



ATIC HR Consulting Partners

presents

DARE TO HOPE

A Call to Action for Intentional Self-Care





Agenda

Definition

Wellness Strategies

Wellness Goals Timeline

Summary

Areas of Growth

Take a deep breath and pay attention to what's happening with your emotions.





Definition

self-care

noun

the practice of taking action to preserve or improve one's own health.

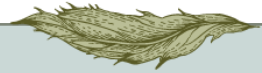
"autonomy in self-care and insulin administration"

the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.

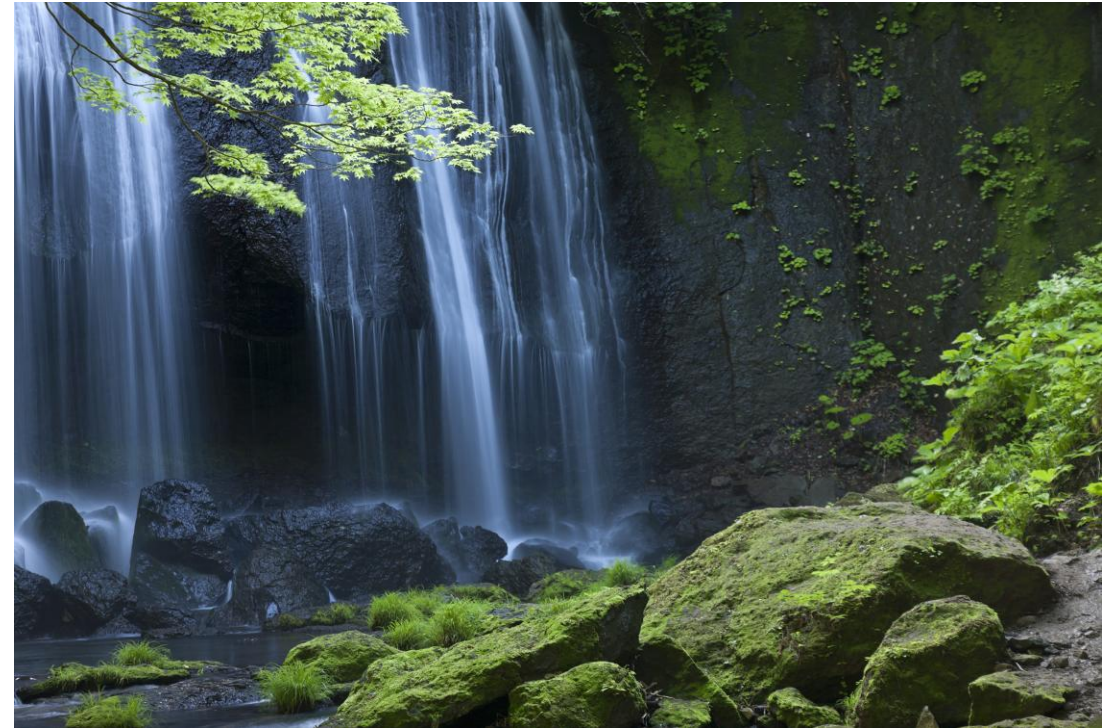
"expressing oneself is an essential form of self-care"



Slowly inhale.



- As you exhale, let go of any tension or stress.
- Repeat as needed.





The Demands We Carry



Possible pressures

Work and caregiving demands
Being the person who remembers
Pressure to remain available
Limited time, money, or support

A private reflection

Which demand leaves the
least room for your own
care?

What could you share, simplify, or
renegotiate?



Wellness Tips, Tricks, & Strategies

Take Time for Yourself



Wellness Tips



Meditation

Breathing
Mindfulness
Focus
Movement

Stress Management

Health Check-ups
Counseling/Support Groups
Take Device Breaks
Alone Time

Journaling

Spiral Bound Book
Loose Leaf Paper
Phone (Notes)
Phone (Memo)

Goal Setting

Get Sleep
Eat Better
Say, “No”
Stay Positive

Healthy Boundaries

Don't Apologize
Don't Personalize
Be Specific
Trust Intuition

Emotional Wellness Starts with Noticing



“I feel overwhelmed.
I need a little space
before I respond.”

Private check-in

What am I feeling?

What do I need right now?

What response would show care?

Persistent distress deserves professional support.

Well-being and Professional Success



Personal practices

Protect time for rest and meals.

Pause before accepting more work.

Ask for help when you need it.

Workplace conditions

Clarify priorities and workload.

Agree on realistic response times.

Make support safe to request.

Your health matters beyond what you produce.

Discussion: A Boundary Under Pressure



An everyday scenario

A colleague asks for one more task. You are already at capacity, and you planned time for yourself.

Your response

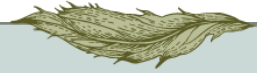
What needs protection?

What could you say?

What support would help?

“I cannot take this on today. I can discuss priorities tomorrow.”

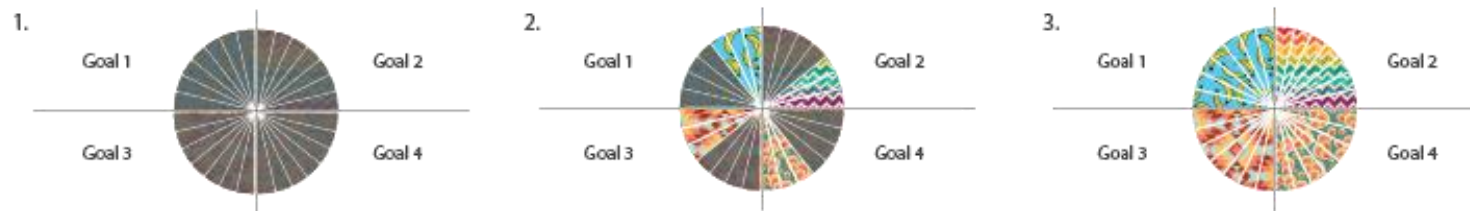
Wellness Goals Timeline



My Wheel of Wellness Goals

Directions

- 1. Choose four meaningful things you'd like to do on a daily basis. These four actions should be for your overall well-being, things for others, or outward gestures.**
- 2. Type them in the boxes titled “goal.”**
- 3. Use this document on a weekly basis and online only. Each week you can change out the tasks or repeat as desired.**
- 4. Each day that you complete one of the goals, select a pie piece in the corresponding quadrant and tap Delete to remove the gray filter.**



- 5. Repeat for each task and repeat daily.**
- 6. Enjoy the beautiful design your good actions create.**

My Wheel of Wellness Goals 01

Each day that you complete one of the goals, select a pie piece from the corresponding quadrant and tap Delete to remove the gray filter.

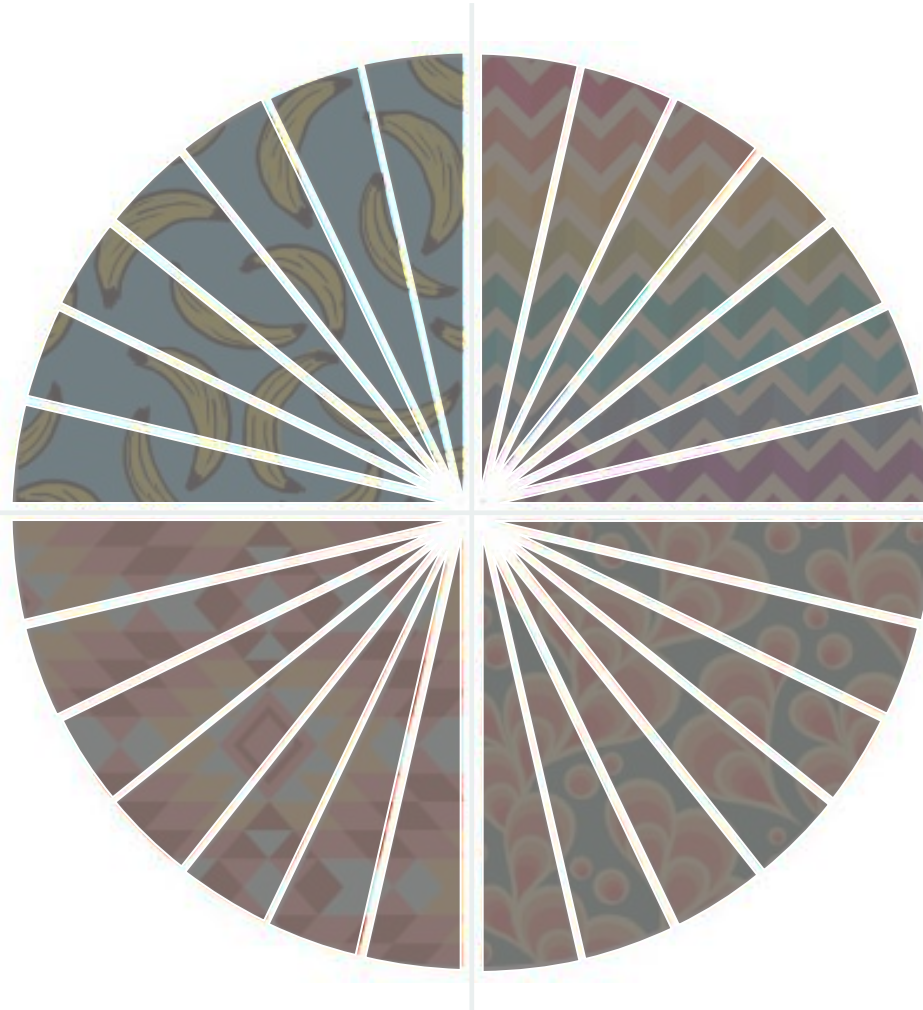
Week of _____

**Reach out to a
friend/family
member
just to see how
they're doing.**

**Smile at a
stranger.**

**Make more eye
contact when I'm
listening.**

**Compliment a co-
worker on their
work.**



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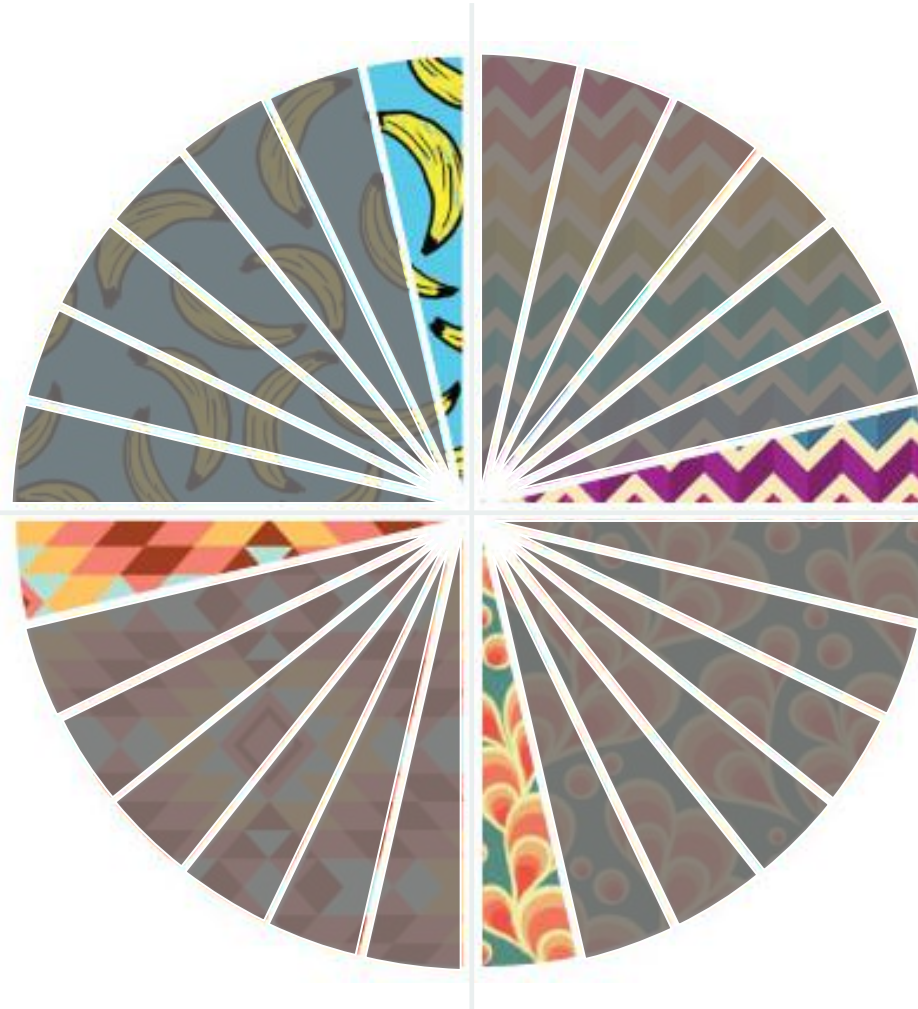
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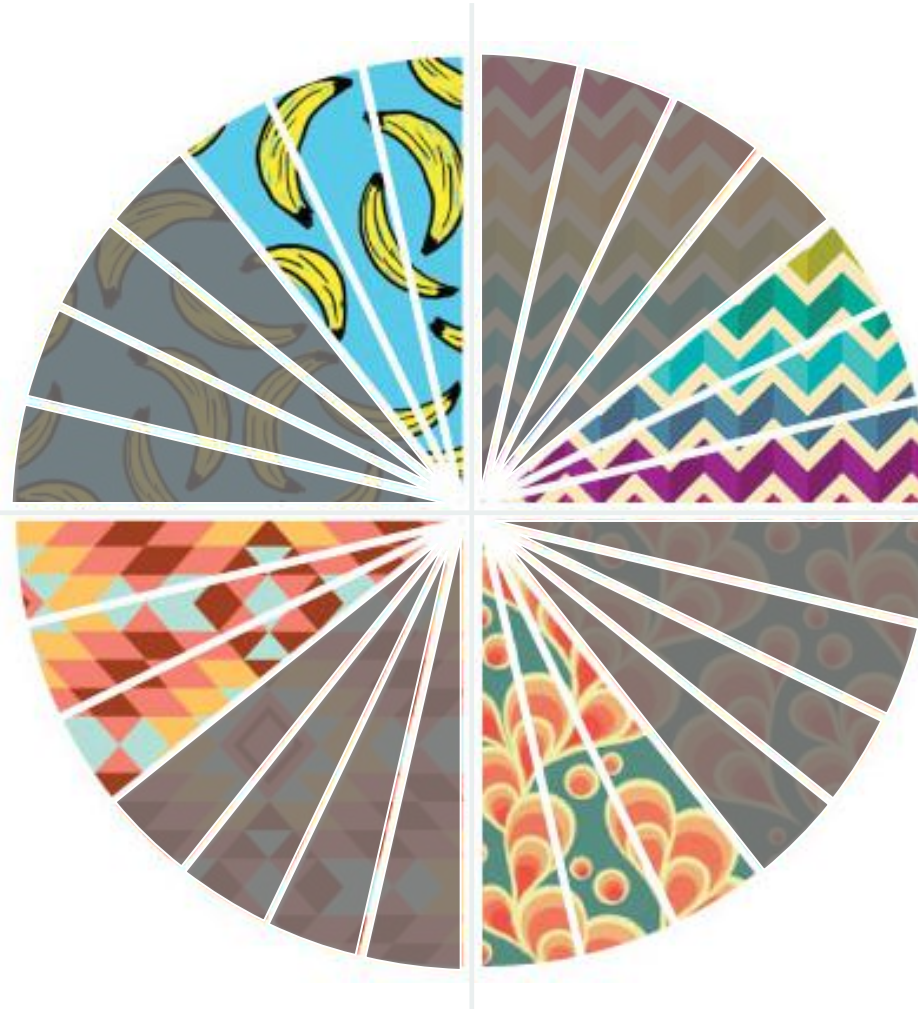
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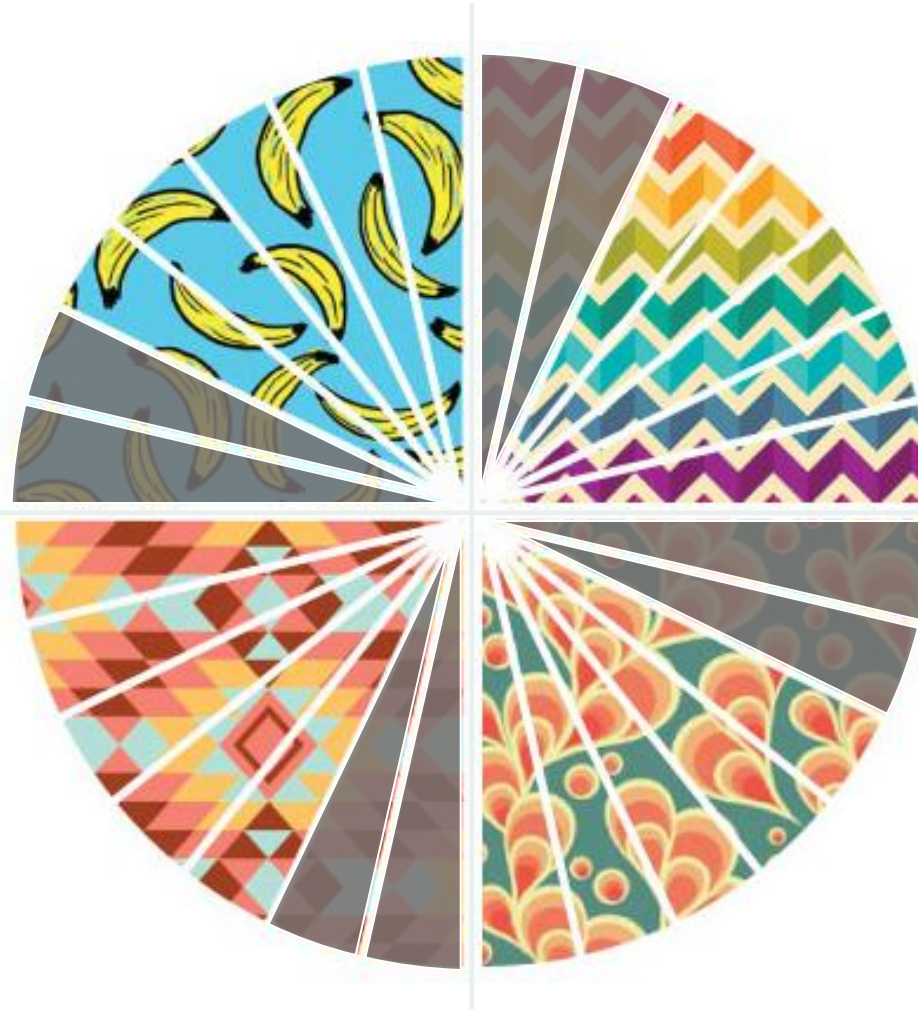
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Mental Resilience in A Difficult Moment



- 1 Notice** What is happening in my body or attention?
- 2 Pause** Take a comfortable breath or look around the room.
- 3 Check** What do I know? What am I assuming?
- 4 Choose** What is one helpful next step or request for support?



Areas of focus

Self-Care

- Develop winning strategies to stay in front of the stress
- Capitalize on low-hanging fruit to identify opportunities
- Visualize a better you

Boundaries

- Learn the value of “No”
- Don’t apologize – love yourself well, without losing the best of who you are

How We Get There



Be Intentional

- You have to want a healthier mindset for yourself more than anyone can want it for you
- Practice makes perfect
- Give yourself grace, and try again

Be Relational

- Every encounter is an opportunity, identify it quickly
- Engage with others on their level
- Be vulnerable when necessary

Be Ready

- Prepare for what you want
- Prepare for what you need
- Assume positive intent

Leading by example



What others can see

Take regular breaks.

State when you are available.

Ask for support without oversharing.

What you encourage in others

Respect leave and recovery time.

Revisit unrealistic demands.

Make room for different needs.

Which behavior will you model this week?

Areas of Growth



- Allow yourself to feel what you are feeling
- Set one small boundary this week
- Practice saying “no” to something that overwhelms you
- Trust your gut instinct

Recap



Self-Care Definition

The practice of taking action to preserve or improve one's own health.

Wellness Strategies

Meditation, stress management, journaling, goal setting, & healthy boundaries.

Wellness Goals Timeline

Creating & utilizing goals that meet your needs.

Areas of Growth

Allow yourself to feel what you are feeling, set one small boundary this week, practice saying “no” to something that overwhelms you, and trust your gut instinct

The Self-Care Wheel

The Self-care Wheel (by Betterridge, 2018) offers a simple way to plan your actions to address your self-care and your well-being. Nine broad actions are detailed, including setting limits, asking for help, connecting with family and trusted others, expressing values in healthy ways, engaging in interests and hobbies, undertaking exercise, achieving quality sleep and a nutritious diet, connecting with your social community, and engaging in a safe and healthy environment. Mindfulness links all self-care activities and enables us to manage our self-care and to ask for help when necessary. This means that if you can be mindful, it will be easier to reflect. This, in turn, will make it easier to manage your self-care.



A Self-Care Toolkit for Real Life



Area	A regular practice	A smaller option
Rest	Protect a wind-down routine.	Take a quiet pause.
Body	Plan a meal or gentle movement.	Eat a snack or stretch.
Connection	Spend time with someone you trust.	Send a brief check-in.
Attention	Step away from your phone.	Name one current need.



Summary

Self-care is the practice of individuals looking after their own health using the knowledge and information available to them. It is a decision-making process that empowers individuals to look after their own health efficiently and conveniently, in collaboration with health and social care professionals as needed.





Cultivate what matters.

My seven-day commitment to hope



Purpose

I want more room in my life for...

Practice

After / at _____, I will...

A difficult day

My smaller version will be...

Support

I will ask _____ and review on _____.

A missed day is a chance to adjust and begin again.

Take a deep breath and pay attention to the beauty
around you. Spend time in thankfulness.





QUESTIONS

Dare to Hope: A Call to Action for Intentional Self-Care



Thank you



ATIC HR CONSULTING PARTNERS

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ATIC HR Consulting Partners

Allthingsincommonllc.com

References



Self-Care Wheel
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Wellness Goals Timeline
<https://www.adventhealth.com/blog/8-realistic-reachable-wellness-goals>



Betteridge Self-Care Wheel
<https://www.griffith.edu.au/engage/professional-learning/content-centre/looking-after-yourself-is-the-best-gift-you-can-give-yourself>

