FIVE.MINUTE.SELF.CARE.ACTIVITIES

RELAX!

Use these activities at home to help you manage stress during the middle of the semester, making good habits to take with you into your professional career.

YOU.CAN.FIND.THIS.ONLINE.AT WWW.WICHITA.EDU/SOCIALWORK

April 10th

NEXT.SELF.CARE.MEET-UP
FRIDAY.12-1PM
SAVE.THE.DATE!
Activity 1: Starting a Mindfulness Practice

Mindfulness for most people is some form of meditation.

Meditation can be broken into two types of practices: formal and informal.

- Formal practice is taking time just to be in the present moment.
- Informal practice is paying attention to what you are already doing.

Make a plan for Mindful Practice!

- Location... pick a place that feels comfortable to you.
- Pick a time... it can be 10 or 15 minutes, but if you can’t find that much time, even one minute can make a difference.

Try out a FREE guided meditation, like one of these from the UCLA Mindful Awareness Research Center, available in either English or Spanish - https://tinyurl.com/wsumindfulness.

You also can find free apps for guided meditation, like Insight Timer - https://insighttimer.com/ - but there are many, many more out there!

Informal Practice

Opportunities exist throughout the day to be more present in your daily tasks.

Here’s a quick analogy: multitasking is to meditation as up is to down. In other words, multitasking is the exact opposite of meditation.

You can start an informal practice by narrowing your focus during daily routines. I like to focus on these three:

1. Showering

   - A multitasking social worker’s mind would wander and would lose track of time washing hair.
   - A mindful social worker concentrates on the sensation of water on skin and smell of the soap.

2. Cooking Breakfast

   - A multitasking social worker would listen to music and think about lists of things to do for the day.
   - A mindful social worker pays attention to subtleties like the smell of coffee or sound of eggs cooking.

3. Brushing Teeth

   - A multitasking social worker brushes teeth as quickly as possible and hurries out the door to work.
   - A mindful social worker slows to notice the feeling of the toothbrush on teeth and taste of the toothpaste.

Source: http://socialworkersuccess.com/self-care-skill/

Check out the next two pages for more hints on mindfulness training!
What is mindfulness?

“Mindfulness is the awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally to things as they are (Williams, Teasdale, Segal, Kabat-Zinn, 47).”

- Awareness- the power of noticing on purpose!
- Present moment- pause and pay attention to what you can see, hear, smell, feel and taste right now.
- Non-judgmentally- no “shoulds.” (I should do/feel this). Just acceptance.

The basics of mindfulness:

1. **Pause and breathe**- When you feel overwhelmed with emotions, take a moment to steady your breathing.
2. **Be aware**- Notice your breath; notice the emotion(s) you’re experiencing. Make an “internal weather report.” Say to yourself, as you breathe, “right now, I am feeling...” Naming your emotion gives you the power to work with it.
3. **Be non-judgmental**- Notice what you’re feeling, but don’t judge yourself for feeling it. About feelings, Rumi wrote that you should treat each as a guest, “Be grateful for whoever comes, because each has been sent as a guide from beyond.”
4. **Keep breathing**- focus your attention on the present moment. Avoid, for a moment, thinking about past or future events. Ask yourself how you can be fully present in the moment.
5. **Gratitude**- many people who practice mindfulness also practice intentional gratitude. Mentally thanking God, the universe or the people in your life can shift focus away from negative thoughts and towards positive ones.

The 12 Steps of the Mindfulness Meditation Practice

Personal fulfillment is available to anyone willing to put in the effort to pursue it. Through the practice of mindfulness meditation, we can transform our lives and relationships for greater peace and harmony. These are the steps we followed in order to achieve freedom from our suffering. By dwelling in the three main sources of spiritual nourishment: our spiritual community, the principles, and our True Nature, we learned to live mindfully in the present moment.

1) We became aware of the pain and suffering created by unmindful thoughts, speech, and actions.
2) We learned how to develop our primary tools of observation: concentration and mindfulness.
3) We sought to eliminate the things that agitate our mind, and prevent us from achieving inner peace and serenity.
4) We learned how to structure our meditation session for maximum effectiveness, and to fit our lifestyle.
5) In order to enhance our spiritual evolution, we made mindfulness meditation a regular practice.
6) We remained vigilant in our meditation practice, so that we continued making steady progress.
7) We became aware that other people can provide us with the spiritual nourishment vital to our development.
8) We sought to cultivate peace and harmony in our relationships and interactions with others by practicing deep listening, mindful speech, non-judging, and forgiveness.
9) We sought to dwell deeply in our spiritual community in order to enhance our development, and that of others.
10) We became aware of how unmindful consumption perpetuates the suffering in our lives, and prevents us from achieving true inner peace.
11) With the strength, courage, and mindfulness we attained through our meditation practice, we confronted and overcame the wounds from our past.
12) Having found freedom from our suffering through mindfulness meditation, we shared this practice with others, and continued dwelling deeply in the present moment through mindful living.

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Activity 2: Self Care Wheel

The handout on the next page asks you to consider how you take care of yourself in six different dimensions of your life. Are you balanced? Do you plan for relaxation and self-care in these different realms? Use the blank wheel attached to help you self-assess.
This Self-Care Wheel was inspired by and adapted from “Self-Care Assessment Worksheet” from Transforming the Pain: A Workbook on Vicarious Traumatization by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013).
Dedicated to all trauma professionals worldwide.

www.OlgaPhoenix.com
It is what it is.
everything will be okay