

Self-Care for Changemakers: Creating Pathways for health, wellness and sustainability in service

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First Things First

2018 Strong Families Home Visiting Conference

Moment of Mindfulness



Agenda

- **Laying the Foundation**
- Self-Care Self-Assessment
- Connections – Stress, Trauma, Health
- Key Components of Self-Care
- Your Self-Care Action Plan

Our Mini Retreat

- Stay open
- Beginner's mind
- Notice what works, forget what doesn't
- Listen for ONE thing
- Stand or Move
- Avoid side conversations



Defining Changemaker

One who desires change in the world and, by gathering knowledge and resources, *makes that change happen.*



What is Your Intention?

*What has brought
you here today?*



Who am I?

- My journey
- Why I do this work



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What is self-care for you?



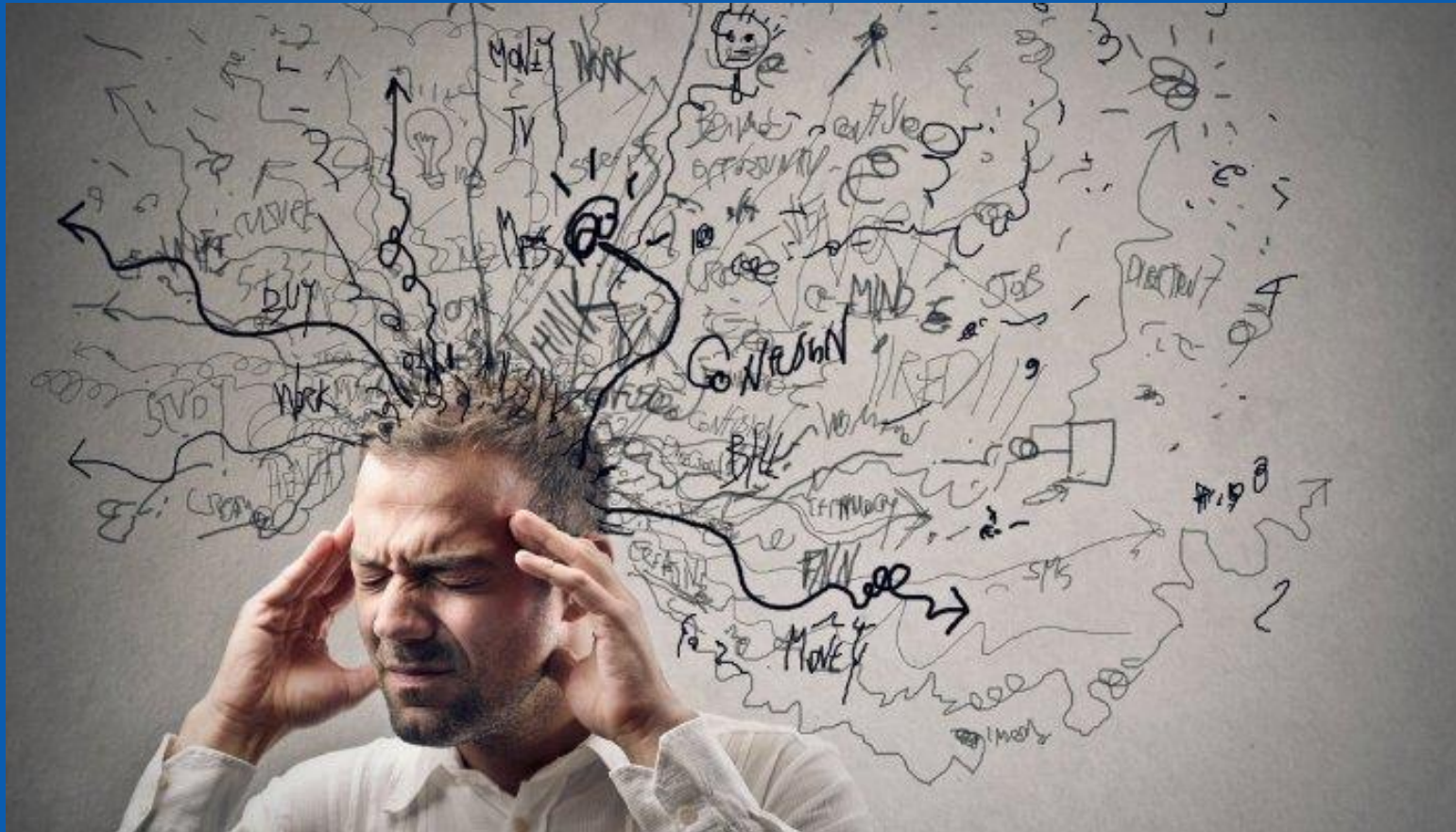
Self-Care Assessment



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Connection – Stress and health



Stress and Poor Health Outcomes

- Brain health and function
- Physical and mental disorders
- Cancer and chronic disease – heart disease, diabetes, asthma
- Physical pain
- Depression and anxiety
- Hormonal disruptions
- Nervous system function
- Life span

Beach Ball Metaphor



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Key Components of Self Care

- Sleep
- Listening to the body
- Mindfulness
- Conscious breathing (Pranayama)
- Movement
- Heart Brain Coherence

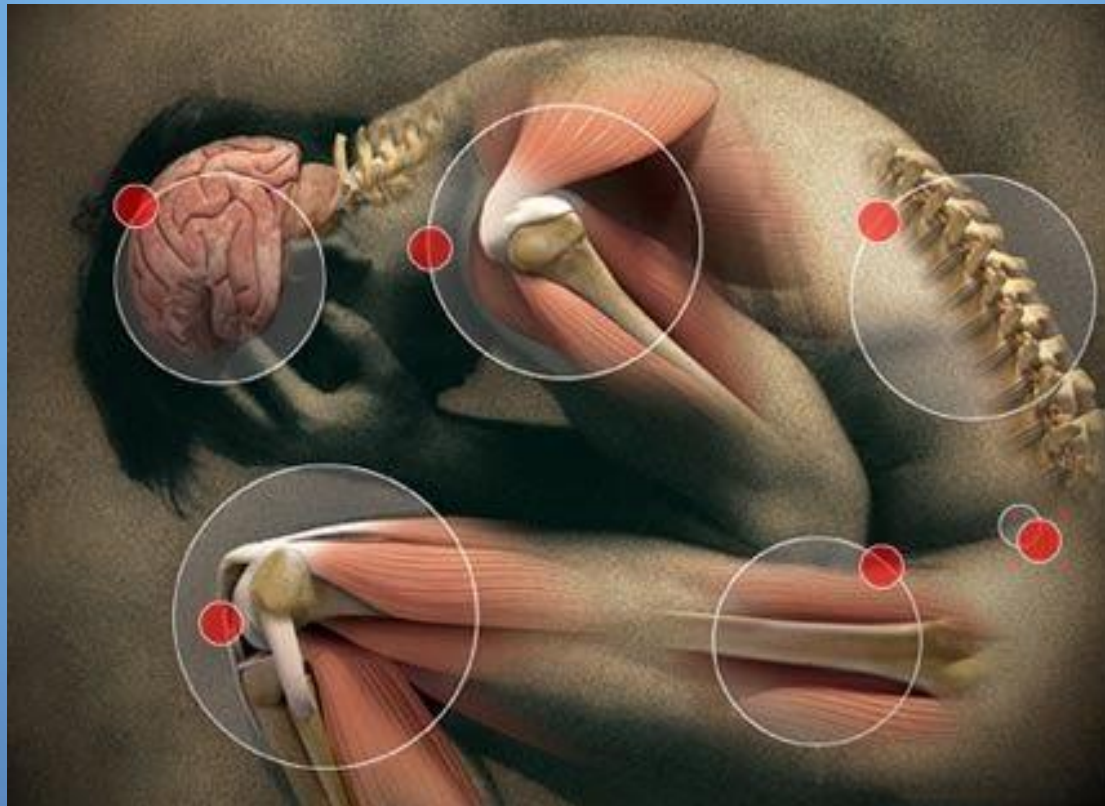
A Few Words on Sleep Hygiene

- Turn off electronics 1-3 hours before bed
- Cut the caffeine after 3 pm
- Create ritual
 - Yoga
 - Meditation
 - Bath
 - Gratitude
- Early is better
- Aim for 7-8 hours

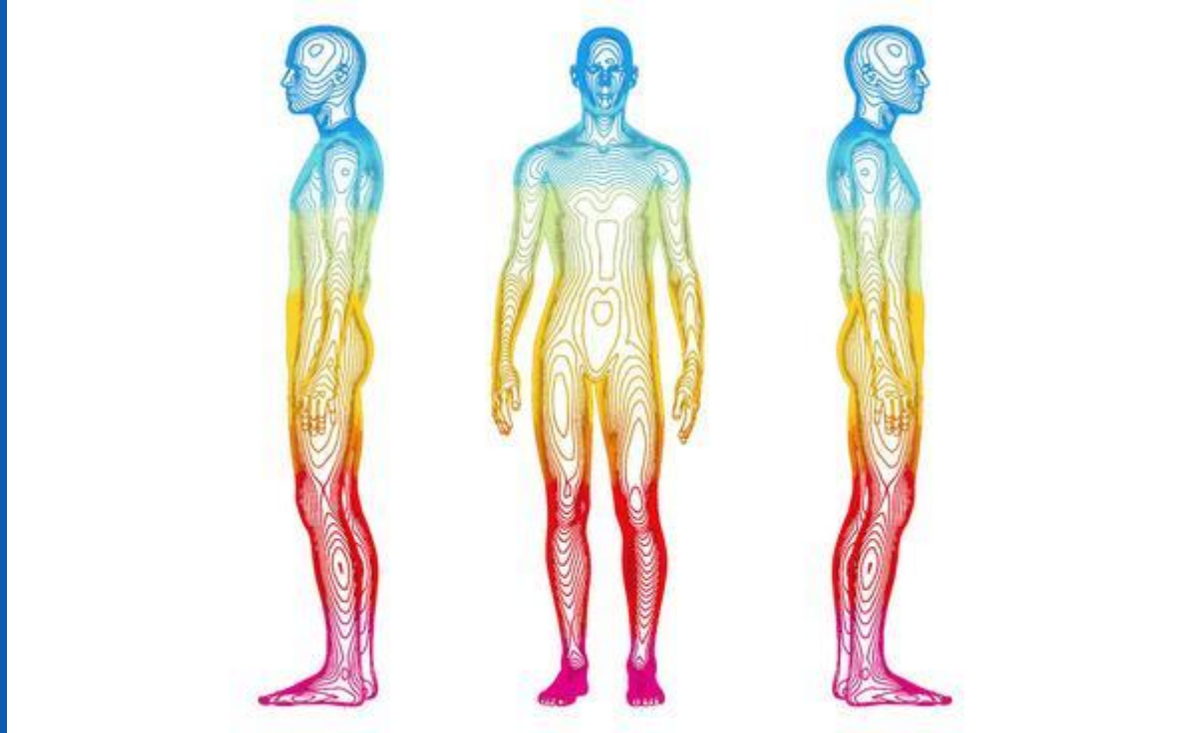


Listening to the Body

“Don’t ask me to take away your symptoms.
The symptoms are merely the messenger.”



Wisdom Centers Scan



Conscious Breath (Pranayama)



Breath Patterns



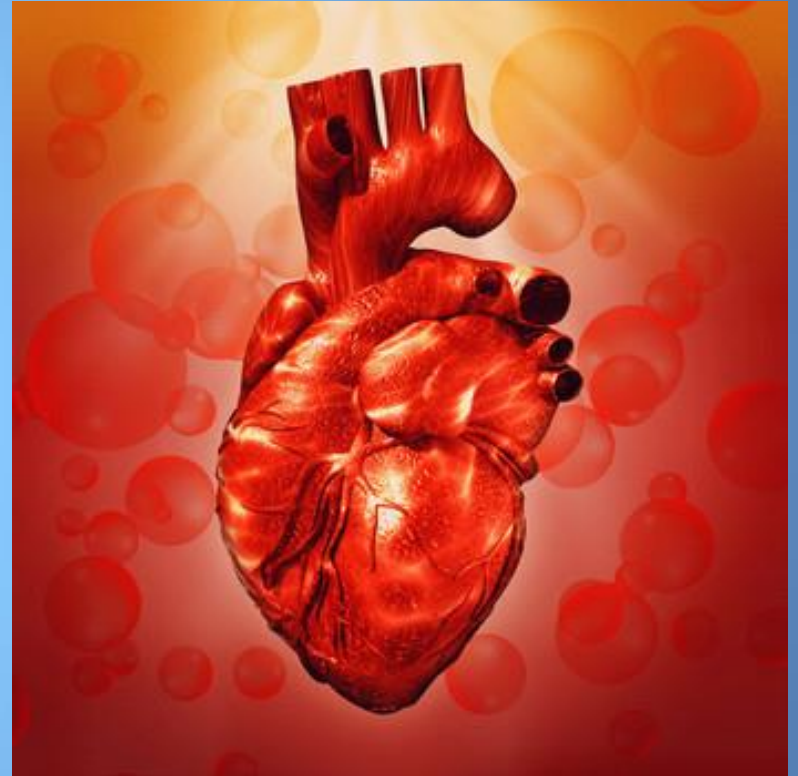
“Don’t let it fool you. It’s a death trap.”



Get up and Move! (movement heals)



Heart-Brain Coherence



Heart Brain Coherence

- Rewiring nervous system - 3 steps
 - Touch heart center physically >>awareness shifts
 - Slow breathing – inhale for 5, exhale for 5 >> creates safety
 - Feel the feeling for heart brain coherence:
 - Appreciation
 - Gratitude
 - Care
 - Compassion



Making it a Habit

- 72 hours to make the neural connections
- Practice every day to strengthen connections
- **THREE** minutes a day or more!



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Self-Care Action Plan: The Self-Care you Want



Accountability - Action Plan

- I commit to do (action/ practice)
- By (date and time)
- _____times per _____(Frequency)
- My Trigger:
- I will hold myself accountable by...

Be the Change You Wish to See in the World



Thank you!

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I would love to hear about your self-care success!