



BRINGING PEACE & EASE

DURING CHANGING TIMES

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AGENDA

PLAN FOR BREAKOUT SESSION

Impact of stress and self-care

Developing a self-care plan

Practice with self-care activity

Ideas for self-care implementation

Learning Objectives

The breakout session participants will:

- *identify the impacts stress and self-care can have*
- *develop connections with their peers and their experiences*
- *apply the development of a self-care plan*
- *apply the skill of positive imagery*
- *gain ideas for using mindfulness and self-care in the classroom*

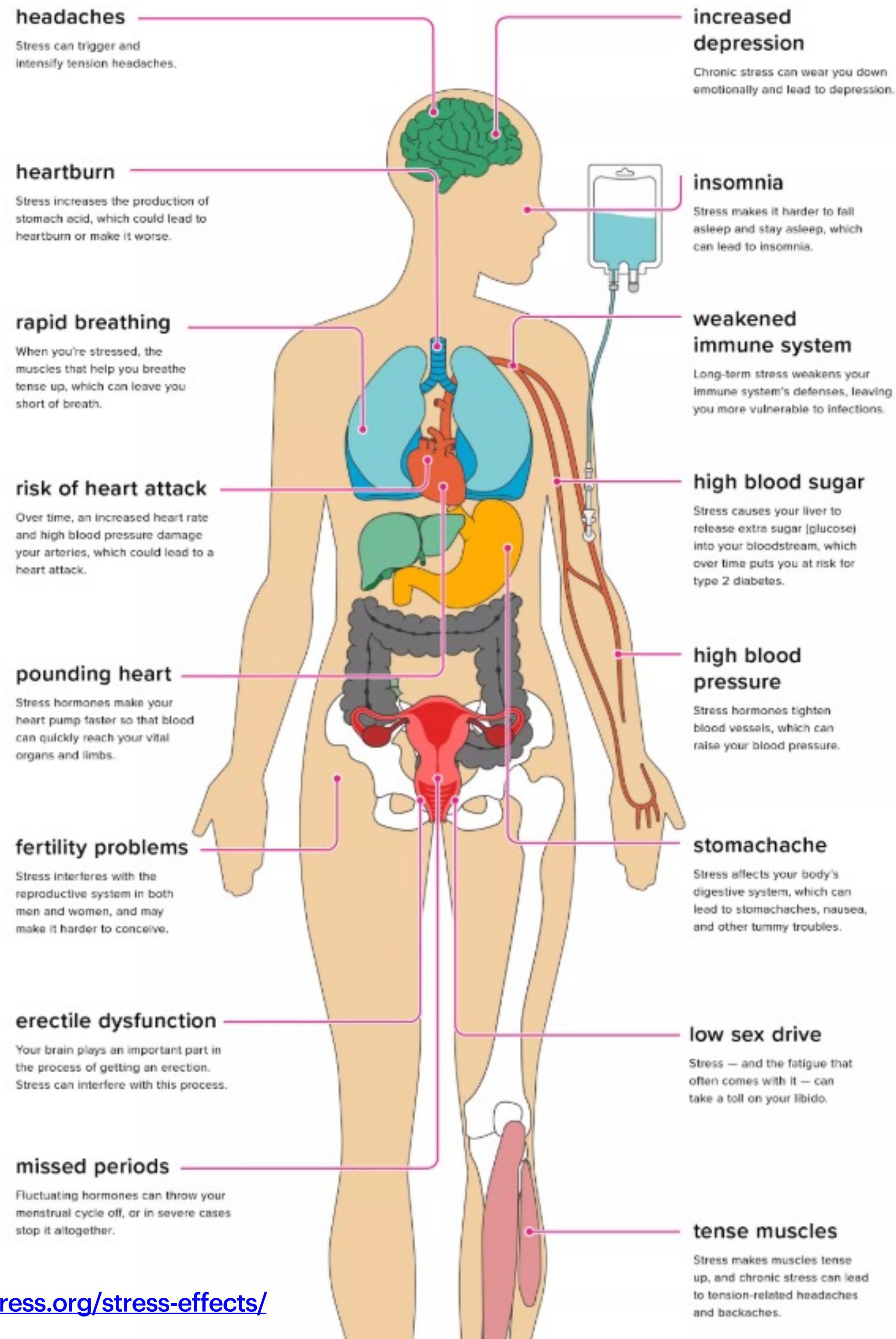
STRESS IMPACTS

OUR MIND AND BODY

- **Stress can negatively impact and contribute to many problems in our physical health.**
- **It can contribute to reducing our overall wellbeing**
- **It can affect our mental health and increase irritability, anxiety, depression, and sleep problems**

American Institute of Stress (n.d.)

Graphic from: <https://www.stress.org/stress-effects/>

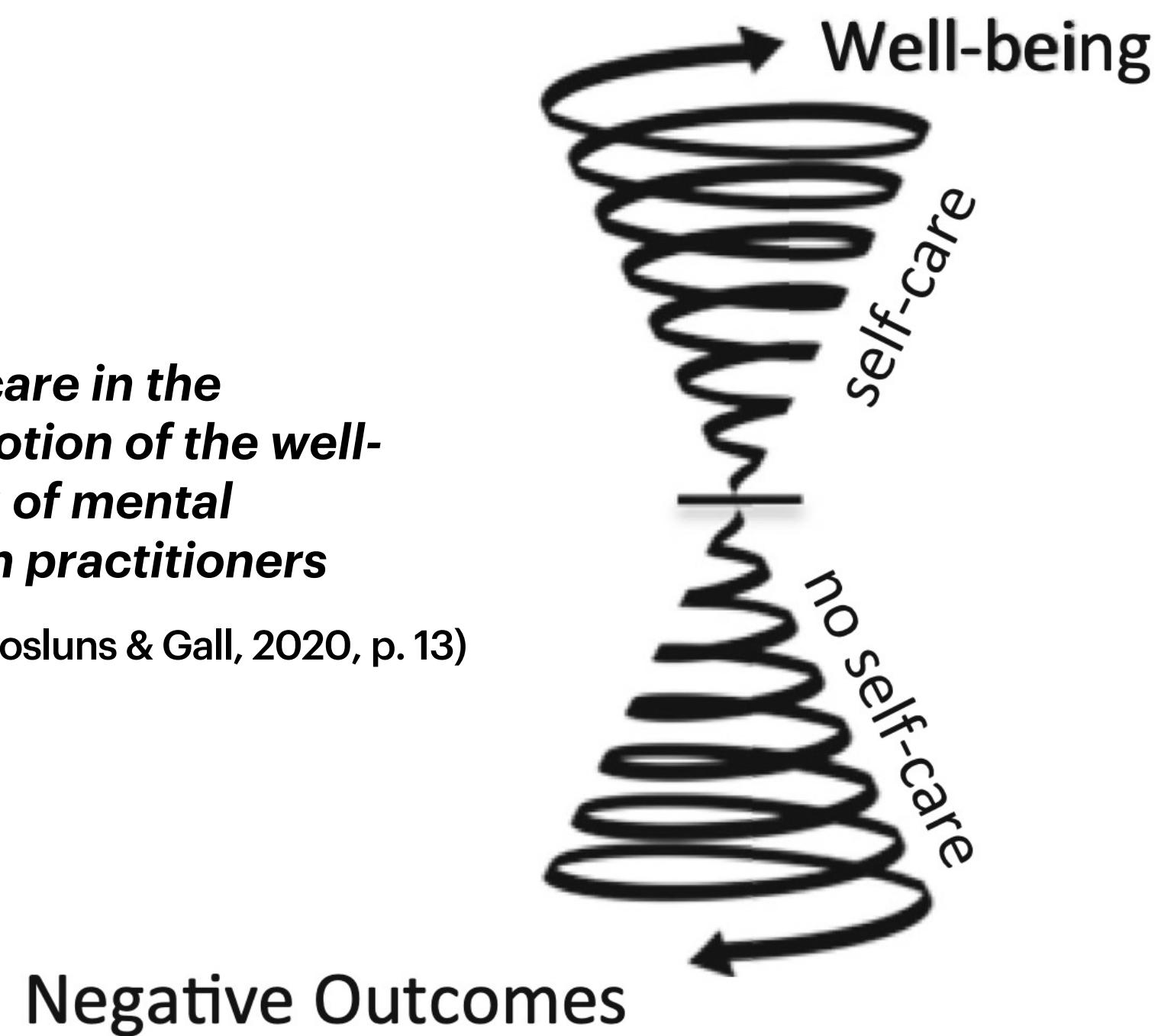


SELF-CARE IMPACT

OUR WELLBEING

Self-care in the promotion of the well-being of mental health practitioners

(Posluns & Gall, 2020, p. 13)



Domains of Self-Care

(Posluns & Gall, 2020)

- ***Awareness***
- ***Balance***
- ***Flexibility***
- ***Physical health***
- ***Social support***
- ***Spirituality***

***What are some of
the things that
might cause stress
in our lives?***

***What do you do to
take care of yourself
and manage your
stress?***



Whole Group Discussion

***What are the barriers
that we or students
might have in
managing our stress?***

***How does stress
impact students?***

DEVELOPING A SELF-CARE PLAN

*Think about a place where
your mind can go when you
have too many thoughts. The
more specific and connected
to our senses, the more
engaging the space.*



Pleasant Imagery

Happy Gilmore

Style

IMPLEMENTING MINDFULNESS

INTO THE CLASSROOM

Guided meditations and visualizations

Breathing exercises

Physical activity

Mental techniques

Focusing on senses

SYSTEM-WIDE

SELF-CARE

In what ways can self-care be embedded into Heritage as an organization?

Consider the example of Jolivette et al. (2019).



REFERENCE

American Institute of Stress (n.d.) Stress affects your body and mind.
<https://www.stress.org/stress-effects/>

Jolivette, K., Swoszowski, N. C., Kumm, S., Sanders, S., & Ansley, B. M. (2019). Embedding staff self-care into the MTSS framework for those working in juvenile correctional facilities. *Journal of Correctional Education*, 70(1), 2-19.
<https://doi.org/10.2307/26864119>

Posluns, K., & Gall, T. L. (2020). Dear mental health practitioners, take care of yourselves: A Literature review on self-care. *International Journal for the Advancement of Counseling*, 42 (1), 1-20. <https://doi.org/10.1007/s10447-019-09382-w>