



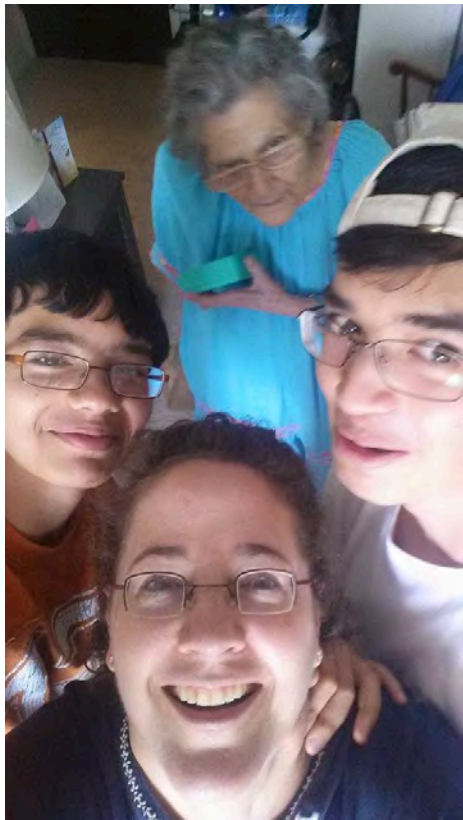
Aspects of Self Care

The importance of self care and
how to find what works for you

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- ▶ Nursing Facility Administrator
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- ▶ Adjunct Professor @ ACC
- ▶ Volunteer
- ▶ Author
- ▶ Mother
- ▶ Caregiver

You can't stop the waves,
but you can learn to *surf*.

— JON KABAT-ZINN





10 Aspects of Self-care

- ▶ Physical Health
- ▶ Emotional Well-being
- ▶ Mental Stimulation
- ▶ Rest and relaxation
- ▶ Social Connection
- ▶ Setting Boundaries
- ▶ Self-Reflection and self-acceptance
- ▶ Leisure and Recreation
- ▶ Time Management
- ▶ Seeking Support



So exactly what is Self Care?

- ▶ The deliberate and voluntary actions we take to maintain our well-being (in short, our sanity)
- ▶ It involves prioritizing ourselves through self-nurturing, relaxation, self actualization

Resource List



Physical Health



This means you need to move; maybe you walk or do yoga or run a marathon

Turn your walk into a micro adventure!



Eat right - whatever that means for you



Stay hydrated - Personally I have a hard time drinking water, but you can hydrate in many ways and new studies are saying 8 glasses is not the rule of thumb for staying hydrated.



Emotional Well Being

- ▶ If momma ain't happy, ain't nobody happy!
- ▶ Support groups - what does that look like to you?
- ▶ Walk and talk

Beyond my battle, Facebook -Caregiver space



Mental Stimulation

- ▶ Exercise your brain
- ▶ Do not isolate yourself
- ▶ Volunteer

Online games, Switch, AARP, MITagelab



Rest and Relaxation

- ▶ Take 5 or 10
- ▶ Meditation
- ▶ Drive
- ▶ Music
- ▶ Sleep and sleep aides

Fun Fact

Stress relief: Jazz music relaxes the body by activating your alpha brain waves, which helps with reducing anxiety and promoting a calm mind.

YouTube, Spotify, Music Therapy, Journaling, Aroma Therapy, Delta 8

Social Connection



Don't give up your social life



There will come a time when you will no longer be a caregiver



Church or religious organization



Grab a chair and sit on your front lawn



Setting Boundaries

- ▶ Just say no
- ▶ Ask permission - Do you want me to take care of you?
- ▶ Tell your family you need help

Self Reflection and Self Acceptance



It's OK to be angry



It's OK to accept help



It's Ok to be sad



Do not keep it inside

Leisure and Recreation

- ▶ What's free in your area
- ▶ Go on vacation
- ▶ Go to a concert
- ▶ Yoga at home
- ▶ Sit and do nothing



Time Management

- ▶ Search out ideas that will help you manage your time better
- ▶ Write a To-Do List - at the end of your day acknowledge how much you have done!
- ▶ Learn more efficient or effective ways to provide care

Fly Lady, Pinterest, Etsy, Daily Caring, AARP



Seeking Support

- ▶ ASK!
- ▶ Get in home care - what does that look like for you?
- ▶ Research care ideas in your area
- ▶ What is your plan of care





Key Take Aways

- ▶ Reach out to AGE and AAA
- ▶ Check out the resource list
- ▶ What is your goal?
- ▶ Put a plan in place to reach that goal
- ▶ You are important to more than just the person you are caring for!
- ▶ You are an exceptional person and are amazing for all you do!