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Event

Member Webinar



'Me Time' Coaching



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DCM Trainer



About Me

Passionate about supporting individuals become more effective, fulfilled, happier and healthier in their personal and professional life.

Webinar Session

Outline

1. Meaning of 'Me Time' and 'Self Care'
2. Why it is so important
3. Your self care check in
4. Developing a plan that works for you
5. Creating boundaries to implement your plan



Let's Check In!

What does 'Me Time' mean to you?

When was the last time you had quality 'Me Time'?

Visualise that time

How did it feel?

How was it beneficial?



What Is Self Care?

Self Care

Self-care is a personal matter.

Everyone's approach will be different.

Self Care is a sustainable and holistic investment in you.

A proactive, preventive rather than reactive approach to health, it's about how you care for and look after yourself.

It includes your physical, mental, emotional and spiritual health.

It relates to setting time aside for activities at work and outside of work

that nourish your holistic wellbeing and replenish your energy so that you can

meet your personal and professional commitments.



Me Time

Setting aside uninterrupted time where you are the priority.



1. Physical self-care

All about taking care of your body

E.g. exercise, diet, personal hygiene, health

2. Psychological self-care

Taking care of your mind.

Your thoughts, beliefs, attitude.

Managing stress.

3. Emotional self-care

Understanding your emotions and their impact.

Supporting yourself to effectively manage emotional responses.

4. Spiritual self care

Has a different meaning for each of us. It is about finding and doing what gives meaning to your life. Having a sense of perspective beyond the day-to-day of life

5. Relationship self-care

This is about maintaining healthy, supportive relationships.

Aspects Of Self Care



Why It's So Important

If you do not practice basic self-care, you may quite simply burn out or become unwell.

You may be unable to decompress or find outlets for your stressors.

The less you take care of yourself, the less you will have to give.

'From an empty cup, we cannot pour.'



Self-care is one of the first things we tend to neglect when suffering from symptoms of anxiety and stress.

When you look back and look at your life, you can see the red flags indicating a reduction in self care –
overeating, over-drinking, lethargy, stress, irritability.

These are all are signals that change is needed.

Have you noticed any signals lately?

Having self care practices is a buffer to support and help us bounce back from adversity.

It's a foundation of support and resilience



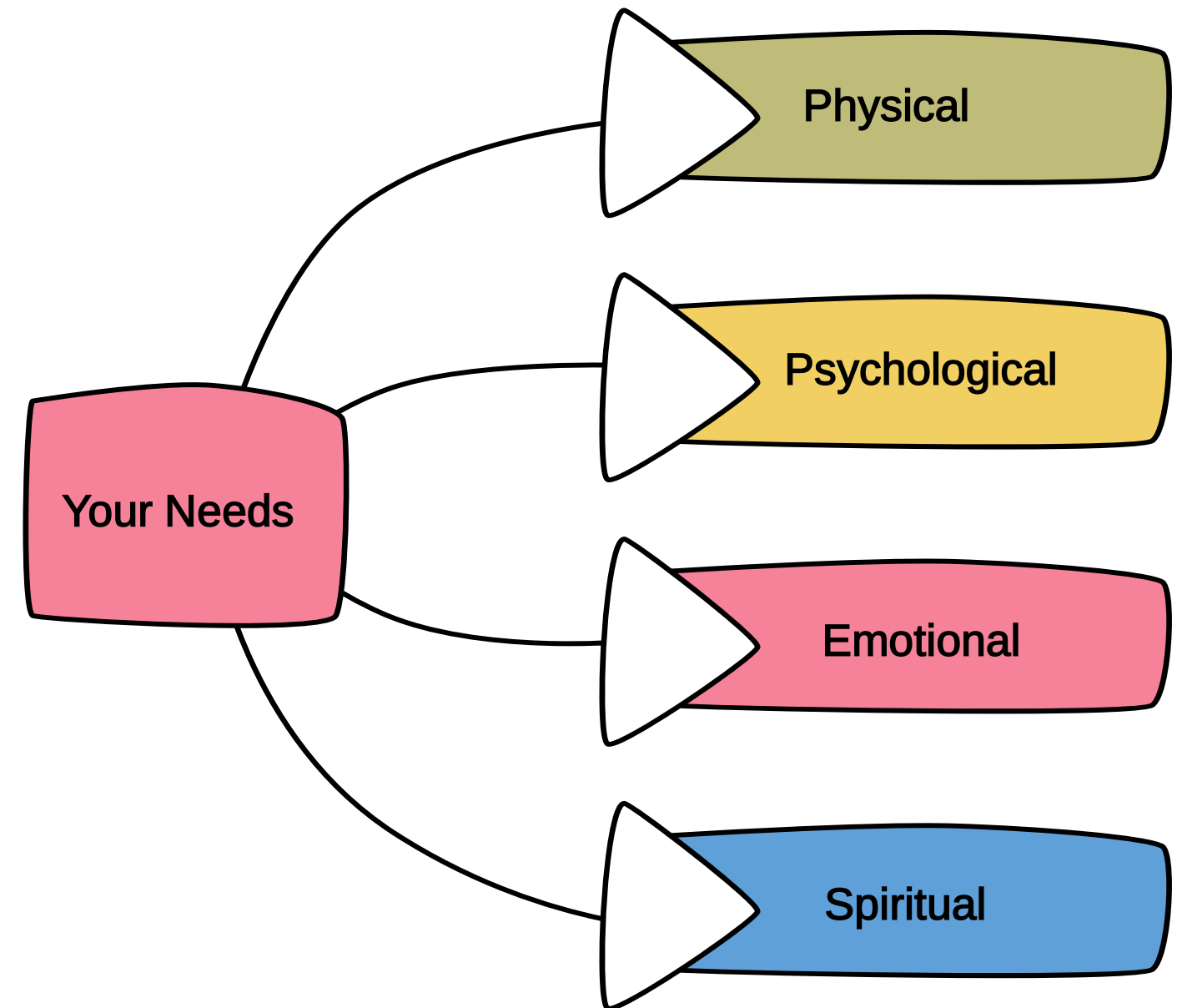
Identifying Your Needs

Identify Your Needs

Self-care is about finding out what you need to be healthy and well daily.

Identifying what restores and replenishes your energy.

What restores or depletes us differs from person to person.



Identify Your Needs

Physical	Psychological	Emotional	Spiritual

Self Care Ideas

1. Physical
2. Psychological
3. Emotional
4. Spiritual
5. Relationships

1. Physical Self Care

Taking a bath to boxing

Breath work to mountain biking

Eating healthily

Exercising regularly

Quality sleep

Personal hygiene

Scented candles

Massage

Therapies such as acupuncture, reflexology etc.

Active relaxation techniques

Regular medical check ups



2. Psychological

Taking breaks and holidays

Micro mindfulness practices

Quick relaxation techniques

Keep a reflective journal

Positive affirmations

Engaging in supervision/mentorship

Turn off email/work phone outside of work hours

Schedule time for relaxation

Action personal goals

Switch off with hobbies

Engage with positive friends and family

Good sleeping habits

Ensure downtime



3. Emotional self-care

Develop friendships supportive to safely experience your full range of emotions

Write three good things you did each day

Activities that make you feel good

Brief social connections

Cry

Laugh

Watch a funny or heartwarming movie

Find a hobby you enjoy

Buy yourself a present

Spend time with your pet

Practice forgiveness and letting go

Hug partner, kids, pet, tree!

Go to events you enjoy

Relax in your garden, park, forest or at the beach

Reflect on emotions to identify needs not met, values challenged or boundaries crossed

Consider a group/ 1-1 sessions where you can unpack your emotions in a neutral and confidential space



4. Spiritual self-care

Reflective practices like journaling/meditation/prayer

Practice gratitude

Spend time in nature

Song

Dance

Yoga

Volunteering

Explore what you want out of life

Plan short/medium and long-term goals



5. Relationship self-care

Prioritise close relationships in your life

Communicate & respect each other's needs and values

Create and maintain healthy boundaries



Self Care Check Up

Self Care Check Up

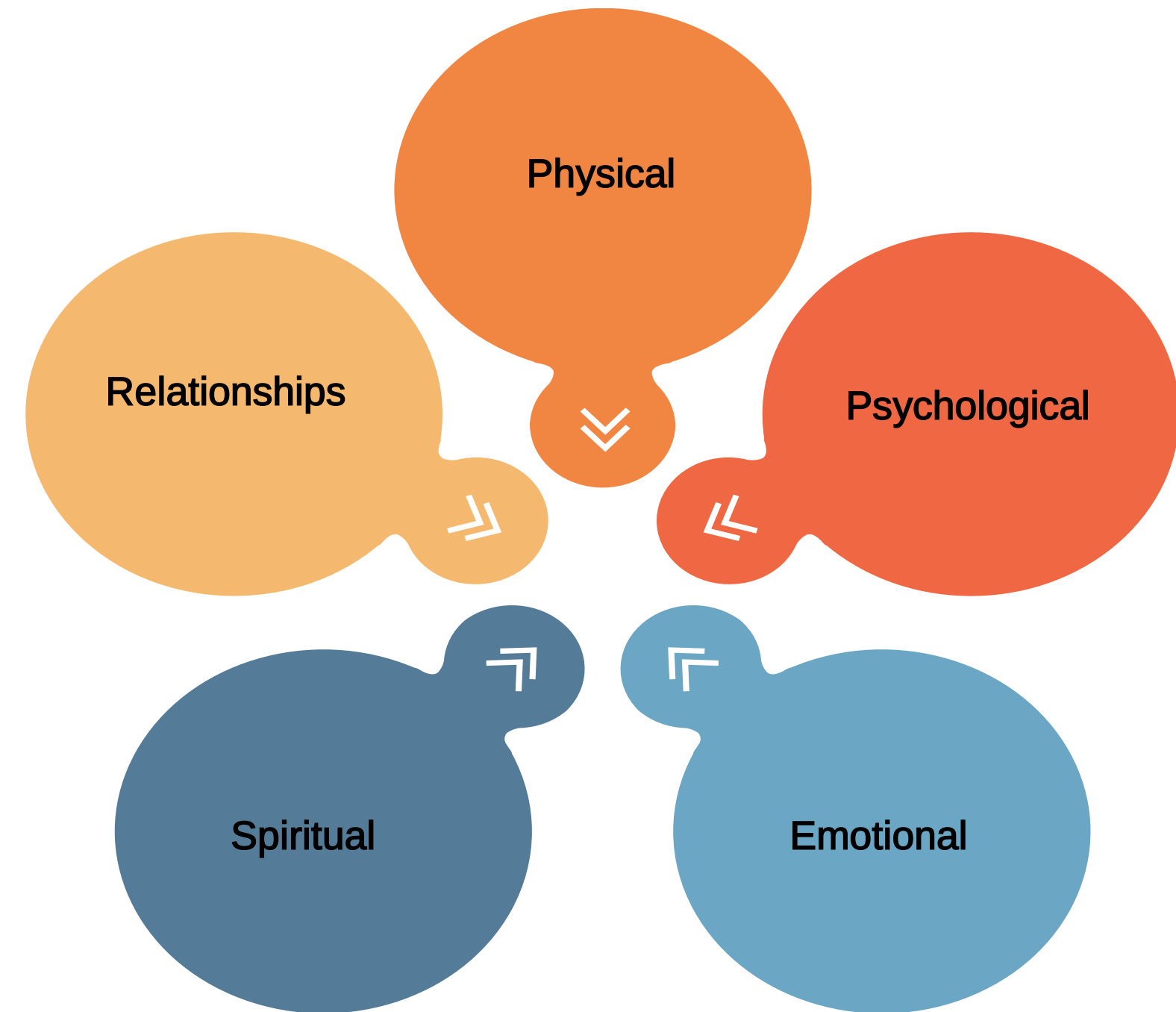
This breaks self-care down 5 categories.

It shows a more holistic picture of how you are doing in caring for yourself.

You can see where more attention is needed to ensure you are addressing your self-care needs.

It reminds you of the importance of taking active steps to maintain your wellness.

It also helps us identify where we should focus our attention to satisfy our unmet needs.



Your Self Care Plan

For each category select at least one strategy or activity that you would like to undertake.

It is important to develop a self-care plan that is holistic and individual to you.

Fill your self-care wheel with activities that you enjoy which support your wellbeing.

01

Identify

Areas that require attention for your self-care

02

Intention

Develop an action plan

03

Integrate

Schedule actions that can be integrated into your day

Creating Space

Time & Energy Check In

The things you do daily can either enhance or take away from your wellbeing.

While we all find ourselves doing things we 'need' to do (e.g., work, looking after others, or running errands), it can be particularly easy to neglect the things that give us life and energy.

Where does your time and energy go?

1. Write out daily activities
2. Decide if each activity is **Nurturing** (energising, positive, and restorative) or **Depleting** (draining their energy and happiness).
3. Reflection on the balance between the two.
4. Is there anything you could delegate, do less of or delete?
5. Where could you introduce & schedule more me time?



Healthy Boundaries

Healthy Boundaries



Managing personal boundaries effectively is an act of self care.

1. Analyse where your boundaries might need attention

Your emotions will indicate when boundaries have been crossed

When and where with whom are your needs not being met?

2. Look at what you need to prioritise, can schedule, delegate or simply delete!

3. Practice confidently communicating/implementing your boundaries

4. Monitor and maintain your boundaries.

Checking what gets in the way and how to overcome it

Supportive Mindset

Part of self-care is about being aware of and managing how you talk to yourself.

Self compassion is central to self care.

(Neff, 2004)

Nothing is more energy draining and destructive than our inner critic

Riegel and colleagues (2017)

To take better care of ourselves, we need to work on cultivating a kinder, more compassionate inner voice.





Positive Self Talk

I deserve

I am worthy of

To support myself I

I have a right to ask for _____, because I need _____

It's OK to protect my time by _____, because I need _____

I will not allow others to _____, because I need _____

So Where Do I Start?

Check in – How am I doing with ‘Me Time’ for self care right now

Identify what you **need** to stay healthy and well in all areas of wellbeing

Make a **list** of what self care looks like to you

Create **space** in your life to make it happen

Assess and implement your personal and professional **boundaries**

Keep your **self care wheel of wellness** visible

Re-assess how you doing at the end of one month and then three months

Plans can take over a month to become habits,
so check-in and **be realistic** about your own self-care plan



Supportive Self Care Resources

1. Employee Assistance Programs (EAPs)

Many workplaces in Ireland offer Employee Assistance Programs (EAPs), which provide free and confidential support, including counselling, for personal or work-related issues.

2. Mental Health Ireland

[Mental Health Ireland](#) provides resources on stress management, mindfulness, and mental well-being for professionals. They offer a range of workshops and online resources focusing on self-care and resilience.

3. HSE Health and Wellbeing Programs

The HSE offers various well-being initiatives through their Health and Wellbeing Division. They provide online guides and toolkits focusing on workplace wellness, mental health, and self-care strategies.

4. Workplace Wellbeing Ireland

[Workplace Wellbeing Ireland](#) is a network that focuses on promoting mental and physical well-being in the workplace. They offer resources, events, and workshops that aim to support professionals in maintaining a healthy work-life balance.

Supportive Self Care Resources

5. AWARE

[AWARE](#) offers support and information for those dealing with stress, anxiety, and depression. They provide free online support groups, self-care strategies, and tools for managing mental health challenges

6. Irish Association for Counselling and Psychotherapy (IACP)

[IACP](#) is a professional body that offers access to accredited therapists. They provide resources on self-care for professionals, workshops, and mental health support.

7. SpunOut.ie

[SpunOut.ie](#) is an Irish youth information website with a section on self-care, mental health, and workplace wellness tips for young professionals.

8. Irish Institute of Stress

The [Irish Institute of Stress](#) offers resources on stress management and professional self-care, including courses, workshops, and practical strategies for reducing work-related stress.

Use this app to capture the things in your life for which you are grateful and focus attention on the positive things in life.

Supportive Self Care Resources

Headspace

A top-rated, subscription-based app that provides a mental wellbeing program for individuals and teams along with support for mindfulness meditations.

Anxiety Solution

subscription-based app, based on The Anxiety Solution by Chloe Brotheridge, provides an anxiety toolkit, covering practices to help you focus on self-care, overcome anxiety and worry, practice mindfulness, and improve your sleep.

Grateful

This app offers tools to help you manage anxiety, stress, and work through worries. Use the tools included to calm your mind and balance your body.

Gratitude

Use this app to capture the things in your life for which you are grateful and focus attention on the positive things in life.

Supportive Self Care Resources

Chris Germer

Chris Germer's work has made a significant impact on the field of self-care by introducing evidence-based practices that emphasize the role of self-compassion. His teachings and programs provide practical guidance for individuals looking to incorporate self-care into their lives through mindfulness and compassion.

Olga Phoenix

She offers workshops, training programs, and webinars globally, focusing on creating self-care routines that promote sustainability and well-being in both personal and professional life.

Kristin Neff, Ph.D.

Kristin Neff is a pioneer in the field of self-compassion research. Her work emphasises how self-compassion is a crucial aspect of self-care, and she developed a widely used self-compassion scale. Her research has been pivotal in integrating mindfulness and self-compassion practices into mental health care.

Barbara Fredrickson, Ph.D.

Fredrickson is renowned for her "Broaden-and-Build" theory of positive emotions, which explores how cultivating positive emotions can build personal resources and enhance self-care. Her work has deep implications for understanding resilience and well-being.

Supportive Self Care Resources

Sonja Lyubomirsky, Ph.D.

Lyubomirsky's research focuses on strategies for improving happiness and well-being. Her books, such as *The How of Happiness*, provide evidence-based approaches to self-care and maintaining mental health.

Richard J. Davidson, Ph.D.

Davidson is a leading researcher on the neuroscience of well-being, mindfulness, and meditation. His research delves into how mental practices can shape the brain and improve emotional regulation and self-care.

James Pennebaker, Ph.D.

Pennebaker is known for his research on expressive writing as a form of self-care. His work shows how writing about emotional experiences can improve mental health, boost immune function, and promote well-being.

Kelly McGonigal, Ph.D.

McGonigal is known for her work on stress management, willpower, and self-care. Her book *The Upside of Stress* explores how a mindset shift can transform stress into a positive force for growth and resilience.

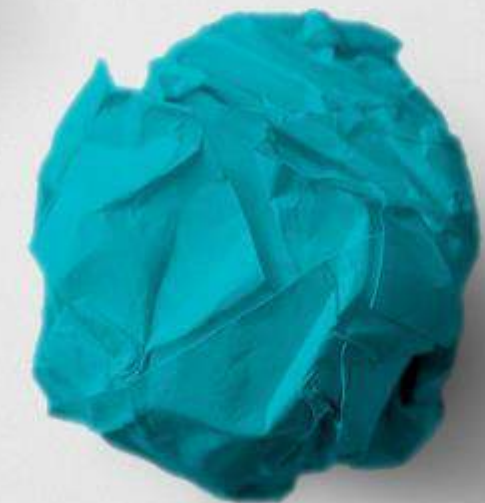
Jon Kabat-Zinn, Ph.D.

Mindfulness

Reflect & Review

What are your biggest insights from your 'Me Time' coaching webinar?

What is your first step in supporting your self care?



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QUESTIONS & ANSWERS?

Ask Away!

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