Taking Care of You

July 29th, 2020
Webinar recordings, slide decks and resources are available at:

- https://institutefsp.org/covid-19-rapid-response
Q&A and Chat Features

If you have a specific question for one of our speakers, please use the Q&A function.

Please use the chat box to respond to questions we ask you!
Presenters

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Meeting your needs

Self care isn’t selfish
“Caring for myself is not self-indulgence. It is self-preservation, and that is an act of political warfare" - Audre Lorde
Cognitive-Behavioral Strategies to Promote Self-Care Among Home Visitors

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www.mothersandbabiesprogram.org
Stress Affects All of Us

- Everyone experiences stress
- Stress is magnified by the COVID-19 pandemic
How Do We React To Stress?

- A first step in engaging in self-care is to be aware of how we respond to stress:
  - What are things that increase our stress levels?
    - Related to work as a home visitor (ex., hearing about a client’s abusive relationship)
    - Related to your life outside of being a home visitor
  - How do we feel when our stress level increases?
    - Physical (headaches, upset stomach)
    - Emotional (irritable, sad)
# Quick Mood Scale

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What Does Self-Care Look Like?

- Cognitive-behavioral framework can be useful in thinking about ways to engage in self-care
  - Cognitive = thoughts
  - Behavior = our actions and relationships with other people
Cognitive-Behavioral Framework

THOUGHTS
What we think affects how we feel and act

EMOTIONS
What we feel affects how we think and act

CBT
CHANGING PERCEPTIONS

BEHAVIORS
What we do affects how we think and feel
Self-Care Strategies: Pleasant Activities

- Can be done alone, with other adults, or with children
- Can be brief, no/low cost, and part of everyday routines
- Even a small activity can help improve our mood and reduce stress
**WORKSHEET 2.4: WHAT DO YOU LIKE TO DO?**

**INSTRUCTIONS**

1. Write down pleasant activities you like to do by yourself or with other adults on the top and things you enjoy doing or will enjoy doing with your baby on the bottom. *Start with ones that are simple and do not cost a lot of money.*

2. Continue adding to your list throughout the week whenever you think of anything you enjoy doing. Write down as many pleasant activities as you can come up with! Even though you won’t do some things on a regular basis, it is good to be thinking about all the things possible. That way when you have the time to do a Pleasant Activity but are not sure of your options, you will have a big list of things to choose from!

Write down activities you enjoy doing by yourself or with other adults.

1. ____________________________ 6. ____________________________
2. ____________________________ 7. ____________________________
3. ____________________________ 8. ____________________________
4. ____________________________ 9. ____________________________
5. ____________________________ 10. ____________________________

Also think about activities that you enjoy doing with your baby, or that you will enjoy doing with your baby when s/he is born. Write them down here.

1. ____________________________
2. ____________________________
3. ____________________________
4. ____________________________
5. ____________________________
Self-Care Strategies: Building One’s Support Network

- Stress can be exhausting and the many demands in our lives require us to seek out support from others.

- Supportive people can help provide meaningful breaks from the stress you have in a given day/week.
  - Home visiting supervisors
  - Friends, family, neighbors
**WORKSHEET 8.1: THE PEOPLE IN MY LIFE**

Instructions: Write the names of people who are part of your support system in the circle that best describes your relationship with them.

- **People Closest to Me**: are people whom you can share your most private thoughts and feelings with.
- **Close Friends & Family**: are people you feel you can talk to but maybe not about everything.
- **Friends**: are people who you enjoy doing things with (like going to the movies) even though you don't share personal details about your life with them.
- **Acquaintances / Community**: are people you see whom you nod or say hi to.

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**PRACTICAL SUPPORT**

Which will you ask to:
- drive you to the hospital?
- call to lend you something you need?

**ADVICE OR INFORMATION**

Which will you ask for advice / information:
- when you don't feel well?
- when you don't understand how to do something?

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**COMPANIONSHIP**

Which will:
- walk around the park with you?
- spend the afternoon with you?

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**EMOTIONAL SUPPORT**

Which will you look to:
- for encouragement?
- for understanding?
- for help when you're feeling down?
Contact Information

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