



**Self-Care is not about
self-indulgence,
it's about
self-preservation.**

- Audrey Lorde

Self-Care Through Social Emotional Learning (SEL) Mini Skills Workshop

**PEACEMAKER
RESOURCES**

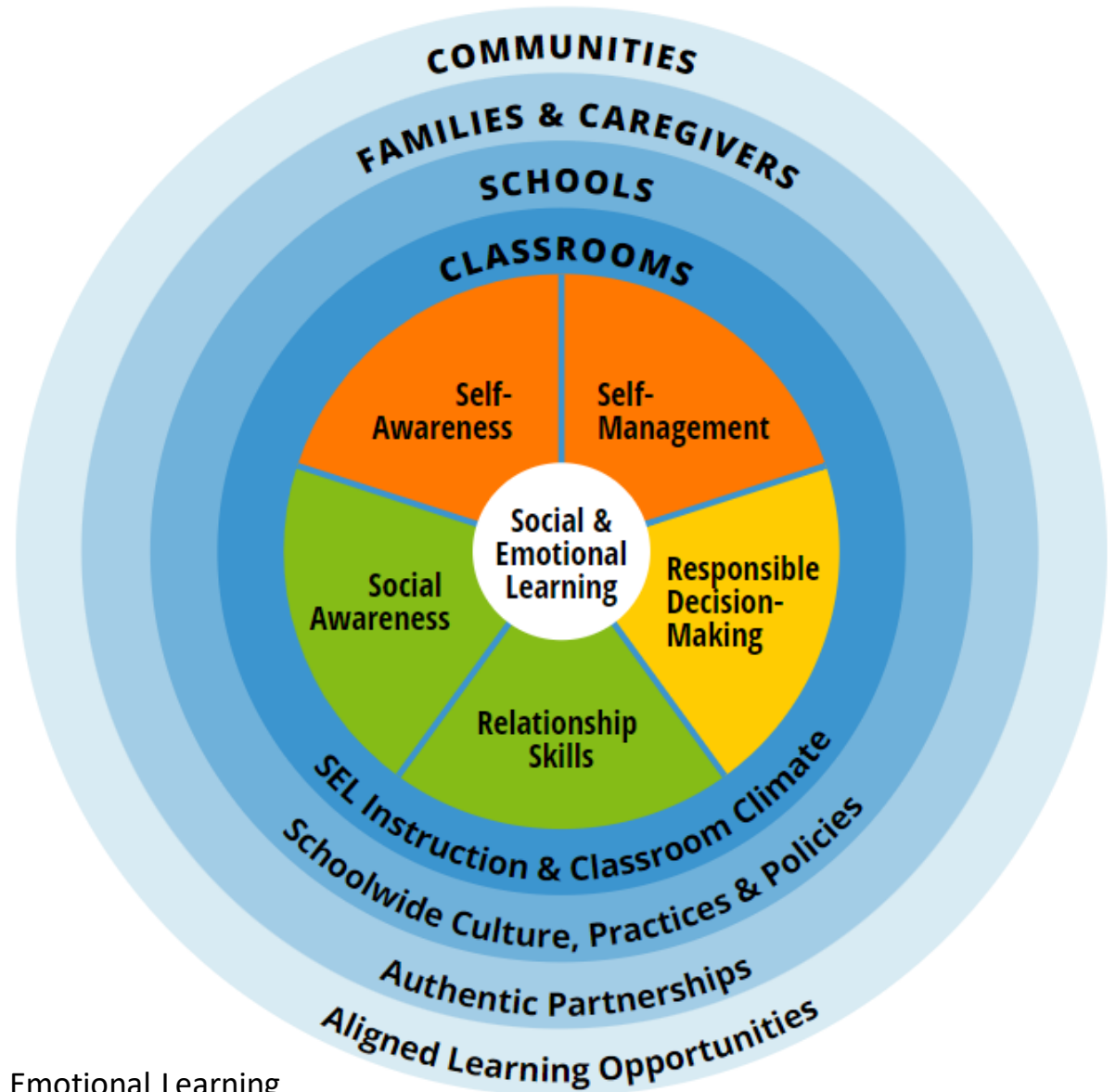


Social Emotional Learning (SEL) Competency Areas

Self-Awareness & Self-Management:

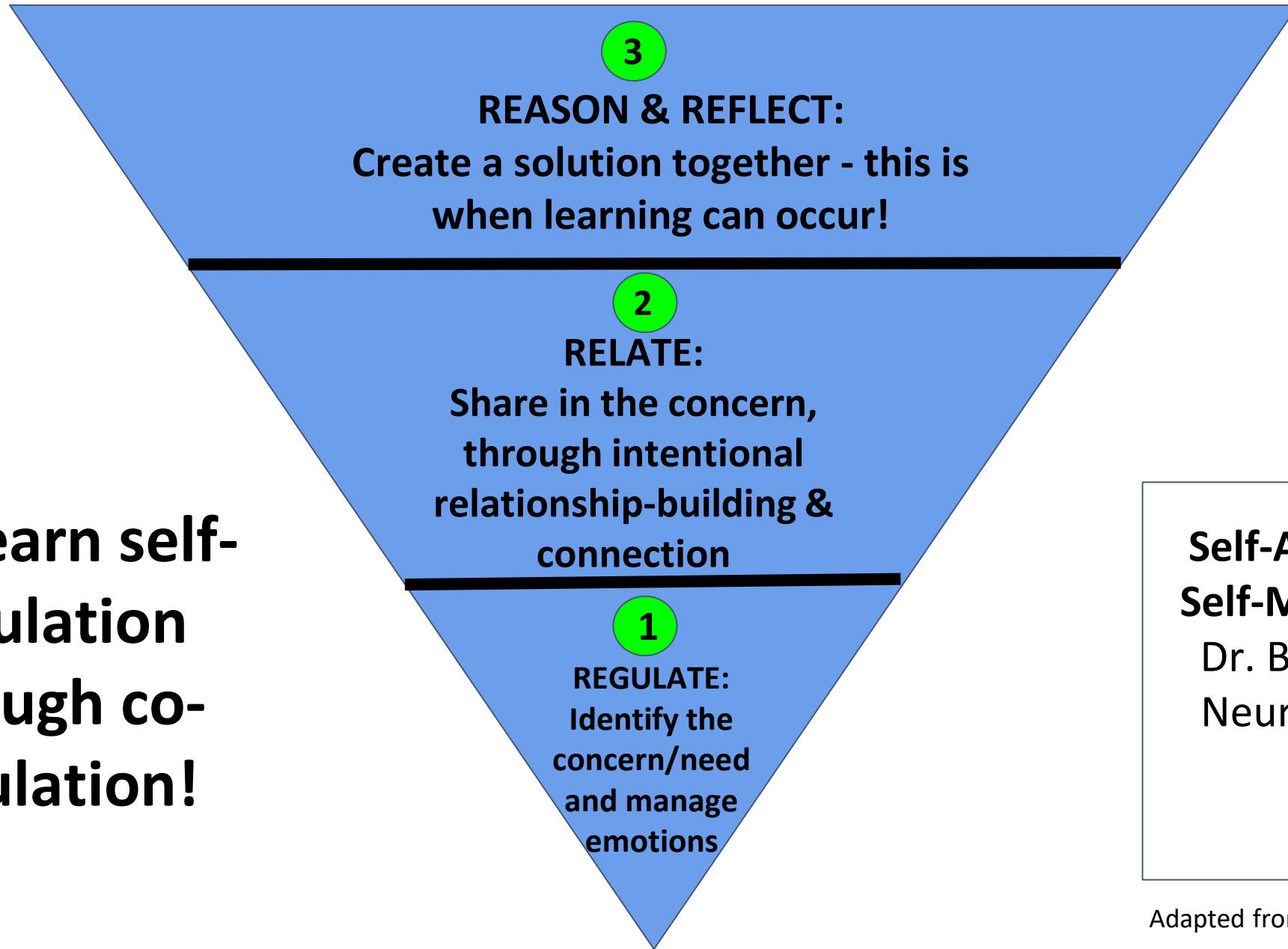
Check in with your body, your thoughts, your emotions.

How are you feeling right now?
What tools might you use in response to that check-in?



Social Emotional Learning (SEL) & Brain Research

We learn self-regulation through co-regulation!



Self-Awareness & Self-Management:
Dr. Bruce Perry's
Neurosequential
Model
3 Rs

Self-Care Maintenance Plan

Moving Through the Stress Cycle

Adapted from **Burnout: The Secret to Unlocking the Stress Cycle** by Emily and Amelia Nagoski

Stressors - Life events or situations that trigger STRESS
- activating the stress response system in our body

Stress - The physiological response to those stressors

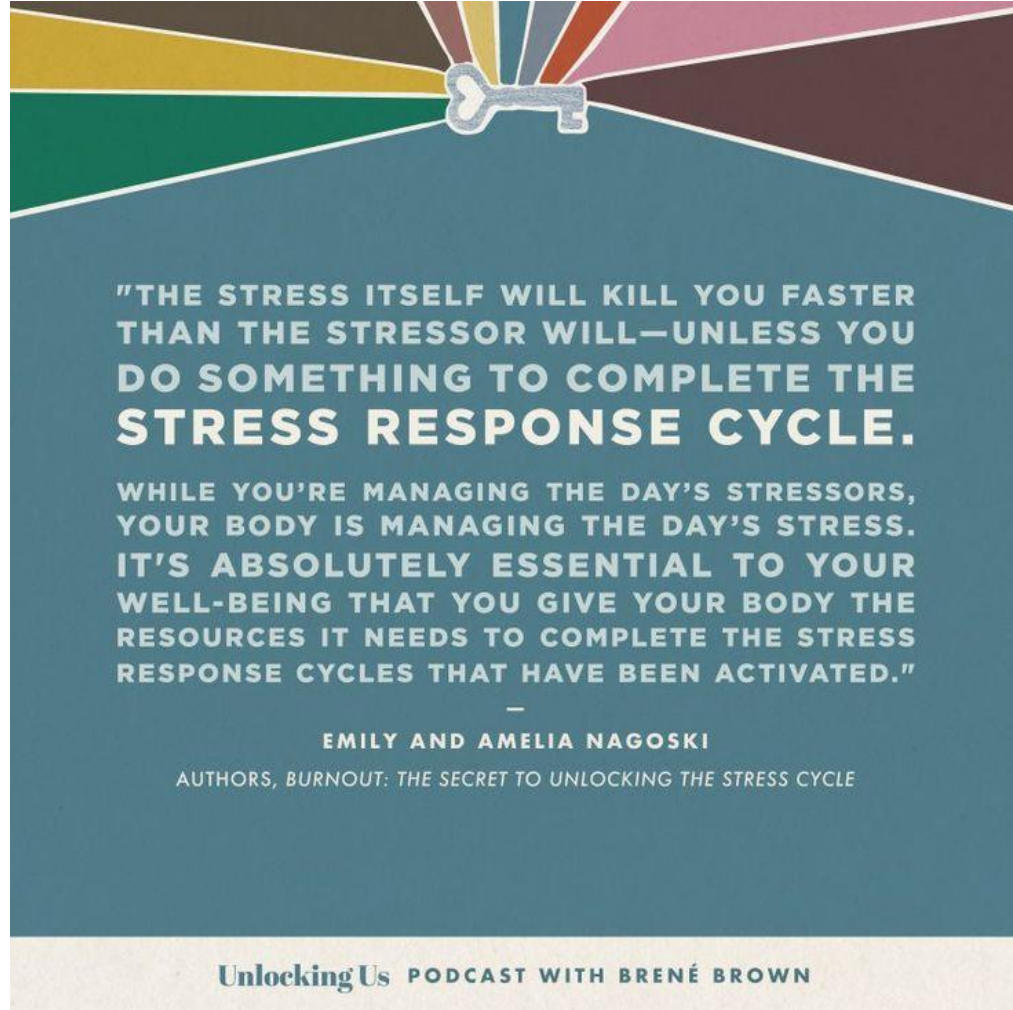


Photo credit: Harvey Coates, National Geographic

Self-Care Maintenance Plan

Moving Through the Stress Cycle

Adapted from **Burnout: The Secret to Unlocking the Stress Cycle** by Emily and Amelia Nagoski



Stress Cycle and Mindfulness

Using intention/mindfulness further completes the cycle

Move: 20-60 min a day, Running, dancing, jumping and... Shake it off!

Breathe: Down-regulate stress with longer exhales than inhales

Talk to People: 'Nice day', 'I like your earrings' 'Thanks for saying "hi!"

Laugh: The ugly, uncontrollable, abs are hurting kind!

Affection: Hugs where you stand holding your own weight

Speak to loved ones: Deep, honest, authentic, heart to heart conversations

Cry it out: Doesn't solve the stress problem, but DOES close the stress cycle out (the stressor is different than the stress)

Nature: Hands in the soil, feet in the water, feeling the sun, being fully submerged in the smells, sounds, and textures.

Do something creative: creativity today creates energy, excitement, and enthusiasm for tomorrow. The benefits of creativity can stay with your system for days!

Self-Care Maintenance Plan

In the Moment

In the Moment Self-Regulation Plan

Below, brainstorm three practices per column that help you regulate, stay in the moment, and take care of yourself during stressful or difficult situations.

BEFORE

DURING

AFTER

Self-Care Maintenance Plan

Long Term

| <i>Long-Term Self-Care Plan</i> | |
|---------------------------------|--|
| DAILY | |
| WEEKLY | |
| MONTHLY | |
| YEARLY | |



When we take care of ourselves, we are better equipped to take care of others.

Therefore, taking care of ourselves in a good way is our **responsibility.**