

TRI-STATE WEBINAR SERIES

Self-Care

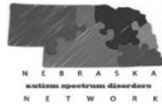
Your Work is as Good as You are

Presented by:

Sharon Krupa-Sirotek, Ph.D.



COLORADO
Department of Education



Tri-State 2017-2018 Webinar Series

Tri-State Autism Spectrum Disorder Webinar Series



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Tri-State 2017-2018 Webinar Series

SELF-CARE

Your Work is as Good as You Are

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OBJECTIVES

- You will gain knowledge and self awareness in areas of Self-Care.
- You will be challenged to honestly assess your behaviors that increase or detract from Self Care.
- You will acquire strategies to improve your Self Care.
- You will commit to increasing behaviors of Self Care.

PREMISE

- You must master a set of skills to be competent in your profession.
- Generally, this is what Professional training focuses on **EXTERNAL** factors - teaching content skills and strategies.
- Always Student Focused

PREMISE

- Yet, experience shows us that it is a combination of external and internal skills that determine true expertise and success.

YOUR WORK IS AS GOOD
AS YOU ARE

HAVE A JOURNAL/PAPER AND PEN READY

Throughout the webinar, you will be invited to write down your thoughts, experiences, so you can start letting go of old behavior and taking care of yourself differently.



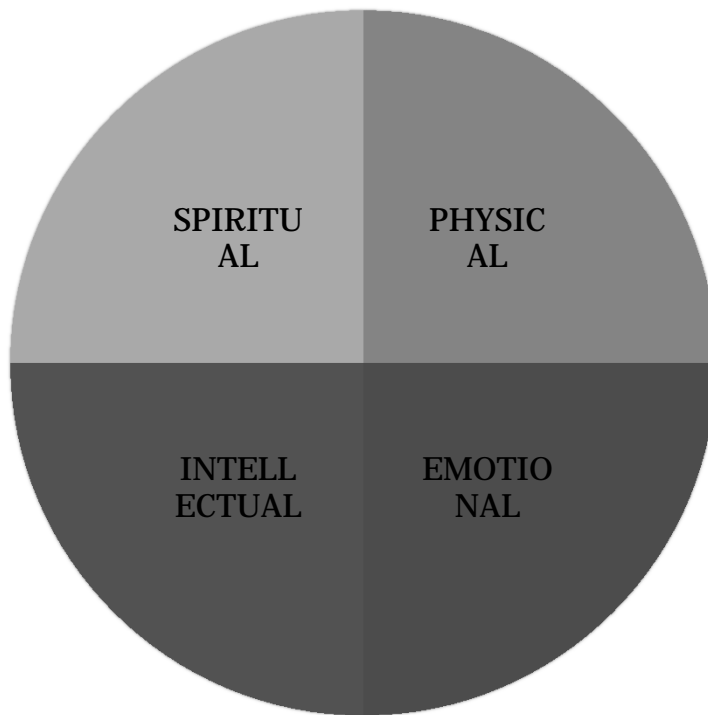
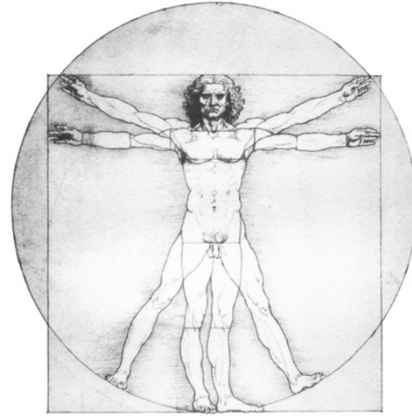
What we live with we learn,
What we learn we practice
What we practice, we become
And what we become has consequences

Ernest Larson, "The Essences of Formation"



WHOLE PERSON

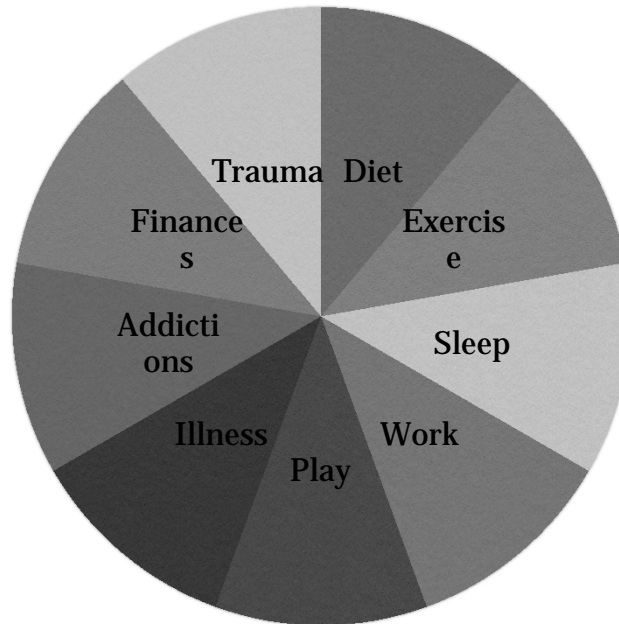
HOLISTIC APPROACH



	10	20	30	40	50	60	70	80	90
Diet									
Exercise									
Sleep									
Work									
Play									
Illness									
Addictions									
Family									
Household									
Emotional									
Mental									
Spiritual									
Other									

**LET US EXAMINE EACH
AREA MORE CLOSELY**

PHYSICAL



YOU ARE WHAT YOU EAT

Healthy eating includes a healthy balance of nutritional foods.

SO WHY DO WE EAT?

- Physical survival - Hunger
- Social Satisfaction - Celebrating, socializing
- Emotional Triggers - Feelings: angry, lonely, tired, sad, “comfort foods”
- Habit, Revenge, Pity, Addiction, etc.



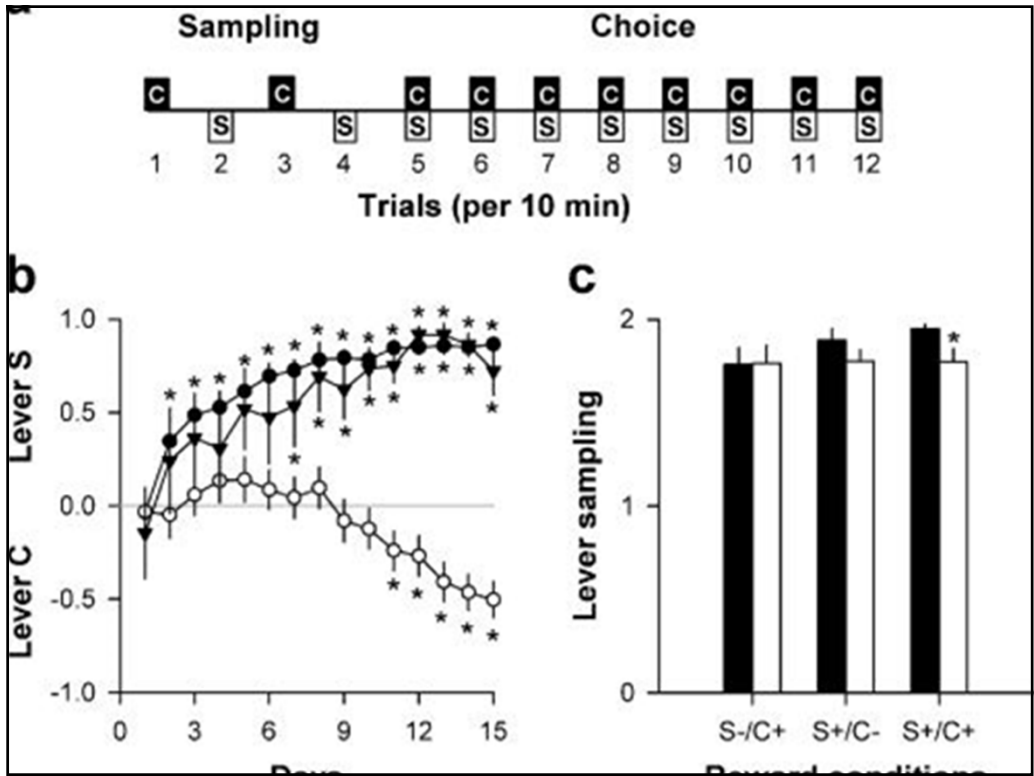
EAT FOOD THAT IS ALIVE
DO NOT EAT HIGHLY PROCESSED FOODS



Americans consume
an average of **66 pounds of
added sugar**
each year.

TREAT
SUGAR
LIKE THE
DRUG
IT IS





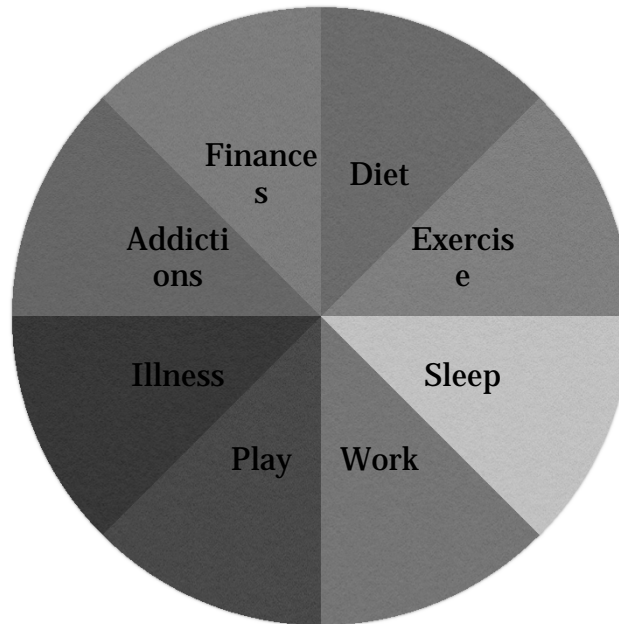


WHAT IS ONE BEHAVIOR YOU ARE WILLING TO TRY TO EAT HEALTHIER?

- *Drink more water instead of sugary drinks.*
- *Add a vegetable anywhere*
- *Eat a bowl of fruit watching TV instead of chips or ice cream.*
- *Bring healthy foods to potlucks*
- *Walk away from the sweets in the teachers lounge = Look at it like the drug it is.*



PHYSICAL



SLEEP

*ASK YOURSELF ARE YOU SLEEPY?
PERHAPS YOUR BODY IS TELLING
YOU YOU'RE NOT GETTING
ENOUGH SLEEP.*



National Sleep Foundation - Sleep Research & Education
<https://sleepfoundation.org/>



YOUR IDEAL SLEEP ENVIRONMENT



Transform
Your Bedroom
Into A Haven

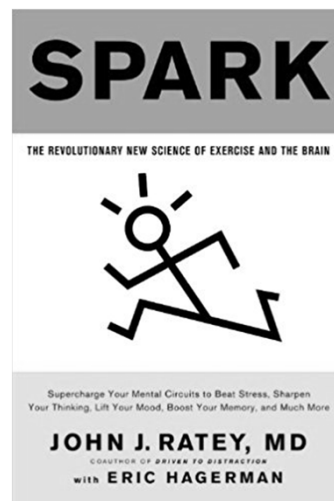


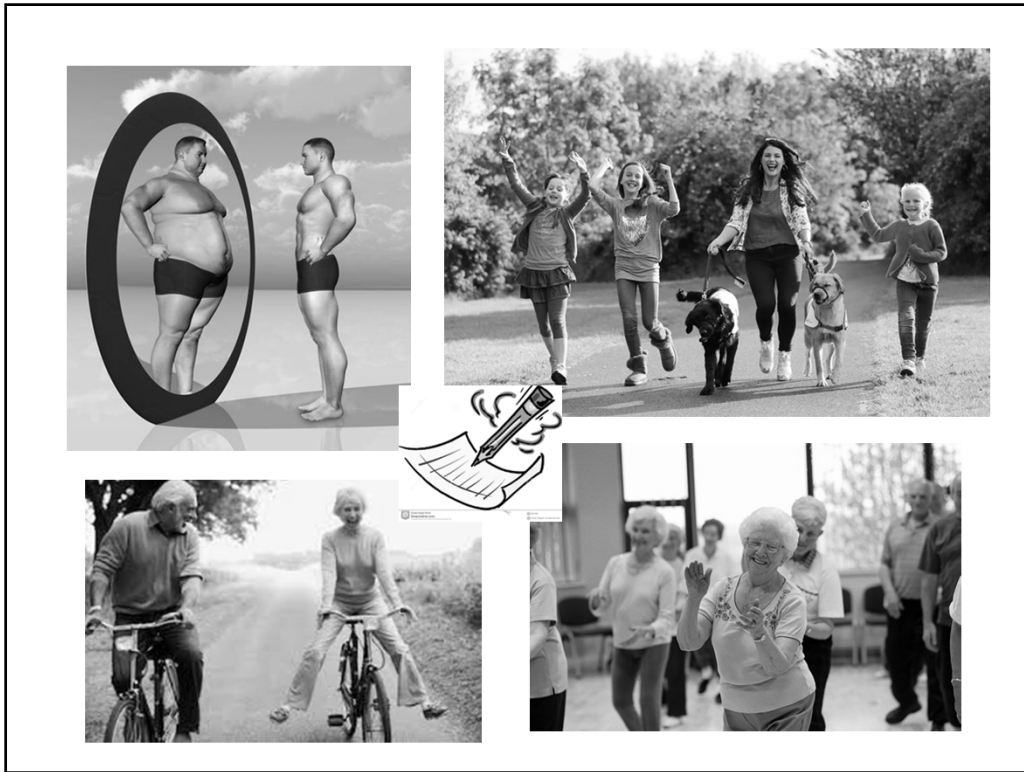
EXERCISE



EXERCISE ENHANCES BRAIN FUNCTION

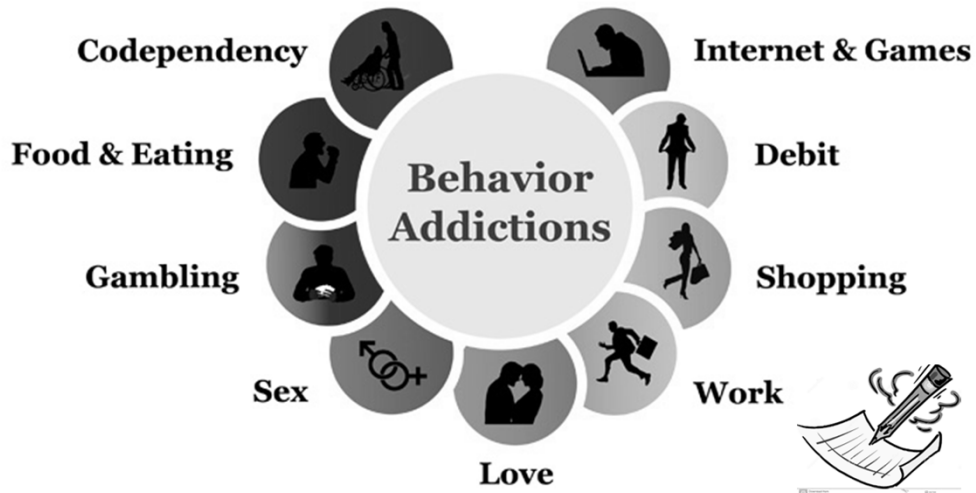
- improves alertness, attention and motivation
- balances and improves neuro transmission = new learning
- spurs the development of new nerve cells.
- improves cognitive flexibility and executive functioning
- found to be as effective as Zoloft in decreasing depression.



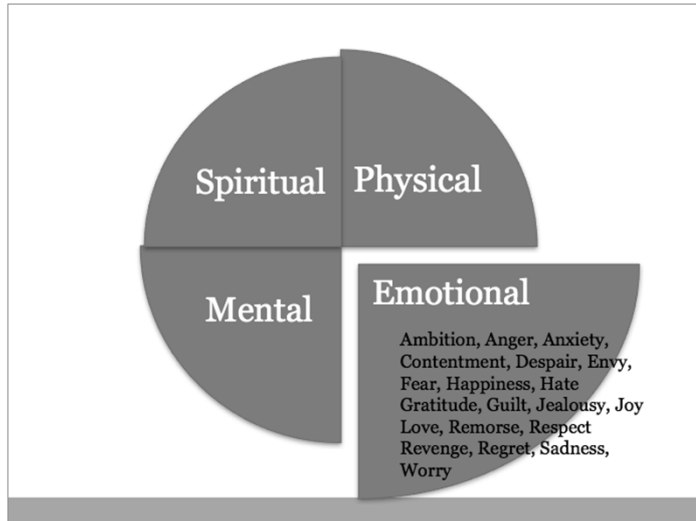


H.O.W: HONEST, OPEN & WILLING

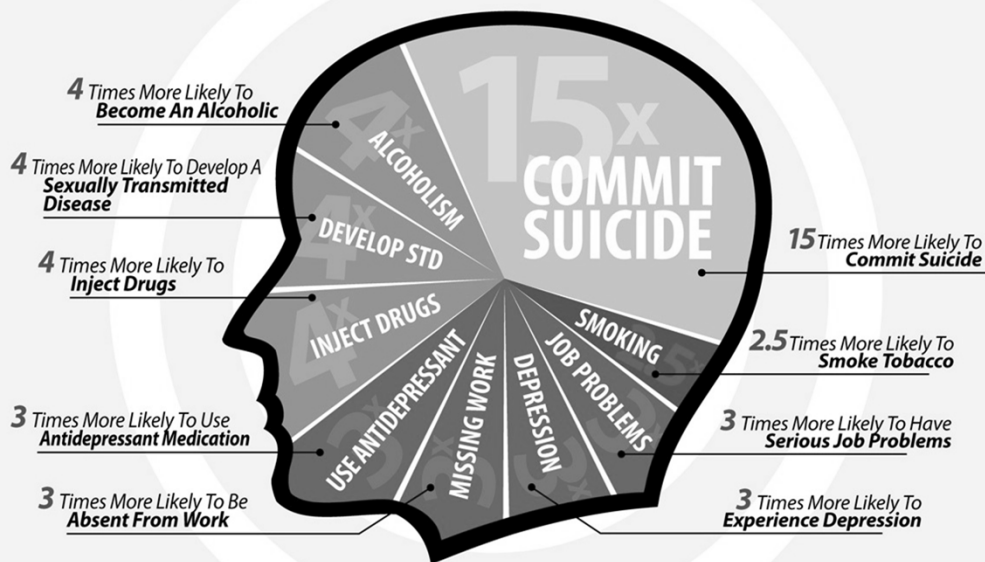
Types of Behavior Addictions



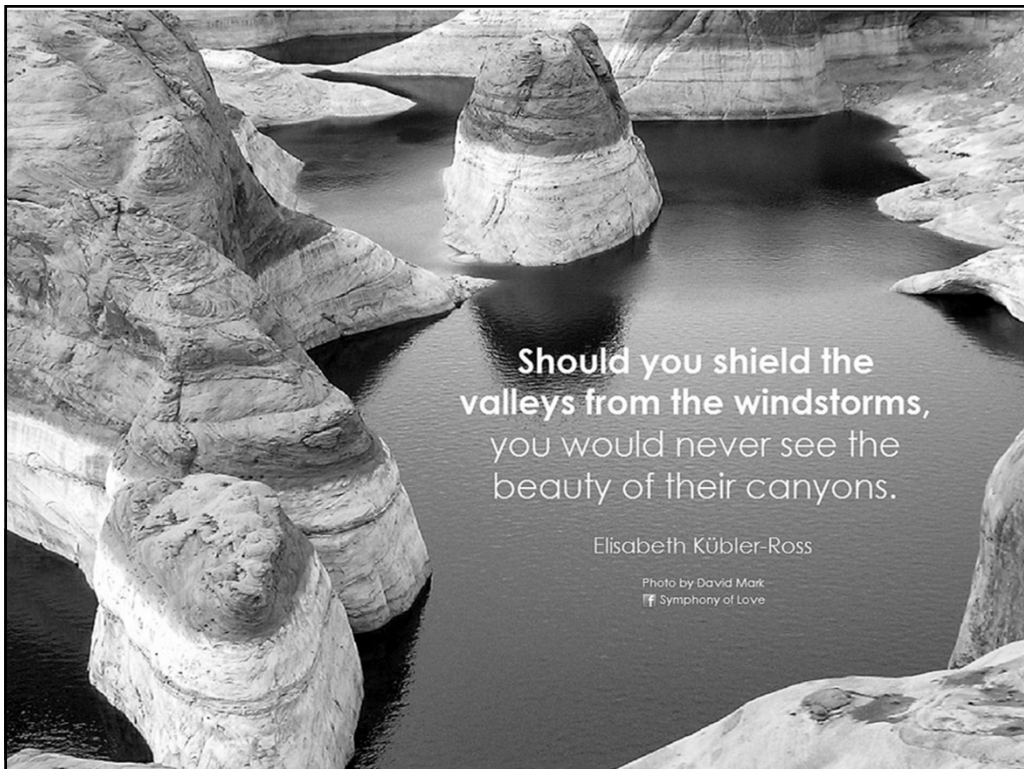
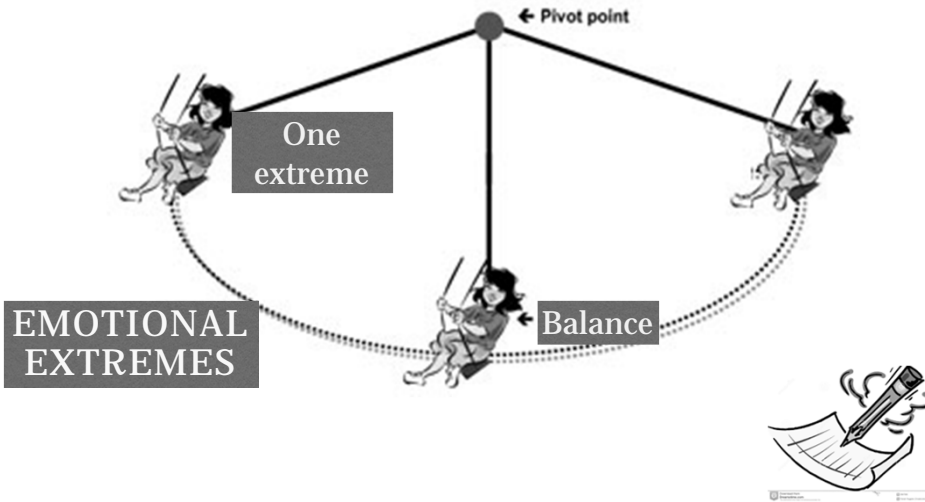
EMOTIONAL BODY

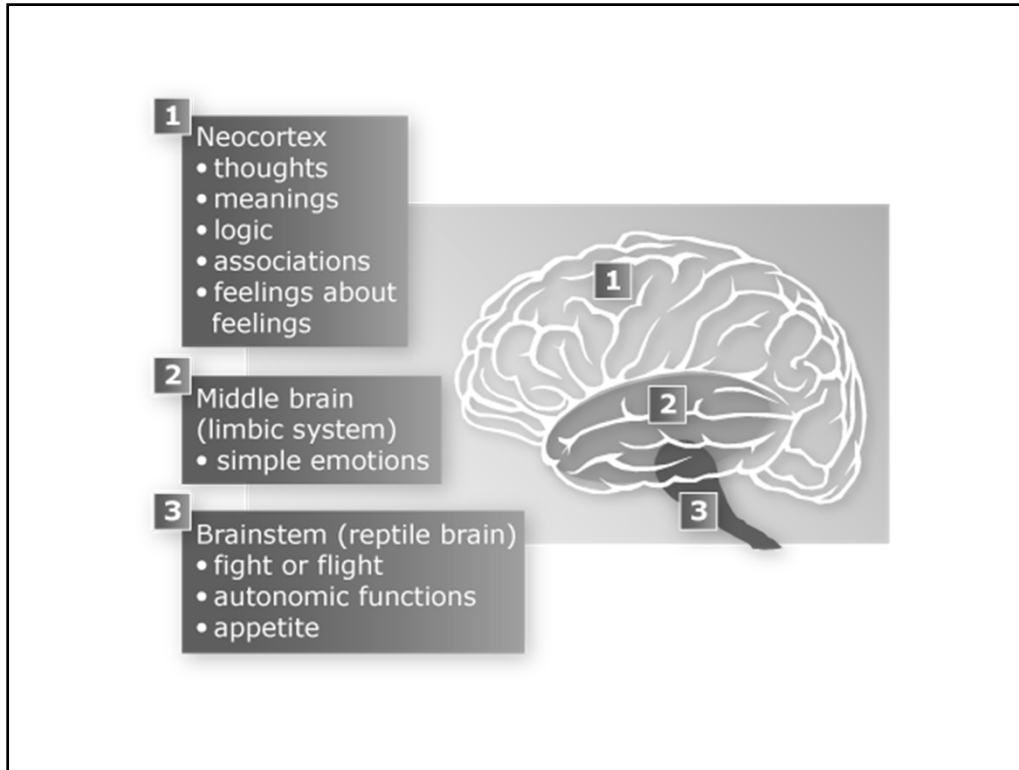


PEOPLE WHO HAVE EXPERIENCED TRAUMA ARE:




EMOTIONAL SWINGS





BRAIN STEM




Brain Stem
regulates:

- heart rate
- breathing
- blood pressure
- swallowing
- digestion

Education-Portal.com

HYPOTHALAMUS



Hypothalamus
controls:

- internal thermostat
- hunger
- thirst
- fight or flight response
- rest and digest response
- mating behavior

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**PRIMITIVE
BRAIN
REPTILIAN
BRAIN**

**“LIZARD
BRAIN”**

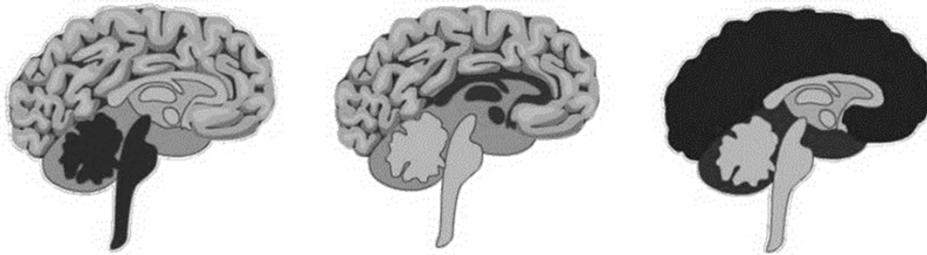
SURVIVAL

INSTINCTS

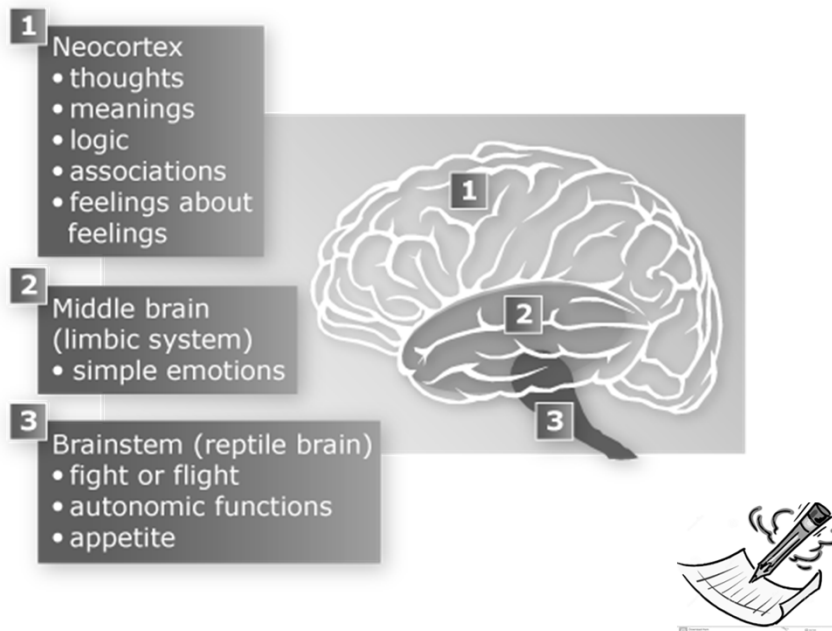
**Fight
Flight
Freeze
Food
Reproduction**

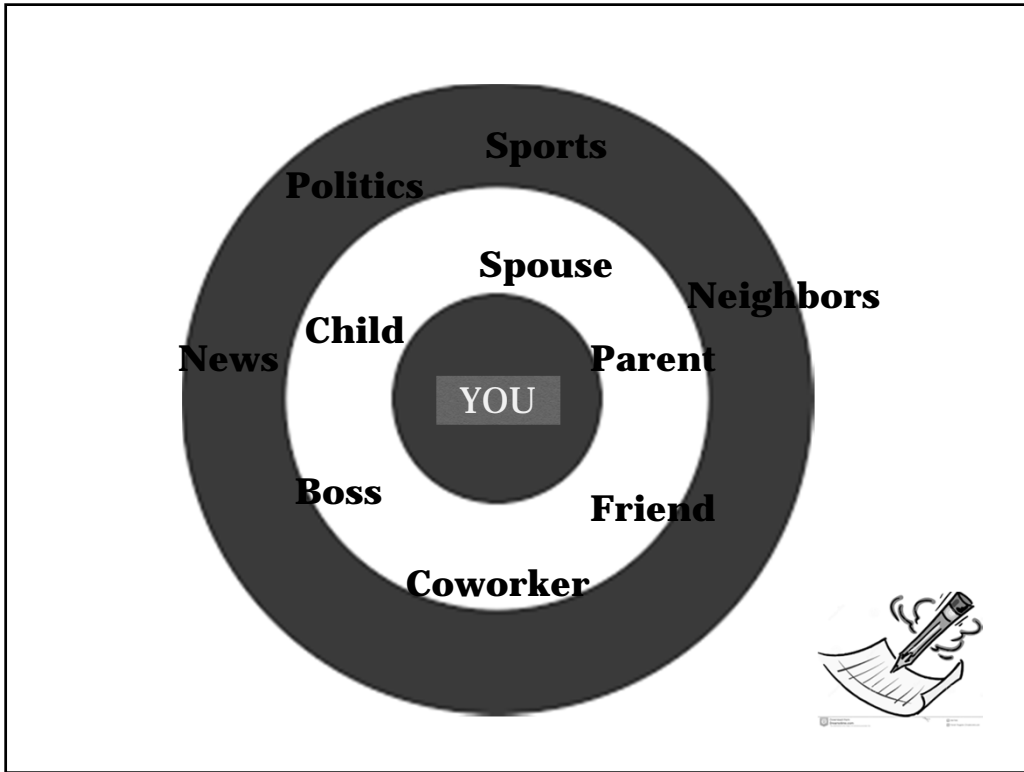
Triune Brain Theory

Lizard Brain	Mammal Brain	Wizard Brain
Brain stem & cerebellum	Limbic System	Neocortex
Fight or flight	Emotions, memories, habits	Language, abstract thought, imagination, consciousness
Autopilot	Feelings	Reasons, rationalizes



The Triune Brain in Evolution, Paul MacLean, 1960





KEEP YOUR OWN SIDE OF THE STREET CLEAN

It can be easy to get wrapped up in our own ideas about what *other* people *should* or *should not* be doing. That's a good time to remind ourselves to refocus on just "*keeping our own side of the street clean and letting others worry about their own.*"

ahealthy mind | Facebook.com/AHealthyMindDistler

A background image of a residential street with houses, cars, and a clear sky.

LEARN TO RECOGNIZE YOUR ANGER SIGNS.
CAUTION: ANGRY ANGES
HAZARD: FURY FURY
WARNING: COOL DOWN QUICKLY!

TURN YOUR ANGER INTO POSITIVE ENERGY.

COUNT TO TEN AND COOL OFF.
1 2 3 4
5 6 7
8 9 10

TALK ABOUT YOUR ANGER.
DONT ACT IT OUT.

THE TOP 10 WAYS TO CONTROL YOUR ANGER

SHARE YOUR FEELINGS WITH A FRIEND.

PUNCH A PILLOW, NOT A PERSON.

SOLVE PROBLEMS WHILE THEY'RE SMALL.

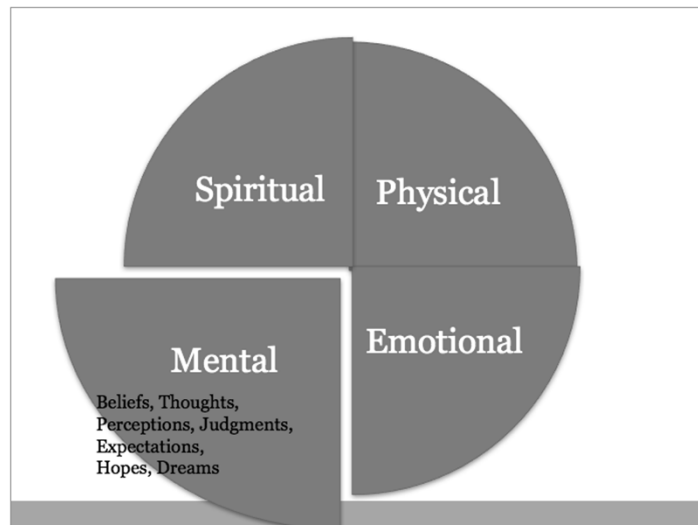
BREATHE DEEPLY AND RELAX.

RECOGNIZE THAT YOUR ANGER CAN HURT OTHERS.

DON'T LET YOUR ANGER BUILD.

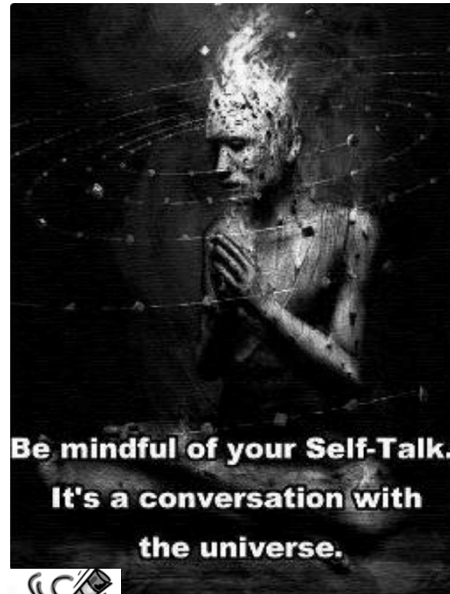
Photos: A pile of crumpled paper, a person running at sunset, a person sleeping, a hand writing in a notebook, a person sitting on a couch, a black trash bag.

MENTAL/INTELLECTUAL

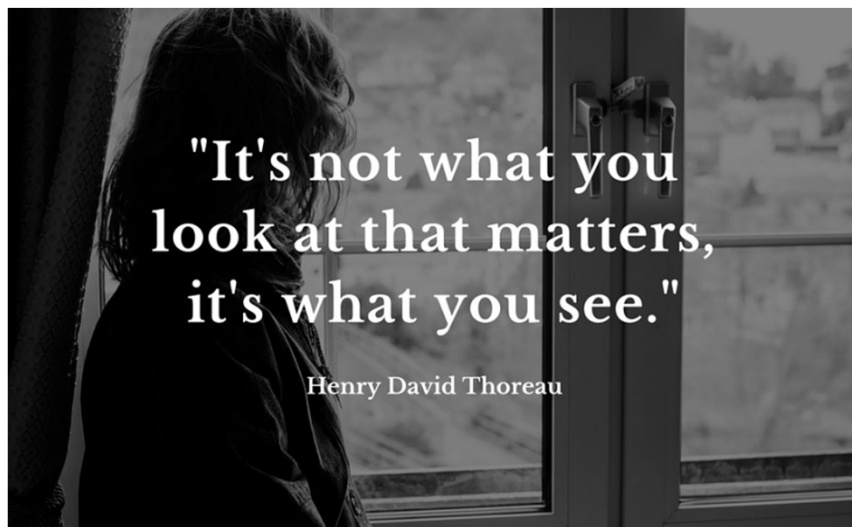


WHAT IS THE PRAYER WITHOUT CEASING?

THE RECURRING THOUGHTS THAT GO THROUGH YOUR MIND ALL DAY

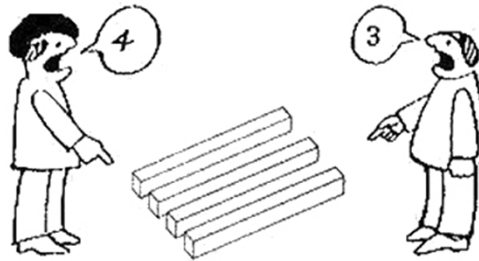


YOUR PERCEPTION IS YOUR REALITY



BELIEFS

"We Don't See Things As They Are,



We See Them As We Are." - Anais Nin



Do not worry about the past or the future. This moment needs your attention, for this is where your life exists.



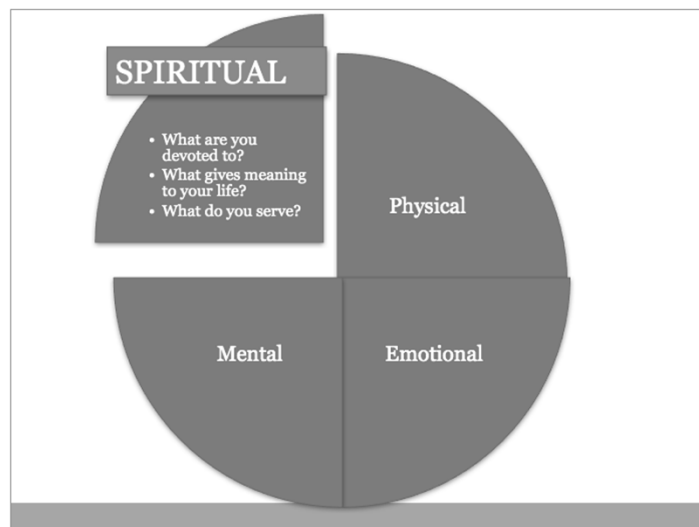
A day of worry is more exhausting than a week of work. ~John Lubbock

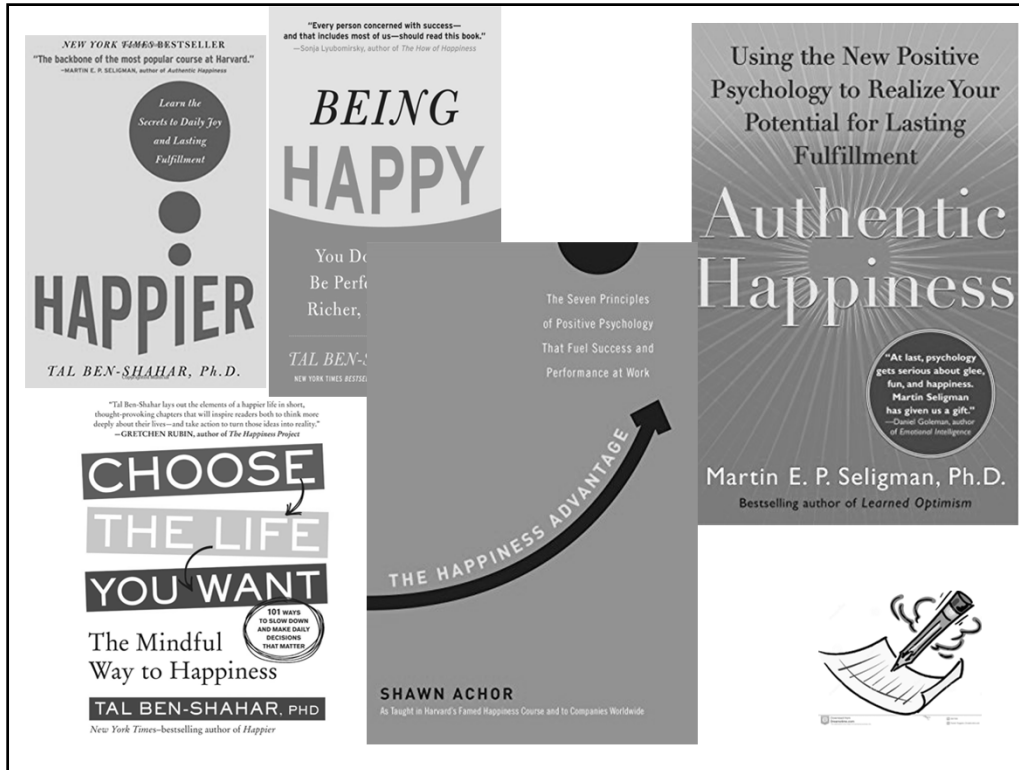
WORRYING DOES NOT TAKE AWAY TOMORROW'S TROUBLES: IT TAKES AWAY TODAY'S PEACE





SPIRITUAL





SATISFACTION WITH LIFE SCALE

1	2	3	4	5	6	7
Strongly Disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree

___ **In most ways my life is close to my ideal**

___ **The conditions of my life are excellent**

___ **I am satisfied with my life**

___ **So far I have gotten the important things I want in life**

___ **If I could live my life over, I would change almost nothing**

SATISFACTION WITH LIFE SCALE

5-9 Extremely dissatisfied with your life

10-14 Very dissatisfied with your life

15-19 Slightly dissatisfied with your life

20 About neutral

21-25 Somewhat satisfied with your life

26-30 Very satisfied with your life

31-35 Extremely satisfied with your life

**Eat Better, Drink water,
Sugar is a Drug, Treat it Accordingly
Move more,
Get Quiet before Bedtime,
Look honestly at yourself,
Do your own clean up, Let other's do theirs
Watch your Self Talk
Let Go of Old Beliefs that Don't Serve You
Be Grateful for Everything you Have
and Everything you Don't Have
Spend time on things/people
that are important to you
Be Kind to Yourself**



You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine.

“The secret to change is
to focus all of your energy,
not on fighting the old,
but on building the new.”

—Socrates

Resources

- <https://www.cdc.gov/nchs/fastats/obesity-overweight.htm>
- SugarScience.UCSF.edu | How Much Is Too Much?
sugarscience.ucsf.edu/the-growing-concern-of-overconsumption/
- <http://sugarscience.ucsf.edu/latest-sugarscience-research.html#.WYtmn8ZTmfU>
- National Center for Biotechnology Information
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1931610/>
- Weight statistics:
<http://www.fooducate.com/app#!page=post&id=57034AEE-364E-1DE1-4E44-B7BACFB5F72B>

Resources

- <https://sleepfoundation.org>
- Alcohol Clin Exp Res. 2015 Feb;39(2):291-9. doi: 10.1111/acer.12621. Epub 2015 Jan 16.
<https://www.ncbi.nlm.nih.gov/pubmed/25597245>
- Harvard Health
https://www.health.harvard.edu/newsletter_article/exercise-and-your-joints
- <http://www.webmd.com/mental-health/addiction/default.htm>

Resources

- <https://www.psychologytoday.com/basics/trauma>
- <http://www.nihtoolbox.org/WhatAndWhy/Emotion/Pages/default.aspx>
- <http://www.webmd.com/brain>

BOOKS

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- Ben-Shahar, T. (2007) *Happier*, McGraw Hill, New York.
- Ratey, J. (2008) *Spark: The Revolutionary New Science of Exercise and the Brain*, Little Brown, New York.
- Seligman, M. (2002) *Authentic Happiness*, Free Press, New York.

THANK YOU!

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