



# Self Care

Because taking care of yourself is taking care of  
your children



# Introductions

- Chelsea Kittridge-Farrell, LMSW, MPH
- Mental Wellness Consultant
- Kent ISD



# Introductions continued

- Also a parent
  - Mack (2.5 yrs)



# How full is your parental stress bucket?

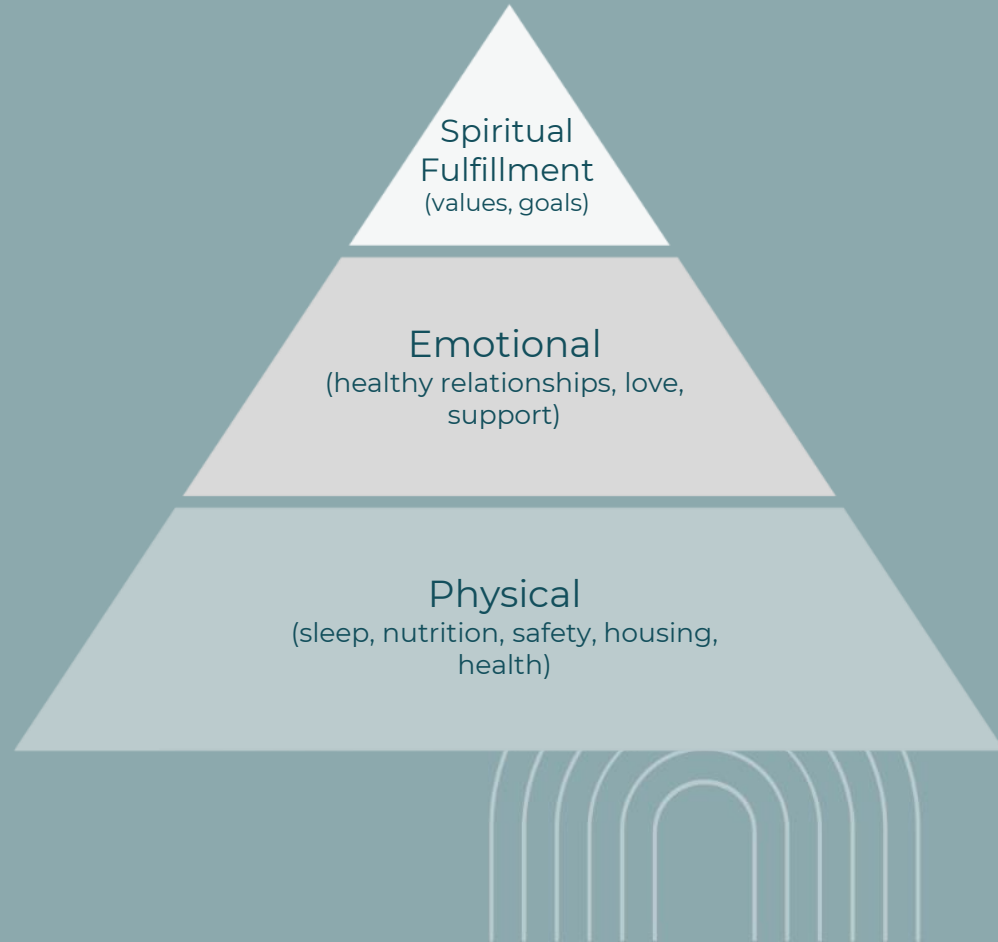
## Stress makers

- Parenting demands
- Advice overwhelm
- Feeling judged
- Financial concerns
- Systemic problems
- Invisible responsibilities
- Impossible expectations
- Trauma history
- Lack of support

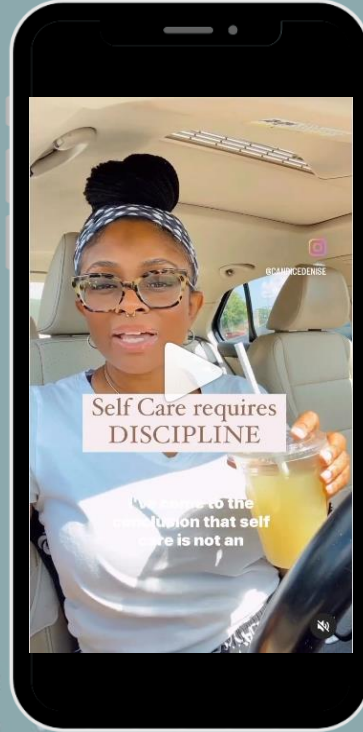


# Self Care

- Self care is anything we do to take care of our own basic physical, emotional, and spiritual and fulfillment needs.
- In order to meet our needs at the top, we must make sure our basic needs are being met at the bottom.



# Self care is a discipline









# When self care causes guilt

## Reason #1: Your self care definition

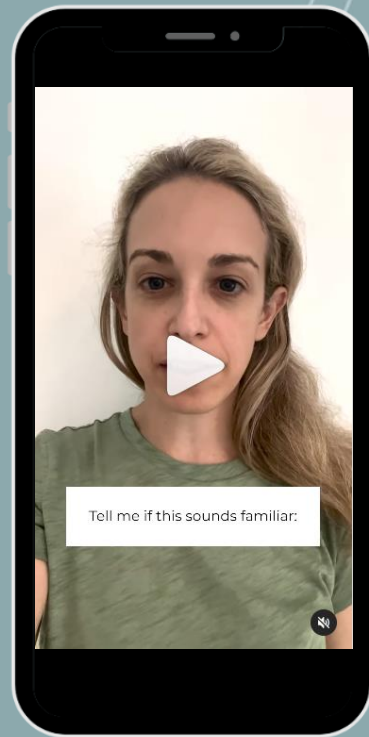
- Self-care is about your physical, mental, emotional and spiritual well-being and there's nothing indulgent or selfish about that

## Reason #2: The belief that prioritizing something means taking away from something else

- Self-care must come BEFORE this equation ever comes into play; it should be prioritized, even before many things on your to-do list

## Reason #3: Success is defined as achievement

- Success shouldn't be based on outcome or achievement, but instead on input (i.e., how you behave, how hard you work, how you treat yourself and how you treat others)





# The relationship between self care and burnout

- Too often we decide to prioritize self care after we're already burnt out
- Developing a self-care practice before this happens and paying attention to the warning signs is one of the best ways to prevent it

"People don't realize they're not taking care of themselves. Burnout doesn't happen suddenly. It happens slowly, over time. We often begin looking to self care when it's too late and we're already burned out."

--Tou Ger

Lee





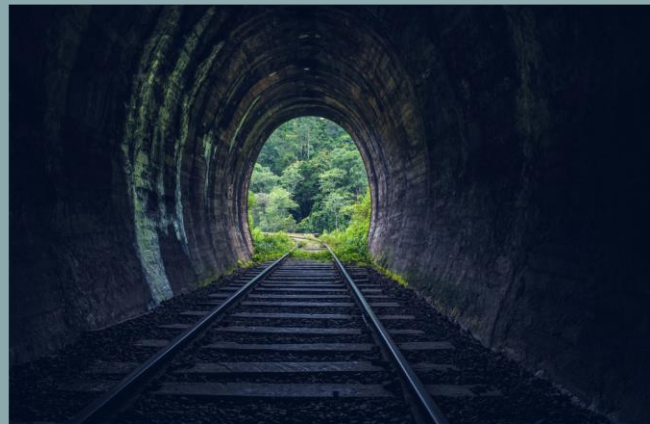






# The Stress Cycle

- “In short, emotions are tunnels. If you go all the way through them, you get to the light at the end. Exhaustion happens when we get stuck in an emotion.” --Emily Nagoski
- Stuckness might be simply because there is constant exposure to situations that activate emotion
- OR stuckness happens because we can't find our way through the tunnel







# How do we complete the cycle?



Physical  
Activity



Intentional  
Breathing



Positive Social  
Interaction



Somatic  
Touch



Self  
Compassion









# Complete the Stress Response Cycle

- Next up: Breathing
  - Breathing down - Slow breath in and especially a slow, long breath out
  - It is the gentlest way to complete the stress response cycle





The power of being heard



# Somatic touch



# Self compassion



What advice  
would I give  
to a friend,  
child or  
partner?



When I break  
things down,  
what am I  
actually  
worried  
about?



I am stronger  
than I give  
myself credit  
for.



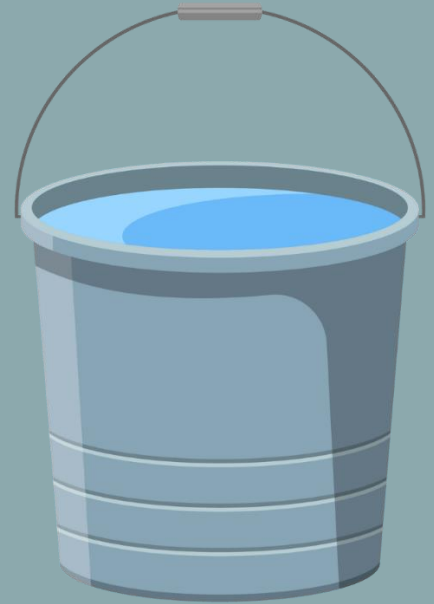
I can switch  
the channel  
and re start  
tomorrow when  
I'm feeling  
calmer.



# Additional ways to empty the bucket

## Stress relievers:

- Sleep & rest
- Wholesome food
- Hydration
- Nature
- Art/crafts/creativity
- Reduce stimulation
- Journal feelings
- Stop multitasking
- Restructure to-do lists
- Adjust expectations
- Align with values
- Hold boundaries
- Seek support
- Practice gratitude
- Reduce social media use
- Decrease clutter







# It takes a village

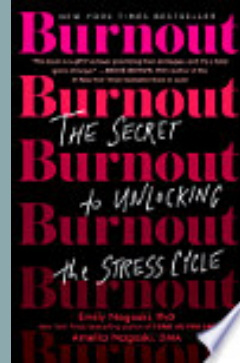
## Podcasts



## Social Media

@parentingtranslator  
@healthiest\_baby  
@dr.martha.psychologist  
@drbeckyatgoodinside  
@lizandmollie  
@dr.siggie  
@biglittlefeelings  
@the.dad.vibes  
@candicedenise

## Reading



## Reminders

