



REFLECTION QUESTIONS

- When you hear the word "self-care" what comes to mind?
- What are the barriers to your self-care?
- When have you experienced successful "self-care"?
- What do you aspire to see this week in caring for your self?



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SELF-CARE

RESOURCES & REFLECTIVE GUIDES

"Give yourself the same care and attention as you give to others."

-Author Unknown

If you see a loved one or a friend hurting, overwhelmed, or carrying a heavy burden, odds are you are quick to show grace, compassion, and understanding.

Yet, when faced with our own pain, stress, and burdens, why can it be so easy to neglect that compassion, grace, and understanding...even denying our own needs?

Self-care is an essential component of navigating the grief associated with illness or loss. It provides a means for individuals to cope emotionally, maintain physical health, reduce stress, preserve relationships, make informed decisions, find joy, and maintain a sense of autonomy during a challenging journey.

It offers a path towards a more holistic and compassionate approach for you and therefore the whole family. If it would be so easy to offer that compassion to others, why not to yourself?

Self-care is more than a good exercise session or enjoying some alone time...self-care has to start within your own mind and heart to assess your needs and learn how to advocate.



REFLECTION QUESTIONS

- Look at the graphic below. Which statements do you resonate with? What statements would you add?
- What are the "shoulds" you are facing today? (Should be better at this...should get past this....shouldn't feel this way...)
- What are you believing about your identity today of who you are and what you are worth?
- Think about each statement listed...is there any truth in these statements for you? Where is the lie?
- Make a list the countering truth statements for each.
- Action item: How is one truth you came up with today going to influence how you care for your self (or speak to yourself?)



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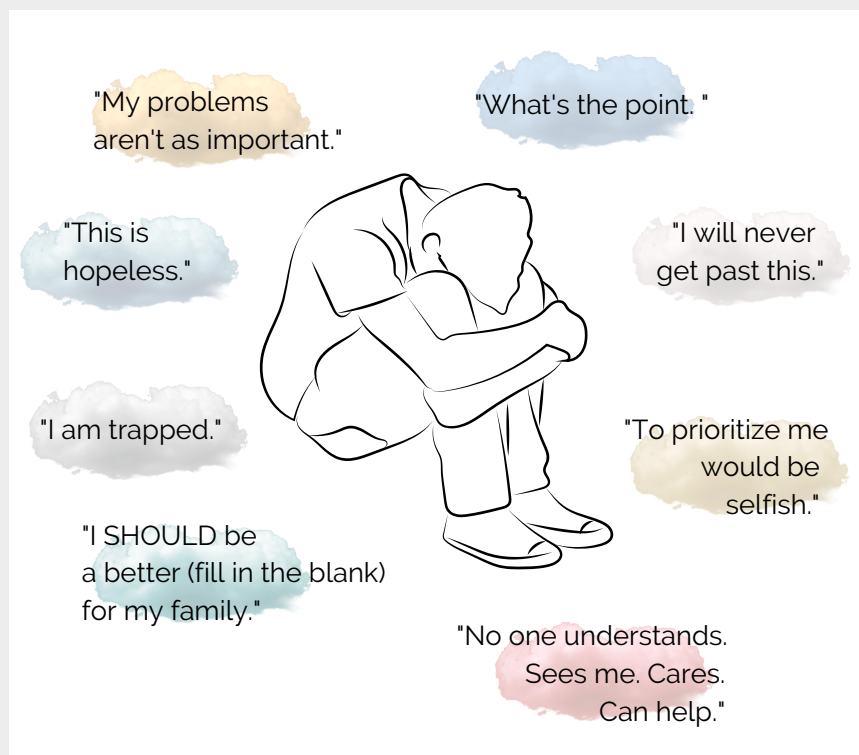
SELF-CARE: YOUR INNER VOICE

When our self-care is in jeopardy because of caring more for others (our spouse/partner, our children, or others who are hurting around us), it can be easy to buy into the false belief that we have no control or say in how (or if!) we can engage in good self-care.

But in all actuality, we might have more sway in advocating for our self-care than we think. And that oftentimes comes in naming and reclaiming some of our thoughts that cause us to sacrifice our self-care.

Our identity informs our mindset which influences our behaviors (i.e. to care for self or not).

Do any of these thoughts resonate with you? Use the questions to the left to explore more....





REFLECTION QUESTIONS

- Work through each step and box one at a time.
- What takeaways are you seeing once you put your thoughts down to paper?
- Which part of step 3 do you want to prioritize first?

THREE STEPS OF SELF-CARE

It can be easy to hear "self-care" and think either A. Superficial Care or B. Selfish Care.

Yet, self-care truly allows you to care for yourself SO THAT you can care for others. Oftentimes though, our own critical thoughts or expectations can get in the way when no one around you shares those some thoughts or expectations of you.

What are the barriers of self-care but then the blessings of pursuing true, bucket filling self-care?

1

The "Shoulds"

Things you think you should or shouldn't be doing (ex: "having time to myself")

I Should/Shouldn't...

I Should/Shouldn't...

I Should/Shouldn't...

2

Slash It!

Look at the "should" again. Slash (put an X through) the ones that are: A. Expectations you place on yourself that no one else has for you (or you would never expect of someone else) B. Impossible/unrealistic to achieve. or C. Aren't kind/gracious to yourself in this season. Explain...

3

Support Self

Try these three steps this week. What truth can you hold onto to remind you that caring for self actually helps you care for others?

One Thing that
Would Fill Me Up:

One Person I can Ask
for Help:

One Truth to
Remember:



REFLECTION QUESTIONS

- What are some things that help you feel better on hard days or when you feel unpleasant feelings?
- What are some of those unpleasant feelings you have felt?
- What are some ways we can help each other take care of each other?
- What is one thing you heard someone share about things that help them feel better that you want to try?

FAMILY ACTIVITY: FIVE SECOND RULE

Sometimes we can gain new perspectives or self-care ideas from each other.

Gather the family around for an evening game night and try out this "Five Second Rule" activity based off the popular "Five Second Rule" game.

SUPPLIES NEEDED:



A wide-mouth jar with water



Written prompt cards (some examples of many):

- Name 3- things you like to do for fun
- Name 3- things that relax you
- Name 3- people who make you feel calm
- Name 3-exercises to help your body feel strong or calm
- Name 3- foods that you enjoy
- Name 3- things you like to do outside
- Name 3- things that make you laugh

STEPS OF THE GAME-

STEP 1- Circle up and set a timer for five seconds.

STEP 2- Take turns drawing a card to the person who is "in the hot seat" and who gets to list three things that come to mind within five seconds!

- For the younger kids, consider pairing them up with a buddy/extending the time

STEP 3- Engage in conversation (using "Reflection Questions" afterward...and maybe try out one of the self-care suggestions as a family!