



Self-Care (Part 1)

Classes of Experience & Tiny Habits

Presented by: Janessa Rauch RN, NC-BC



Hi, I'm Janessa



- Mama
- Wife
- Registered Nurse / Nurse Coach
- Former KCC Nursing Coordinator (x 10 years)
- Former Pediatric Oncology Nurse x 10 years
- Currently exploring self-care practices of pediatric oncology nurses as my Masters of Nursing project.
- Currently I work in independent practice as a Nurse Coach and I am on Faculty as a Founding Executive Board Member with The Canadian Institute of Integrative Nursing Development & Education (TheCIINDE).

Grounding & Centering



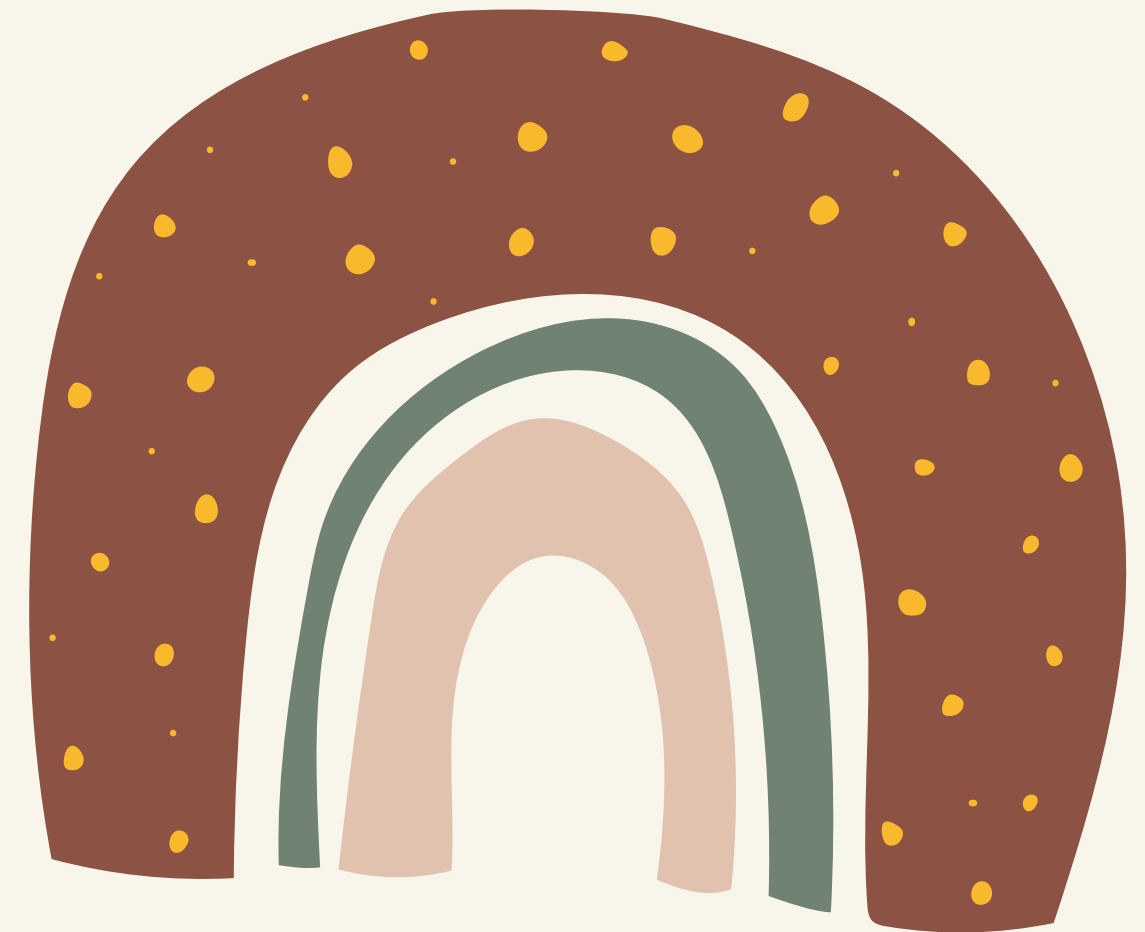
Setting an Intention



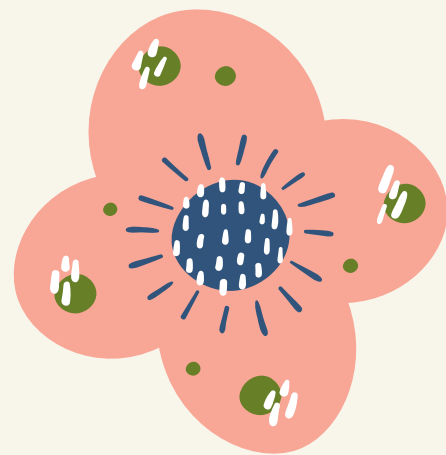
Take a moment...

Take some time to set an intention for your time listening to this presentation.

My intention is...



My hope is that by the end of this session you:



1

Feel validated & heard

And know that this session is meant to acknowledge that what you are going through is hard and unfair.

2

Start to recognize

Experiences you may be having in your day to day life that are not serving you.

3

Feel comfortable taking a holiday

For 10 minutes each day to fill yourself back up by engaging in some form of self-care.

Seasons of Self-Care



What is Self-Care?

Self care requires us to to reflect on what we know about ourselves and what we need throughout our day, week, month, year & life.



Self-Care Myths

You need to earn the right to practice self-care.

Self-care is expensive.

Self-care is optional.

Self-care is selfish.

Self-care takes a lot of time.

Practising self-care means choosing between your self & others.

Self-Care is all or nothing. Either I do it, or I don't.

Self-care is only for healthcare professionals, not parents - your children always come first.





The Good Egg {Self-Care & Self-Love}

He's a verrrrrry good egg indeed. But trying to be so good is hard when everyone else is plain ol' rotten. As the other eggs in the dozen behave badly, the good egg starts to crack from all the pressure of feeling like he has to be perfect.

Unique Experience

It can be easy to have someone else tell you self-care is important, and that you need to do "_____" to take care of yourself...





7 Guiding Principles

1. Self-care is a Daily, lifelong practice.
2. Self-care equals self-compassion.
3. Self-care means taking personal responsibility.
4. Self-care means noticing what matters to us.
5. Self-care requires attention & responsiveness.
6. Self-care must be realistic to be effective.
7. Self-care **PRECEDES** self-fulfillment.

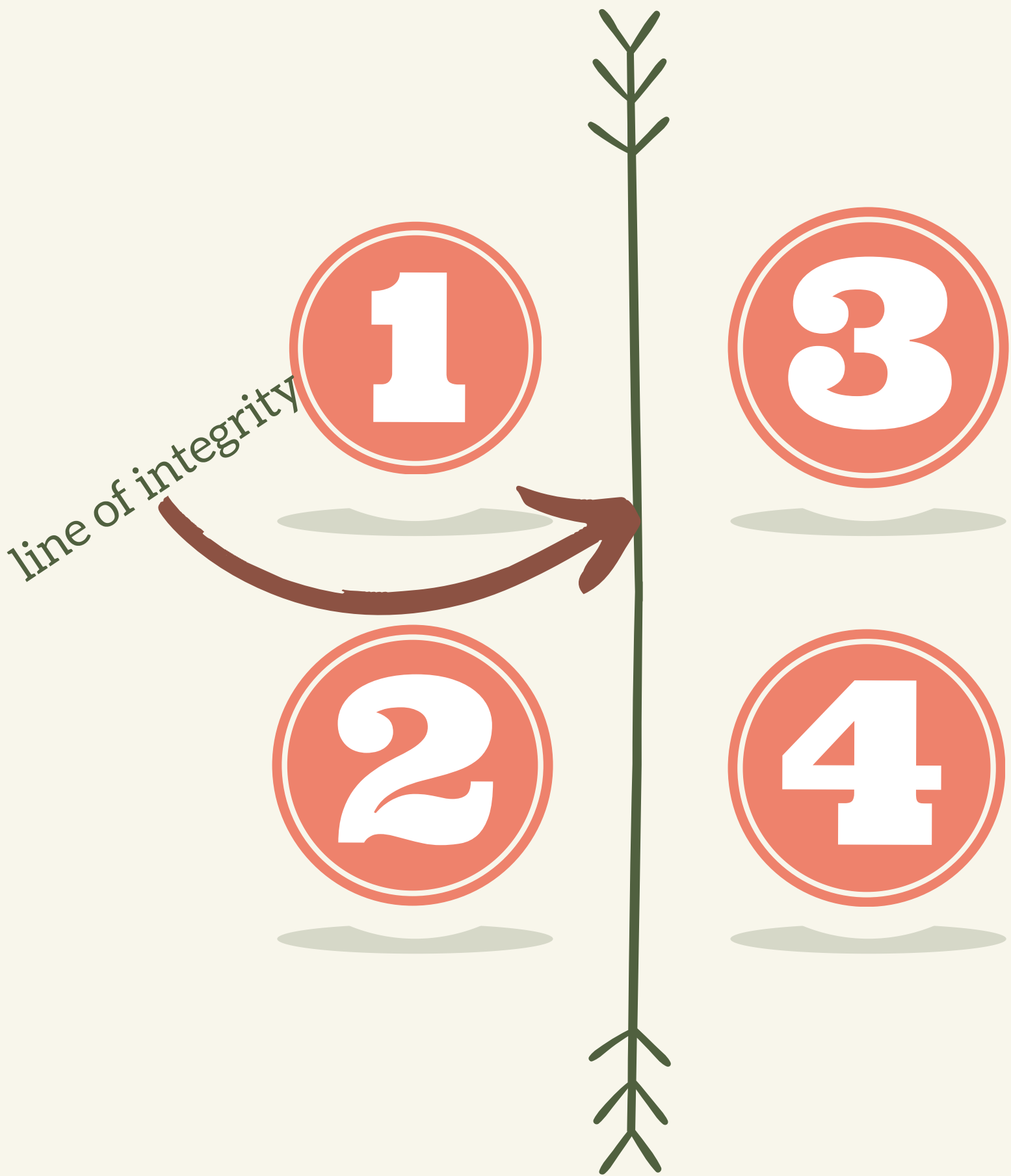


Quote

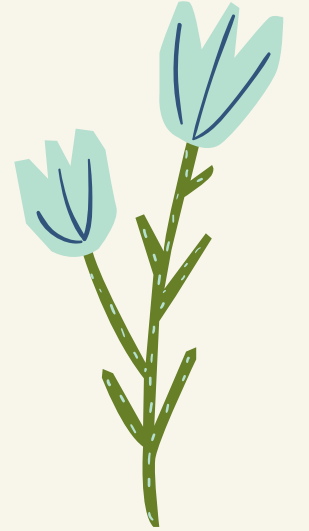
Self-care means being switched on, fully present and engaged in your life. Ignoring your own needs leaves you depleted, but self-care will energize and recharge you.

~Nadia Narain





Classes of Experiences



Class 1:

Things that DO feel good and are ARE good for you.

Class 2:

Things that DON'T always feel good, but ARE good for you.

Class 3:

Things that MAY feel good, but ARE NOT good for you.

Class 4:

Things that DON'T feel good and ARE NOT good for you.

Tiny Habits

Author BJ Fogg wrote a wonderful book on making lasting habit changes...



Find your Anchor Point...this is an existing routine that reminds you to do the tiny behaviour.

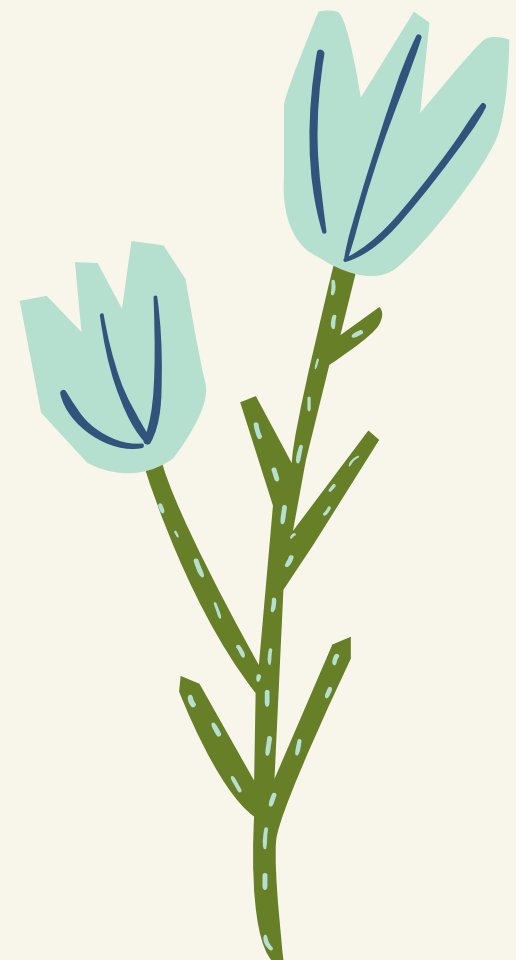


Complete the tiny behaviour, be sure to keep it super easy and simple!



Celebrate when you are done to evoke a positive feeling inside yourself!

Tiny Habits






Tiny Habits Recipe Card

Create a recipe for your new habit.

After I . . .

I will . . .

Then, I celebrate!



Anchor Moment

An existing routine in your life that will remind you to do the Tiny Behavior (your new habit.)



Tiny Behavior

The new habit you want but scaled back to be super tiny - and super easy.



Celebration

Something you do to create a positive feeling inside yourself.



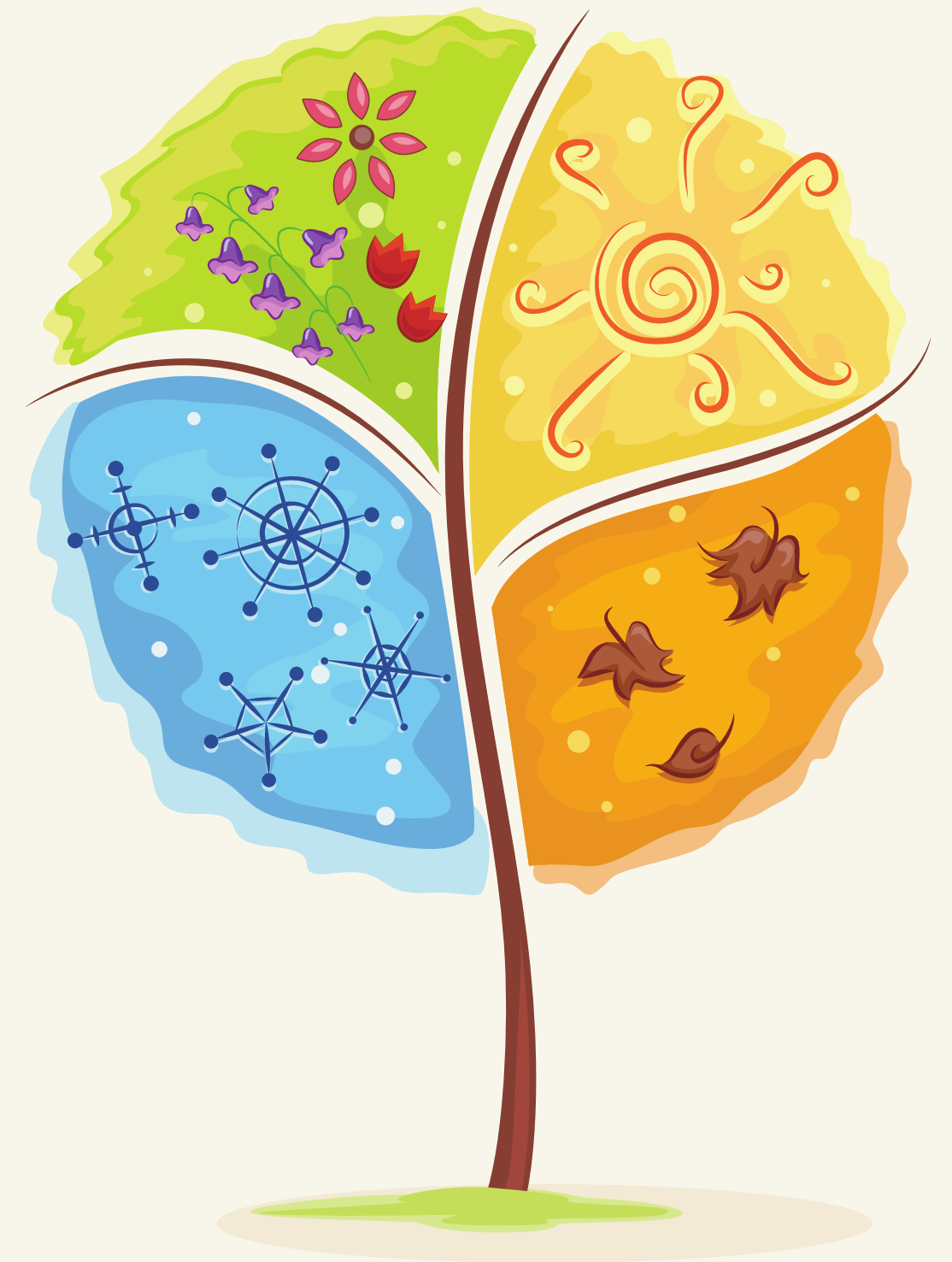
Note: Feel free to revise.

Question 1: Reflecting back on the Classes of Experience, what class have you been living in the most?

Question 2: What would a class 1/2 life look like for you during this season in your life?

Question 3: Knowing that you are in a difficult season, what small changes could you start today?

Self-Care Seasons...



Thank you for participating!

I hope to see you in Self-Care - Part 2 on October 10, 2020.



References



1

Tracey Cleantis
An Invitation to Self-Care

An amazing book all about Self-Care

2

BJ Fogg
Tiny Habits

Join his FREE 5-Day program:
<https://www.tinyhabits.com/join>

3

Tony Robbins

Classes of Experiences
<https://selfmastery.blog/2018/03/06/the-four-classes-of-experience/>