

“And if I asked you to name all the things you love, how long will it take for you to name yourself?”

Anonymous



## Essential Services for **Self**

- The word essential means very important and refers to something that is absolutely necessary. Self-care is an essential services and we are the service providers.
- COVID-19 is not a topic we can avoid. What we also can't avoid is how the significant changes have severely impacted us in both our home and work lives.
- A sense of connection is happening with people relating to one another's struggles. We are all feeling the impact of what it means to be compassion fatigued.
- However, it's not all doom and gloom. On the flip side, we know from history that crisis have been pivotal in developing our societies. Creativity happens in chaos.
- **“Without mental health there can be no true physical health.”**  
~ Dr Brock Chisholm
- Good mental health isn't about feeling happy and confident 100% of time and ignoring any problems. It's about living and coping well despite problems.
- Check-in practice aids in cultivating mindful awareness. Ground yourself, observe yourself and check-in your luggage on a daily basis.
- **“Mindfulness can be cultivated by paying attention in a particular way:  
*on purpose, in the present moment, and as non-judgmentally, non-reactively, and open-heartedly as possible.*”** ~ Dr Jon Kabat-Zinn
- “Lack of sleep is not a badge of honour”. Research shows us that the amount of sleep we get directly affects our quality of cognitive functioning. To improve our sleeping patterns we have to create healthy behaviors and set clear boundaries.
- Take a daily break from technology. Set a time each day when you completely disconnect.

## Attitude of **Gratitude**

- Gratitude is the quality of being thankful and readiness to show appreciation.
- Gratitude can be used to work through feelings of guilt and to help us find meaning.
- Guilt and regret are emotions that can interfere with the grieving process. In order to be healthy and to make it through this war we are faced with, it's not enough for us to merely wash our hands we also have to wash our hearts.
- Expressing gratitude helps us to acknowledge the more hopeful and wonderful things in our lives by increasing our awareness of them.
- Gratitude boosts the immune system. Intentional and repetitive practice can create observable changes in the brain.



## Mindful **B**reathing

- Mindful breathing practices help to clear the mind, relax the body and improve focus.
- The human body can survive 3 weeks without food, 3 days without water, but only 3 minutes without air.
- Without air the brain starves of oxygen, normal bodily functions cease to exist and essentially, we die.
- When we are stressed or fearful, we tend to take fast and shallow breaths, whereas when we are relaxed and at ease we breathe gently and more steadily.
- If we hold our breath or change the rate at which we breathe in and out, we can actually change how we feel.
- Benefits - Relaxes body and mind, reduces anxiety and promotes overall well-being.

## Mindful **S**obriety

- **S.O.B.E.R** - an acronym for the steps to follow in a stressful or challenging situation, to enable you to feel less overwhelmed and help you coping better with the situation.
- **Stop. Observe. Breathe. Expand. Respond.**
- ***“Between stimulus and response there is a space. In that space lies our freedom to choose our response. In our response lies our growth and our happiness.”*** - Dr. Viktor Frankl

## Autopilot vs. **the Mindful Way**

- When our brains are strong and fit, we can pull ourselves back from being in an unmindful state.
- The autopilot way is the fixed mindset way - The mindful way is the growth mindset way.
- When we are in auto pilot we react with habit. When are mindful we respond with awareness.

### Practices

#### Breathing

Alternate Nostril Breathing

Deep Breathing

Breathe Labelling Practice

#### Loving Kindness Practice - Sanity Sanitizer:

20 second practice you can do whilst washing your hands

May **I** be healthy, happy and safe

May **YOU** be happy healthy and safe

May **WE** all be happy healthy and safe