Case Management Series: Self Care

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Everyone deserves a suitable, affordable home!

Webinar Logistics
• Participants are muted
• Enter your questions in the box in your webinar panel
• Handouts are available with this webinar
• Forgot to ask a question or want to ask privately? Email me at rosado@flhousing.org
• This webinar is being recorded and will be available at www.flhousing.org
• A survey will immediately follow the webinar; please complete it! Thanks!
SELF-CARE

“Your relationship with yourself sets the tone for every other relationship you have”

YOU HAVE TO SECURE YOUR MASK FIRST BEFORE HELPING OTHERS!

IMPACT OF POOR PSYCHOLOGICAL HEALTH

- Back pain
- Change in appetite
- Chest pain
- Constipation or diarrhea
- Dry mouth
- Extreme tiredness
- General aches and pains
- Headaches
- High blood pressure
- Trouble sleeping
- Lightheadedness
- Palpitations (the feeling that your heart is racing)
- Sexual problems
- Shortness of breath
- Stiff neck
- Sweating
- Upset stomach
- Weight gain or loss
How Do We Find Happiness?

Finding Your Core Values

- Who do you look up to? What values do they possess?
- What are three things you dislike? (dishonesty, cheating, etc.)
- What are the values you can see being relevant 100 years from now?
- What would you want to pass down to your children?
- What three things would you want people to remember about you?
PRIORITIZING

Spiritual Connection
- Meditation
- Prayer
- Insp. Readings

Integrity
- Honest
- Work Ethic
- Excellence

Compassion
- Helping Others
- Family
- Giving

FILE 13

IDENTIFYING SOURCES OF STRESS

I've attached a list of stressors as a handout.

E – Eliminate: Mark E for any stressor you may be able to eliminate

R – Reduce: Mark R for any stressor you may be able to reduce

C – Cope: Mark C for any stressor you may be able to cope with

DBT SKILL
EMOTION REGULATION

Reducing Emotional Vulnerability
**ABC PLEASE SKILLS**

- **Accumulate Positive Emotions**
- **Build Mastery**
- **Cope Ahead**
- **PLEASE**

**ACCUMULATING POSITIVE EMOTIONS: SHORT TERM**

- Build Positive Experiences NOW
  - Pleasant events!
  - AVOID AVOIDING
- Be mindful of positive experiences
  - Focus on positive moments - no multitasking
  - Participate and Engage
- Be unmindful of worries
  - Stop thinking of expectations
  - Redirect your mind when it turns negative

**PLEASANT EVENTS**

- Going to a movie
- Reading a magazine
- Listening to music
- Walking in nature
- Yoga
- House Projects
- Take care of plants
- Do something spontaneous
- Singing loud
- Go to the beach
- Go to place of worship
- Play a sport
- Go for a drive
- Try a new hobby
- Daydream
- Read nonfiction
- Pat yourself on the back
ACCUMULATING POSITIVE EMOTIONS: SHORT TERM

1. Identify one value to work on now
2. Identify a few goals related to this value
   1. Meditate daily
   2. Find a volunteer position
3. Work on **one** goal
4. Take one action step

BUILD MASTERY

1. Plan on doing at least one thing daily to build sense of accomplishment
2. Plan for success, not failure
3. Gradually increase the difficulty over time
4. Look for a challenge

COPE AHEAD

1. **Describe** the difficult situation
2. **Decide** what coping or problem-solving skills you can use
3. **Imagine** the situation
4. **Rehearse** handling it effectively
5. **Practice** relaxation after rehearsing
**PLEASE SKILLS**

- Treat **Physical Illness**
- Balance **Eating**
- Avoid Mood-Altering Substances
- Balance **Sleep**
- Get **Exercise**

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**PRO TIPS**

- Intentional Mornings
- Plan the night before
- Schedule “To Dos” in your calendar
- REST when you are sick
- Take a mental health day
- Commit 1 hour per week to personal and professional development

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Mind Full, or Mindful?
If your compassion does not include yourself, it is incomplete.

~ Jack Kornfield