self-Care Aims



The image features a light blue background with several flowing, translucent blue waves that create a sense of movement and depth. The waves are layered, with some appearing more prominent than others, and they curve across the top and bottom of the frame. In the lower-left quadrant, the word "TRAUMA" is written in a bold, black, sans-serif font.

TRAUMA

What are we talking about?

1. Childhood Experiences
2. Life Experiences
3. Work Experiences



The image features a white background with two sets of flowing, translucent blue lines. The top set of lines starts from the left edge and curves upwards and then downwards towards the right. The bottom set of lines starts from the left edge and curves downwards and then upwards towards the right. The lines are layered and semi-transparent, creating a sense of depth and movement.

THE BRAIN

Brain Responses

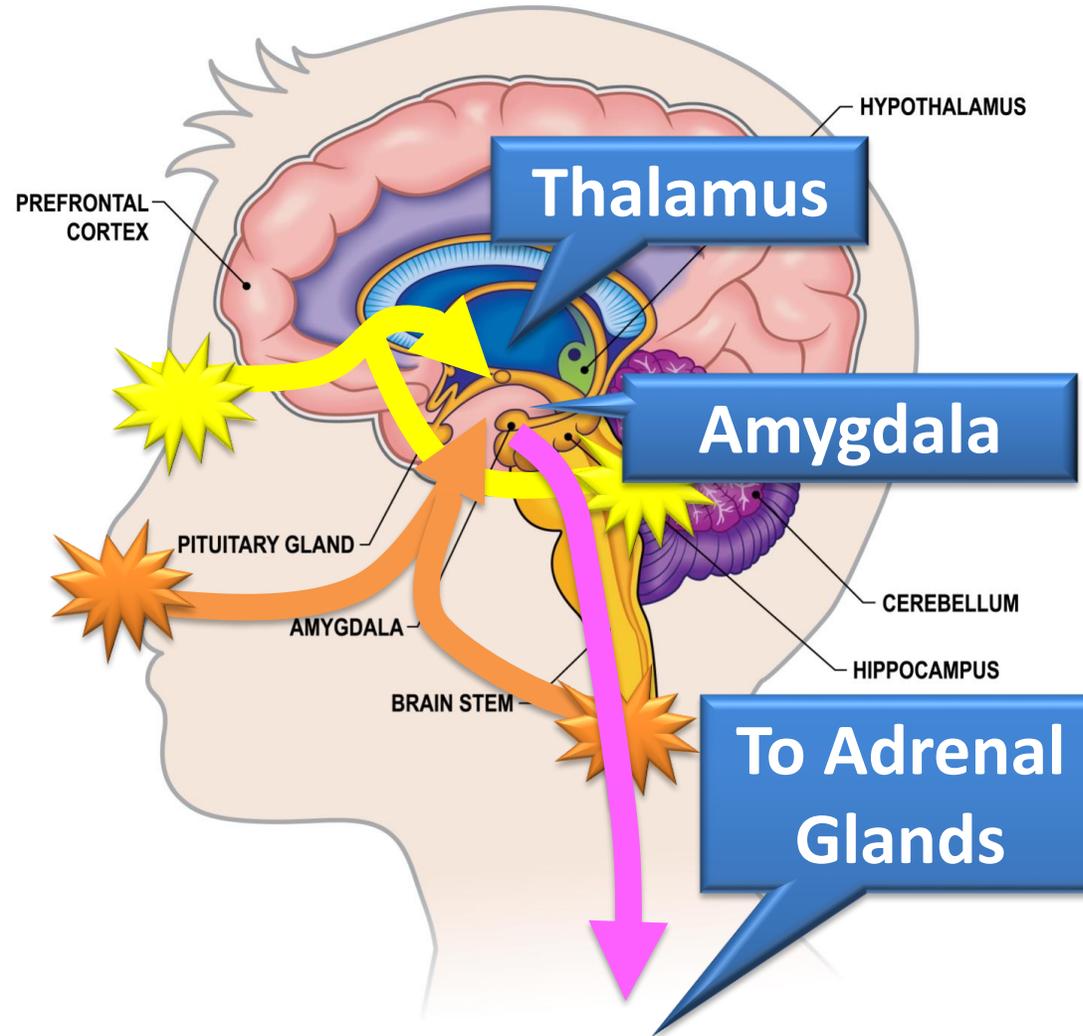
Two Responses:

1. Limbic Brain Response
2. Pre-Frontal Cortex Response



Limbic Response

- Stress Response
- Lack of rational thinking
- Lack of planning
- Emotions
- Fight, flight, or freeze

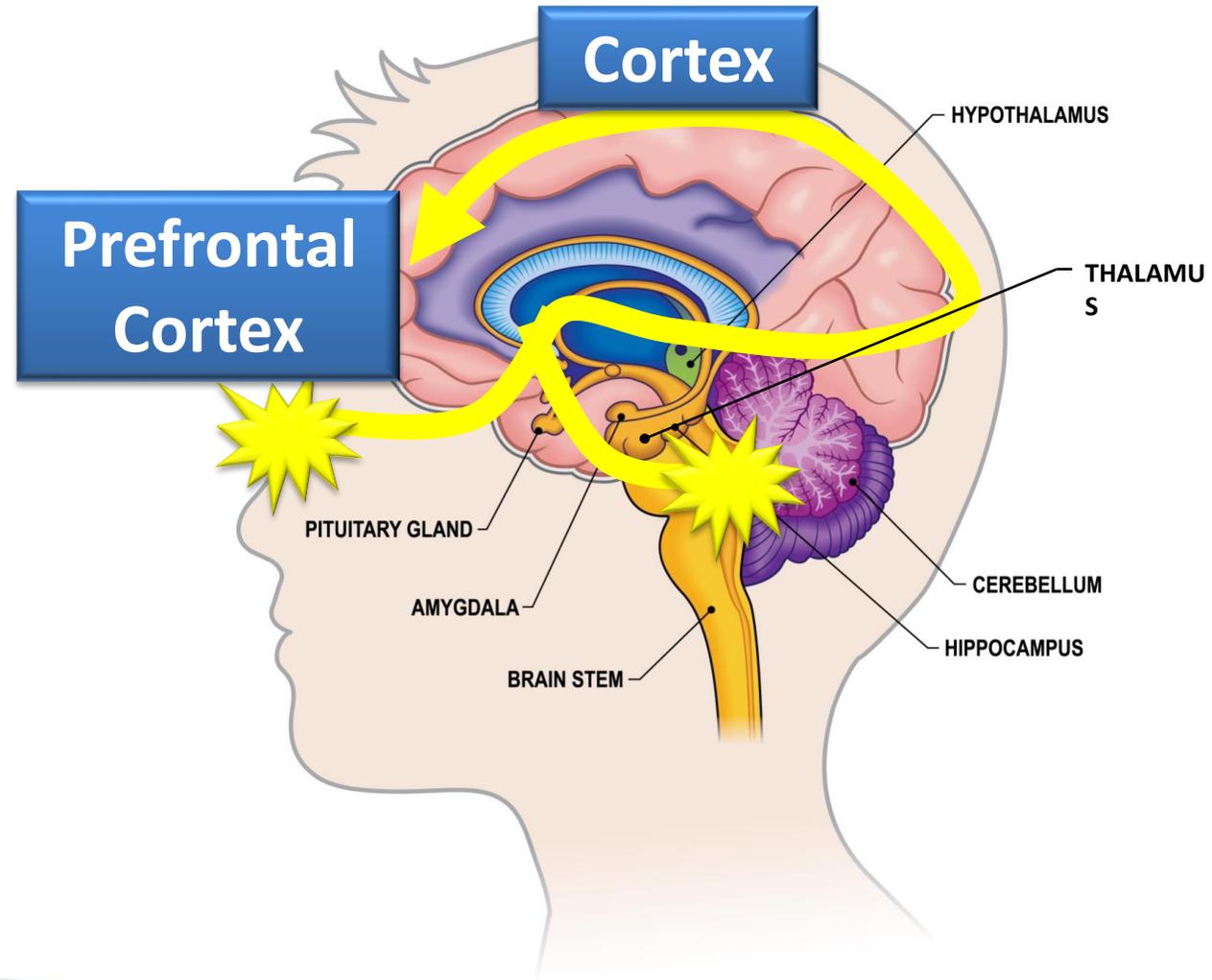


Ogden, Minton, Pain, 2006 & Siegel, 2011

Van Der Kolk, Bessel, The Body Keeps The Score, 2014, NY, NY, Penguin Books

Pre-Frontal Cortex

- Past experience and memories as reference.
- Reasoning
- Flexible problem solving
- Planning
- Emotional Regulation



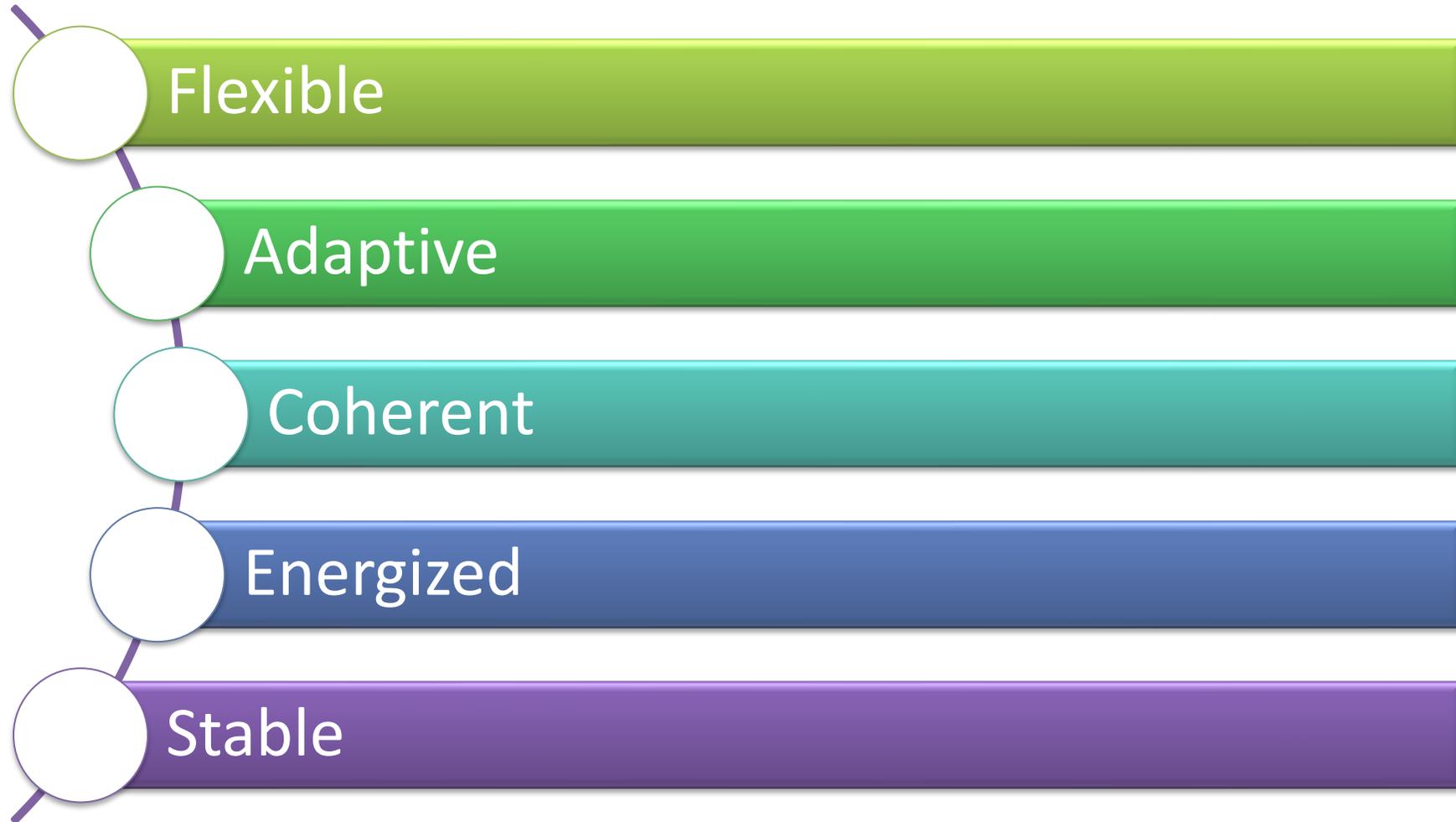
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The background features several overlapping, semi-transparent blue wavy lines that flow across the frame from left to right. The lines vary in opacity and thickness, creating a sense of movement and depth. The overall color palette is a range of light to medium blues.

SELF CAPACITY AND SELF REGULATION

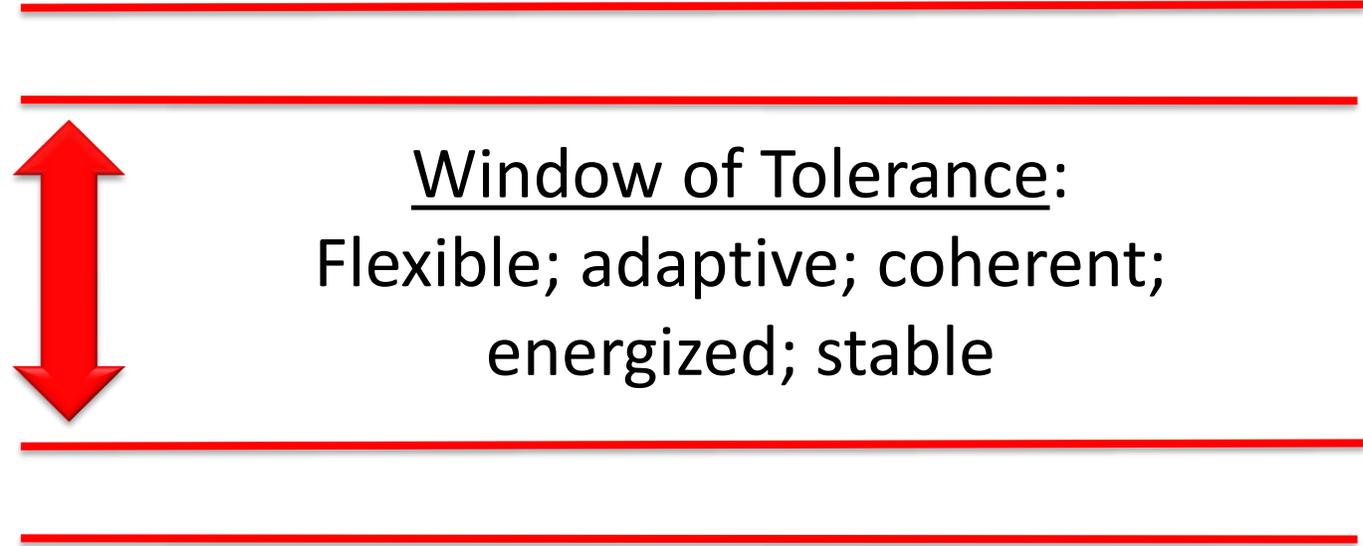
FACES



Cup Analogy



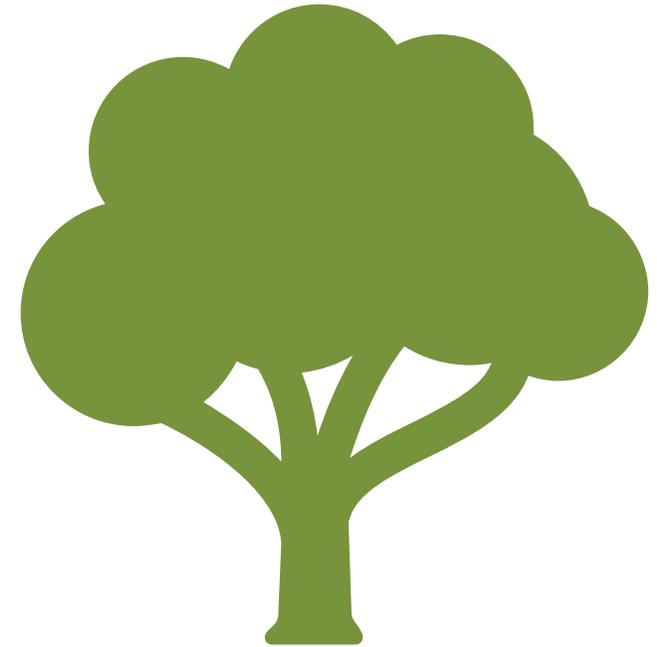
Window of Tolerance



Window of Tolerance:
Flexible; adaptive; coherent;
energized; stable

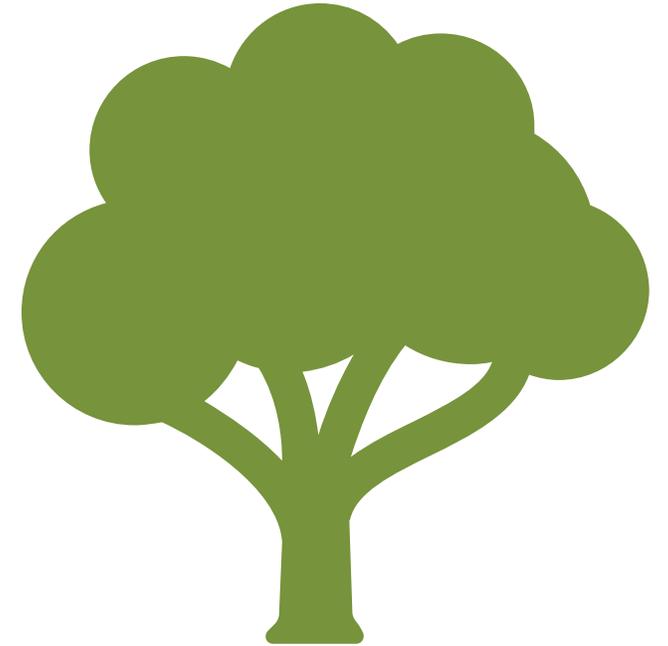
Self Regulation

- Manage emotions and behavior
- Resist highly emotional responses
- Calm self
- Adjust to change
- Handle frustrations



Tools For Self Regulation

- Mindfulness
 - Observe present moment
 - Let judgements roll by
- Reframing
 - Changing thought pattern

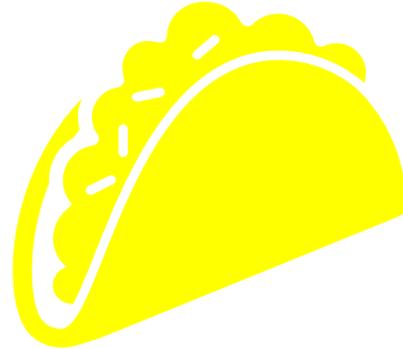
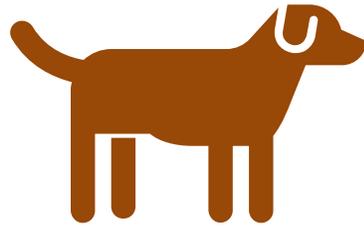


What does self-care mean to you?

- How do you want to feel?
- What are your intentions?
- What are your goals?



Questions?



- Robert George: Robert.George2@DenverGov.org
- Please complete the webinar evaluation once the webinar ends.
- The webinar recording and presentation slides will be shared.

Upcoming webinars

- **August 26 at 3:15-4:30pm ET – Self Care 101 Part 2**
 - Registration link will be sent via email and placed on the NCSD website:
<https://ncsd.adobeconnect.com/eynv.xrwuohxv/event/registration.html>
- **September 9 at 3:15-4:30pm ET – Self Care & Supervision**
 - *Registration link is forthcoming!*
- **September 30 at 3:15-4:30pm ET – Self Care & Intersectionality**
 - *Registration link is forthcoming!*