Self-care

Jonathan & Sarah McGuire
Group Discussion:

1. Does anyone here ever feel completely run down and it is all you can do to keep moving forward?

2. When do you feel the most physically and/or emotionally drained?
What will we talk about?

• The Need
• How To
• Personal Application
The Need
Under stress our bodies release:

Adrenalin & Cortisol
Group Discussion:

What sources of chronic stress can you identify in your life?
Effects of Stress

- Headache
- Increased depression
- Rapid breathing
- Insomnia
- Weakened immune system
- Heartburn
- High blood sugar
- Risk of heart attack
- High blood pressure
- Pounding heart
- Stomachache
- Erectile dysfunction
- Fertility problems
- Missed periods
- Low sex drive
- Tense muscles
Stress Inventory
How To
It's been a long day. My kids are finally in bed, and I am supposed to be cleaning my house right now.
When we create a self-care plan, the goal is to:

Create an individualized plan to help you reduce stress
Your plan should include:

• Activities that you do just for fun
• Exercise & health goals
• A regular stress management approach
Progressive Muscle Relaxation
Engage Your Senses
Laugh
Deep Breathing
Progressive Muscle Relaxation

Visualization

Deep Breathing

Engage Your Senses

Laugh
Group Discussion:

What are activities that can be done on a daily basis to take care of yourself and relieve stress?
Group Discussion:

What are some stress relieving activities that might only be realistic to do on a weekly or monthly basis?
Thank you for being here!