# **RSW NEWS**

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Marilyn@resiliencesocialwork.com

562-384-9299











Without Guilt

September is Self-Care month! Did you know that? Self-care sounds like such a simple concept that should come naturally since we are all just trying to survive life. However, it isn't and it's so hard for us to make time for ourselves or just accept that it is ok to do so. Life is so busy and difficult at times that we keep pushing through and keep putting our needs aside to just get through this thing, but then the next thing comes along and we keep pushing through until we burn ourselves out, all-because we didn't give ourselves time to breathe and recoup. When caring for others self-care is definitely super challenging because we are focused on the ones we are caring for, (our children, parents, grandparents, clients, friends...) and may just fall in the pattern of putting it off till later. The problem is that later tends to never come because it is never convenient, or the feelings of guilt and shame over the thought of being selfish for taking "me-time" that has been engrained in our brains surface. But the consequences of forgoing it are clear-we get sick, tired, less patient, grouchy, hurt, clumsy, negative, bitter, burnout, less productive, etc.



This hits home for me as life has thrown me in an unexpected new caregiver role and have had to re-prioritize my life to accommodate for this extremely important new role. I've had to remind myself of the importance of self-care through this and am grateful for my family and friends that have been essential in allowing for some rest and recoup time to be able to excel as a caregiver. I know not everyone is as lucky as me in that regard, but having support is key to be able to apply self-care.

Thus, if we don't have supportive family or friends, we have to resort to other sources of support within our circle, such as at school, work, our doctors, local agencies, support groups, child care...but we need others to be able to have some me-time. We also have to get creative and flexible with what it looks like, what I mean is that it's not going to be a trip to the spa everyday but instead it's applying simple little things that bring us joy. For example, getting up before everyone else and having a cup of tea/coffee, taking a few deep breaths throughout the day, listening to music and singing out loud in the car, calling a friend or eating a healthy meal. What are some of the little things that bring you joy? Incorporate those in your daily routine to refill the soul and get more energy to keep going. Sometimes also saying "no" to things is part of self-care and that's partly why I'm doing 2 months in this newsletter, because I chose to put it off and say "not this month" to support myself in minimizing workload and lighten up my stress. I am glad I made that choice because it allowed me the time I needed to focus on new priorities and have the energy to do this one today:). Find ways to minimize stress and eliminate toxic environments as part of your self-care, those suck the life and energy we already are struggling in maintaining and say yes to positive people and things that bring you joy.

We all have to figure out how to navigate life with its ups and downs and when we take time to experience joyful moments without guilt, we are able to navigate it better and find our way through the stormy weather. Let's practice self-care together this month by committing to do something simple yet satisfying every day of the month. I promise to do my best and I hope you do too. Let me know how it's going for you and if you're stuck I share some ideas on the next page. Remember Self-Care is not selfish and it requires help.

# 30 DAY SELF-CARE CHALLENGE

SPEND TIME
IMAGINING HOW
OU'D LIKE TO FEEL
AT THE END OF
THIS CHALLENGE

DRINK A GLASS OF WATER FIRST THING EVERY SINGLE MORNING DAY 2

PEND 30 MINUTES OING SOMETHING CREATIVE THAT YOU ENJOY

IN THE SUN
THINKING ABOUT
YOUR SPIRITUALITY

RESEARCH A SUBJECT YOU KNOW NOTHING

CATCH UP WITH AN OLD FRIEND OR RELATIVE

SET FINANCIAL DAY 8 UNPLUG FOR DINNER & HAVE REAL CONVOS WITH FAMILY

**DAY 10** 

ABOUT DAY 6

DAY 7 TRY A NEW DIET FOR THE REST OF THIS CHALLENGE RACTICE POSITIVE THINKING

ENJOY ALL THE IINGS THAT MAKE YOU LAUGH

**DAY 11** 

**DAY 12** 

**DAY 13** 

**DAY 14** 

**DAY 15** 

PLAN AN ADULT-ONLY GETAWAY WITH FRIENDS

SET GOALS TO IMPROVE YOUR ROFESSIONAL LIFE

**DAY 16** 

**DAY 17** 

**DAY 19** 

VORK ON SAYING YES TO YOU AND NO TO OTHERS. **DAY 21** 

**DAY 22** 

**DAY 24** 

OUTSIDE OF THE HOME AS A FAMILY

GET A MASSAGE

LET GO OF GUILT

**DAY 28** 

EVERYTHING YOU'RE GRATEFUL FOR.

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SELF-CARE ISN'T SELFISH

## BENEFITS OF

PRACTICING SELF-CARE

- When we take care of our own needs first we are better equipped to help others
- Health Improves
- Emotional stability Improves
- Out look on life Improves
- Smile more
- We live our lives with purpose and joy
- We discover who we were created to be
- We become our own best friend
- We love ourselves

### SELF-CARE IS...

- ⇒ Self-Care is about paying attention to you, your body and your emotions
- ⇒ Self-Care is about checking in with yourself in each moment
- ⇒ Self-Care is setting healthy boundaries
- Self-Care is learning and practicing clear and direct communication
- ⇒ Self-Care is about learning to appreciate and love yourself
- Self-Care is about living your life with joy... guilt free!

From: https://evolvetolive.org/

## COACHING

Skill Building Therapists' **Coaching Group** 

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