



Practicing Self-Care during the Pandemic

Dr. Gia Hamilton
12.10.20



Approach to Self

**Present, accepting, compassionate,
kind, receptive, supportive, attuned,
patient, open, honoring, creative, &
forgiving...**



Daily Routine

Nutrition

Exercise

Social Support

Sleep



Home – shared space/multiple purposes

- ° Set boundaries.
- ° Create space for self.
- ° Communicate needs clearly.



Emotion Regulation Practices

- ° Breathing
- ° Imagery
- ° Words
- ° Music
- ° Gardening
- ° Co-regulation



The Power of “AND”

The importance of validating feelings “&” accepting perspective.



Exercising Gratefulness

“What fires together wires together.”
Sets our neuronal circuits up for experiencing positive emotions including...



Joy

What do you enjoy that you can choose to engage in? How can you be enjoyed and enjoy others?

Create a Self-Care Plan



&

Invite Support

Resources

Centering Prayer <https://www.contemplativeoutreach.org/centering-prayer-mobile-app>

Developing Your Self-Care Plan <http://socialwork.buffalo.edu/resources/self-care-starter-kit/developing-your-self-care-plan.html>

First Responder Toolkit <https://firstrespondertoolkit.com>

NIH National Center for Complementary and Integrative Health <https://nccih.nih.gov/>

The Road to Resilience www.apa.org/helpcenter/road-resilience.aspx

UCLA Mindful Awareness Research Center <https://www.uclahealth.org/marc/ucla-mindful-app>