

Self Care and Life Challenges

UGST 1002

What is self-care?

- Proactive strategies or routines that promote well-being
- Resources for coping and thriving
- Strategies that offset stress

What is self-care?

- Healthy attention to the self (physical, mental, emotional and spiritual) which is essential for overall health (Miller, 1998)
- A necessary prevention strategy (Figley, 1995)

Self-Care Deficit (Orem, 1991)

- Occurs when an individual does not find time or has the energy to promote self-care
- A threat to health and well-being

Self-care as a coping strategy

- Maintaining a balance so you can care for yourself
- Wellness impacts your ability to study, maintain positive relationships, and play

Barriers to self-care

- Volume of work
- Feeling overwhelmed
- Difficulties reflecting on our well-being
- Fear of appearing out of control

The importance of coping strategies and resources

- When we are overwhelmed, we may begin to avoid others and become isolated
- Proactive coping strategies will help you effectively manage stress and live well

What next?

- Talk about our concerns regarding self-care
- Share strategies to promote self-care
- Learn to ask for help when we need it
- Acknowledge self-care is a crucial consideration

Self-care strategies

- Reflect on your support system
- Self reflection
- Reflect on values and priorities
- Identify needs
- Clarify goals
- Assess time and energy commitments
- Relaxation techniques
- Journal

Be creative...

- Have fun!
- What are your self-care strategies?
- What strategies can you develop?



Why self-care?



What's impacting the Lives of Students? (NCHA)

Academic Impacts within the last 12 months	1 st Yr '10	All, 2010	All, 2013
Anxiety	19.6%	22.5%	27.9%
Concern for Family/friend	16.3%	15.9%	14.8%
Depression	16.1%	14%	15.2%
Finances	11%	10.7%	10.6%
Relationship difficulties	11.9%	15.3%	13.8%
Sleep difficulties	29.4%	26%	30.4%
Stress	34.2%	33%	37.9%
Work	20.5%	22.5%	24.7%

What are Some MRU Students facing? (NCHA)

Mental Health within the last 12 months	1 st Yr '10	All, 2010	All, 2013
Felt things were hopeless	53.9%	50.8%	52.8%
Felt overwhelmed by all you had to do	89.6%	89.9%	91.3%
Felt exhausted (not from physical activity)	86.4%	87.6%	88.8%
Felt very lonely	64.2%	61.5%	64.5%
Felt very sad	70.6%	67.0%	70.2%
Felt overwhelming anxiety	52.4%	53.4%	60.1%
Felt overwhelming anger	49.7	47.9%	46.9%
Seriously considered suicide	8.3%	7.8%	8.9%
Attempted suicide	1.2%	1.2%	1.5%
Intentionally cut, burned, bruised or otherwise injured yourself	7.4%	5.3%	5.3%

Traumatic and difficulties in the last 12 months that were hard to handle:	1 st Yr '10	All, 2010	All, 2013
Academics	50.4%	52.2%	54.8%
Career-related issue	29.7%	30.3%	29.1%
Death of family member or friend	20.5%	18.8%	19.8%
Intimate relationships	33.9%	38.4%	40.0%
Other social relationships	26.0%	25.7%	27.8%
Finances	51.2%	50.7%	46.8%
Health Problem of family member or partner	26.1%	24.5%	24.9%
Personal appearance	32.6%	29.3%	32.9%
Personal health issue	24.3%	22.8%	26.5%
Sleep difficulties	33.8%	31.2%	37.7%
Other	15.6%	12.5%	13.3%
Students reporting none of the above	13.0%	14.7%	15.6%
Students reporting only one of the above	12.1%	13.7%	10.2%
Students reporting 2 of the above	12.7%	12.1%	12.2%
Students reporting 3 or more of the above	62.1%	59.5%	61.9%

National College Health Assessment 2016

- 48.9% of MRU students reported a mental health issue such as anxiety or depression
- Students who seriously considered suicide rose from 8.9% in 2013 to 13.1% in 2016
- The number of MRU students who indicated they would seek help if they had a problem rose to 78.4% in 2016

National College Health Assessment 2019

- 46.2% of MRU students reported feeling stress
- 37.5% of MRU students reported anxiety
- 33% of MRU students reported sleep difficulties
- Students who seriously considered suicide rose from 13.1% in 2016 to 18% in 2019
- The number of MRU students who indicated they would seek help if they had a problem rose to 84% in 2019
- 49.3% received services

MRU Resources

- Student Counselling (403-440-6392)
- Wellness Services Workshops and PodCASTS
- Mental Health Nurse (403-440-6326)
- Physicians
- Ask a Counsellor Blog blogs.mtroyal.ca/askacounsellor
- BreathingRoom
- Student Health 101 newsletter
- <https://www.mtroyal.ca/CampusServices/WellnessServices/Resources/index.htm>

Community Resources

- Distress Centre Crisis Line 24 / 7
- 266 – help (4357)
- Distress Centre office 266-1601
- 211 City of Calgary free information service 24 / 7

I get by with a little help from my
friends...

