



Self Care 101: Focus on What You Can Control

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**Presenter: Geisce Ly, Ph.D.
City College of San Francisco**

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Session Overview

- The importance of self care
 - Ten self care tips
 - Q & A



Learning Outcomes

- To recognize that self care and work/life balance are interconnected
- To increase awareness of various self care tips
- To develop an action plan to work towards better self care



This Pandemic Is Stressful

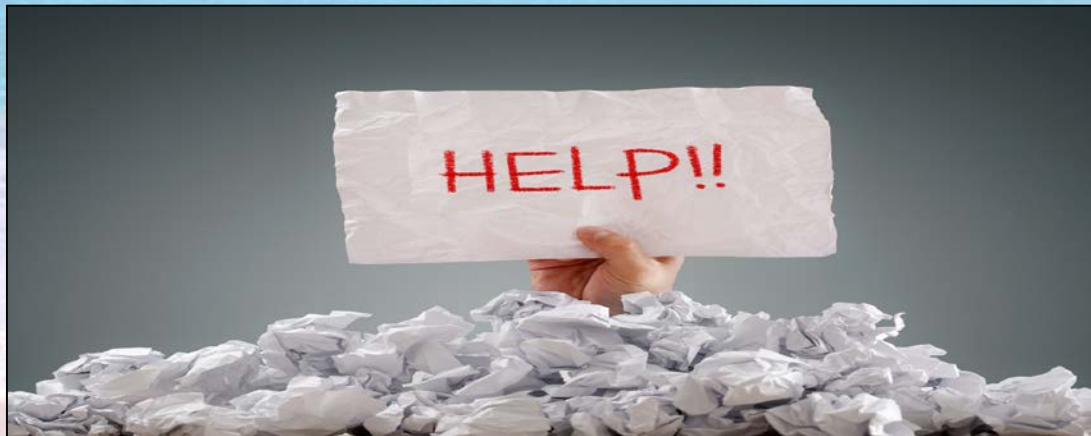
COVID-19 has created disruptions in our lives that can cause feelings of stress and anxiety.

These feelings are normal.



Burnout

- Burnout is a reaction to prolonged or chronic job stress
- Characterized by:
 - Exhaustion
 - Cynicism
 - Feelings of reduced professional ability



Work/Life Balance is Possible When You Practice Self Care Every Day



Self Care is Not Being Selfish



You cannot *drink*
from an empty cup.

FILL YOURSELF UP. YOU'RE WORTH IT.

- Your mental health is a priority.
- Your happiness is an essential.
- Your self care is a necessity.

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Prioritize Your Health Holistically

- Mental
- Emotional
- Physical
- Relational
- Spiritual



Ten Self Care Tips



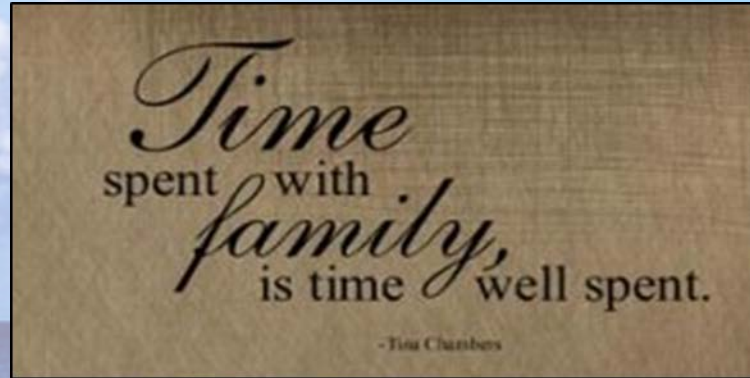
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Tip #1: Explore to Rejuvenate



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Tip #2: Actively Connect with Loved Ones



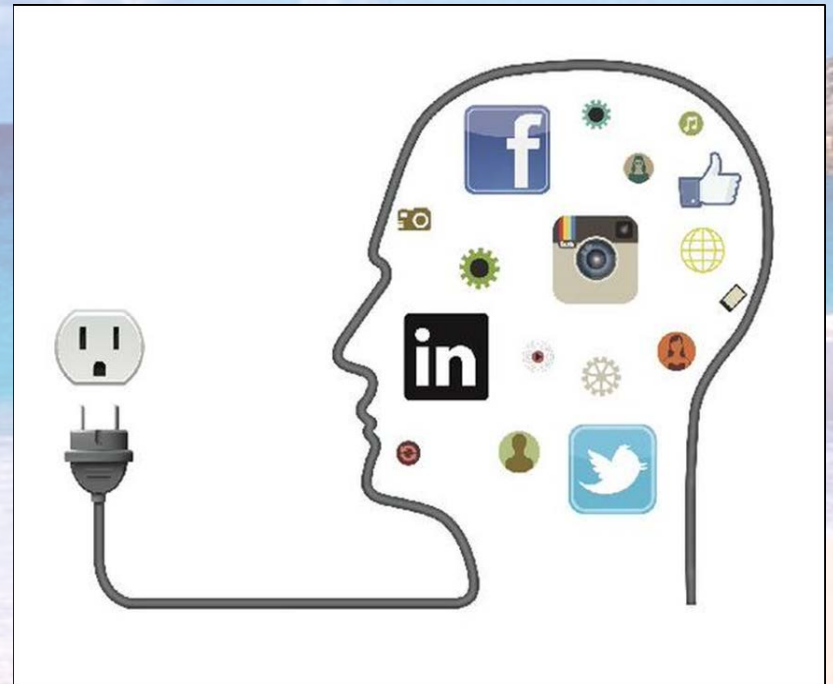
Tip #3: Establish Your Routine



Live your best life, do your best work

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Tip #4: Limit Your News Exposure



Tip #5: Practice Assertiveness

- Partner/Spouse
 - Ask for what you need
- Friends
 - It's OK to ask for more support
 - It's also OK to ask for less
- Direct Reports
 - Delegate and follow up
- Supervisor
 - Ask for help, more time on a project, etc.

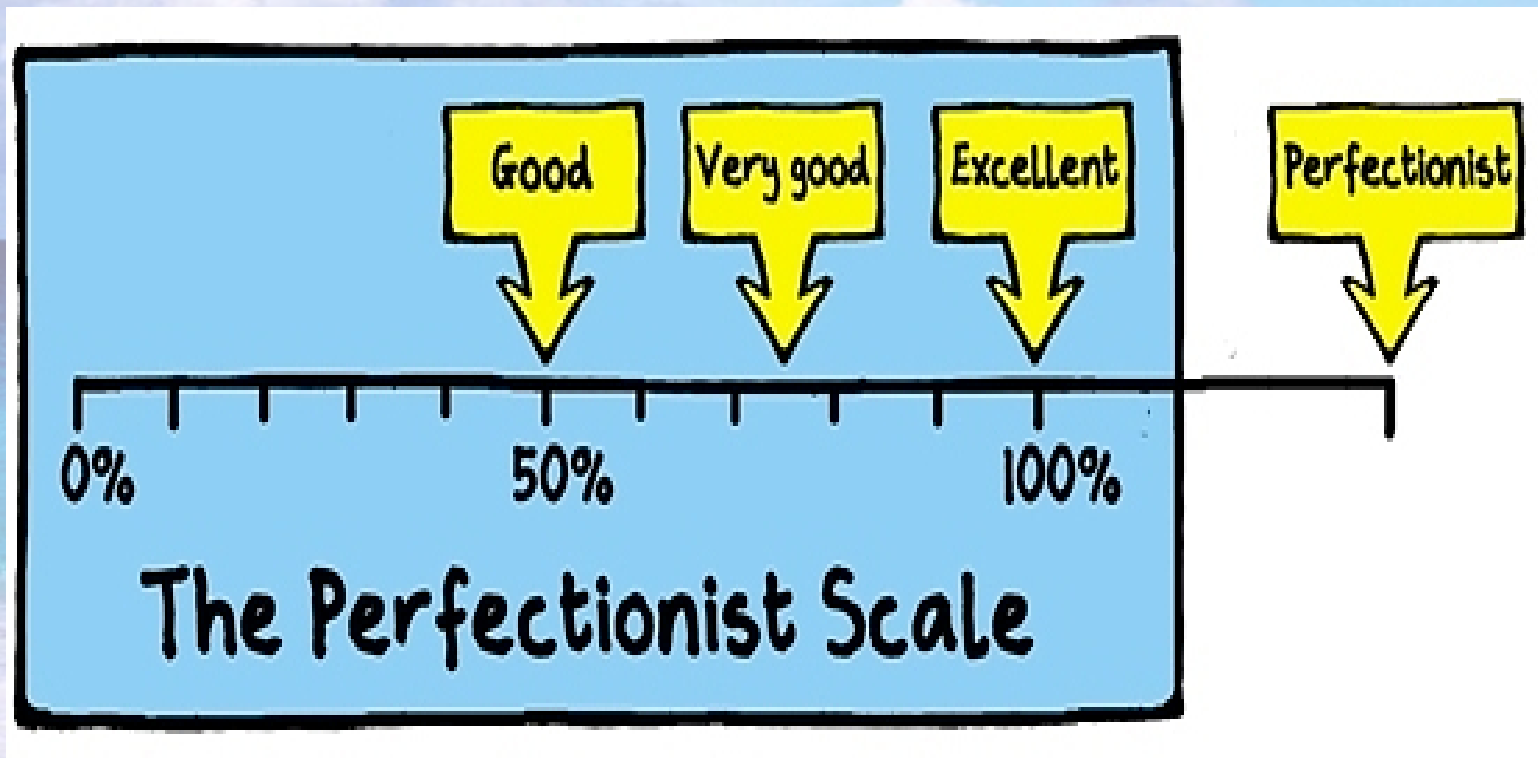


Tip #6: Reassess What You Do For Yourself

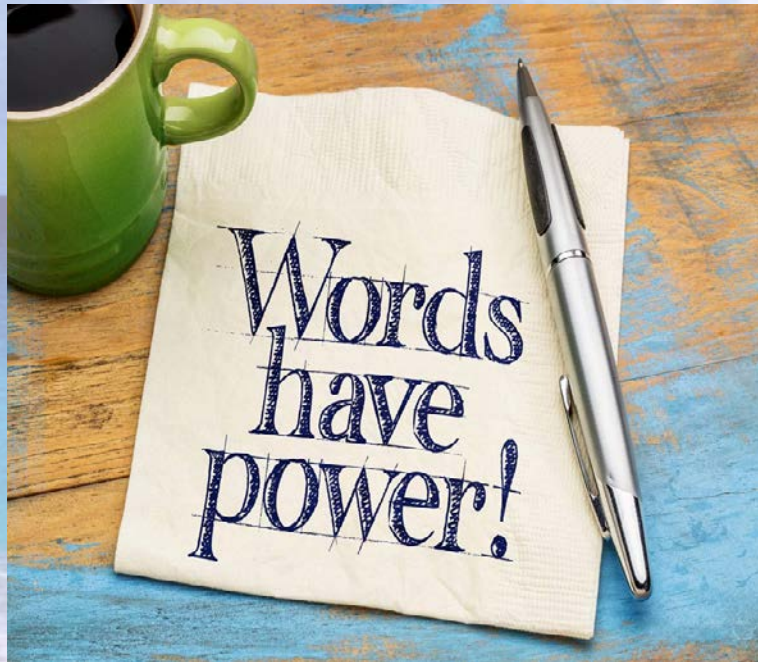
- Prioritize sleep
- Exercise regularly
- Eat healthy, well-balanced diet
- Share your talent/passion with others
- Practice mindfulness and other relaxation
- Temper your anger/frustration



Tip #7: Let Go of Perfectionism



Tip #8: Revise What You Say to Yourself



- Be careful how you talk to yourself because you are listening.
- Speak to yourself using the same compassion you would with a friend.
- You are a product of your decisions, not your circumstances.

Tip #9: Identify and Reject Distorted Negative Thoughts



- All-or-Nothing Thinking
- Overgeneralization
- Mental Filter
- Jumping to Conclusions
- Magnification or Minimization
- Emotional Reasoning
- Should Statements

Tip #10: Believe in Yourself

You are braver than you believe,
stronger than you seem and smarter
than you think.



Self Care = Self Love

Always take
care of 
yourself first

Questions?

Email: geiscely@ccsf.edu

