



THE SELF-CARE CONTINUUM

**ANCHORAGE URBAN TRAINING COLLABORATIVE
JESSICA LOUWERSE, CODIRECTOR**



ABOUT US



Burnout Prevention

Soul Care

Vocational Sustainability



Variety of Trainings and Experiential Workshops

HUSH: Mindfulness and Meditation in the Workplace



WHAT'S YOUR INTENTION?

EXAMPLES

- To gain a deeper understanding of self-care for my own well-being
- To better understand self-care for the benefit of those around me
- To be open to the possibility of a new or different way of thinking about self-care

SELF-CARE

- **Focusing on yourself and taking time to rest, reflect, replenish and renew**
- **Taking stock of your own needs, goals, health, and accomplishments**
- **Taking time to nourish and nurture all of who you are**

SELF-CARE

RELAXATION

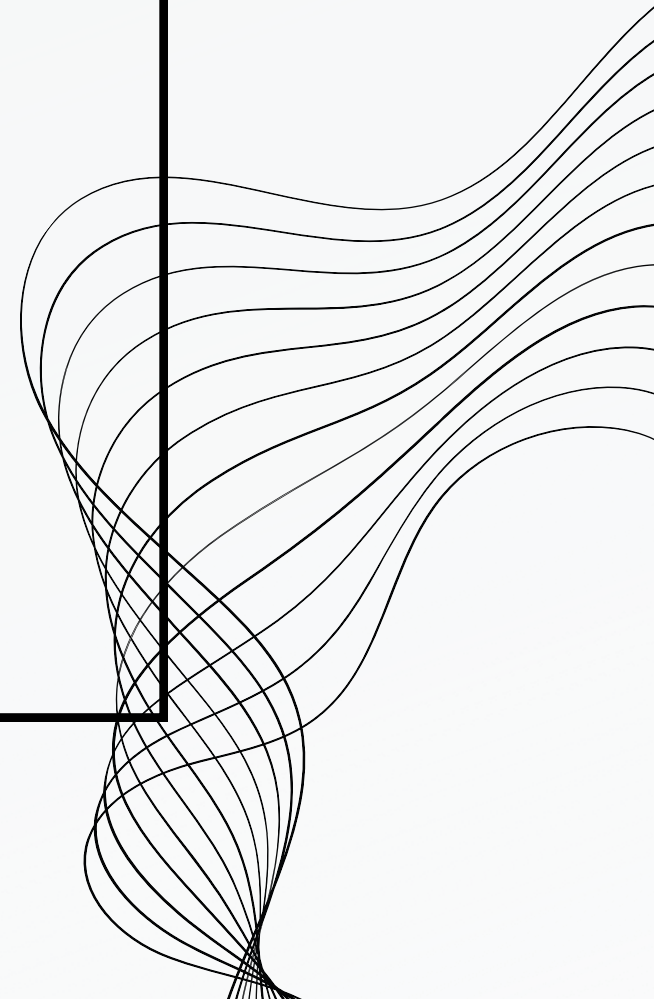
- **Focusing on yourself and taking time to rest, reflect, replenish and renew**

ACTIVE PRACTICES

- **Taking stock of your own needs, goals, health, and accomplishments**

SOUL-CARE

- **Taking time to nourish and nurture all of who you are**





WHY SELF-CARE?

Dimensions that Measure Burnout:

- 1. Emotional Exhaustion**
- 2. Depersonalization**
- 3. Personal Accomplishment**

MBI: Human Services Survey, Maslach, C . & Jackson, S.E.



WHY SELF-CARE?

Personal Holistic Health

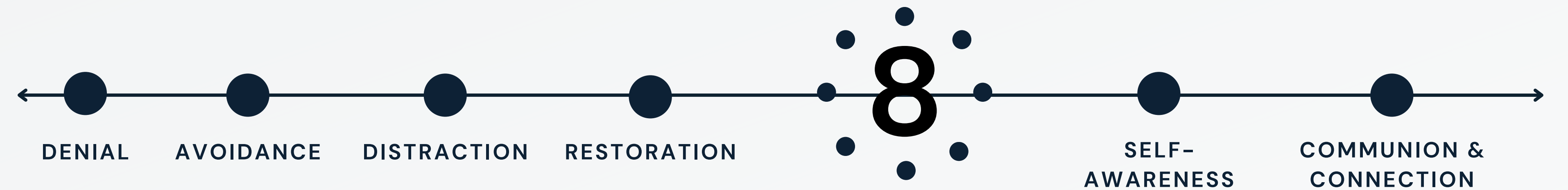
Professional Competency

Organizational Health

Organizational Efficacy

Client Outcomes

SELF-CARE CONTINUUM



Emotional
Environmental
Financial
Intellectual
Occupational
Physical
Social
Spiritual

SELF-CARE CONTINUUM

RELAXATION

ACTIVE PRACTICES

SOUL-CARE

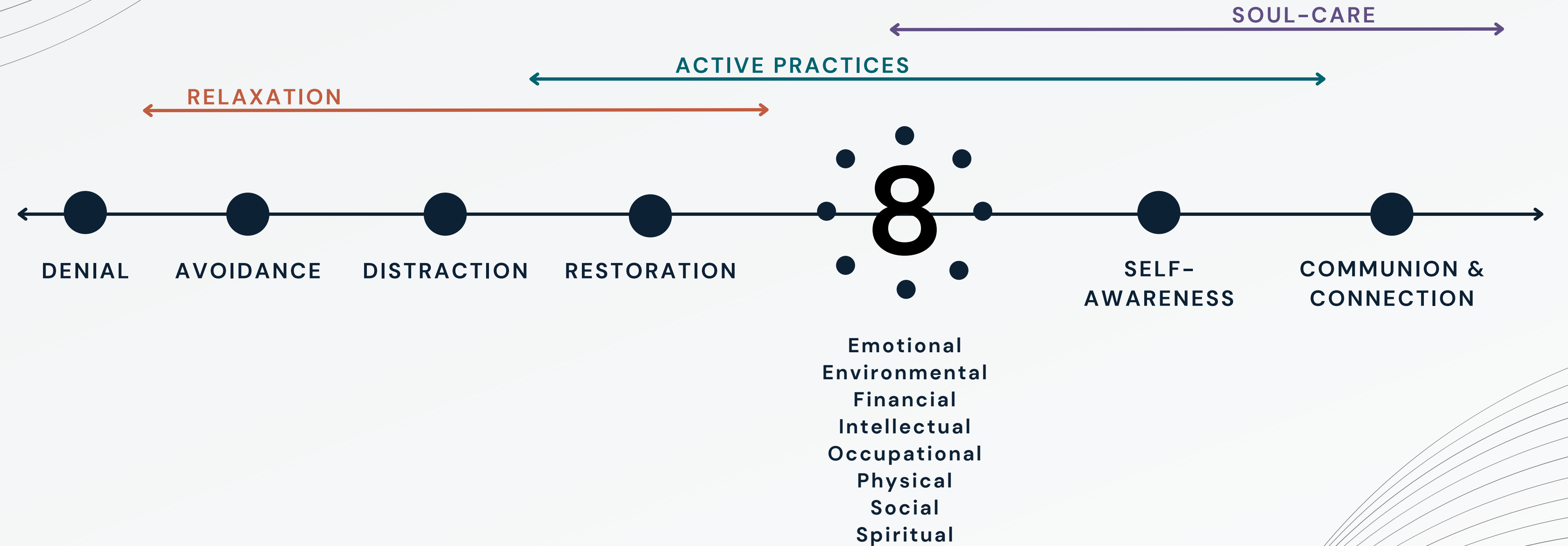


- Emotional
- Environmental
- Financial
- Intellectual
- Occupational
- Physical
- Social
- Spiritual

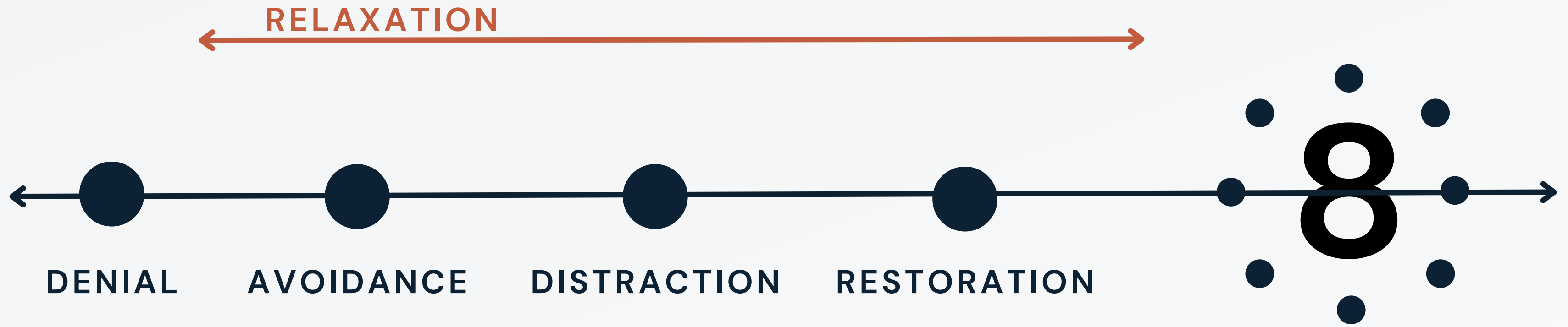
INTERCONNECTED



SELF-CARE CONTINUUM



SELF-CARE CONTINUUM: RELAXATION



DISTRACTION

AVOIDANT

RESTORATIVE

**PASSIVE
ESCAPE FROM
REACTIVE
DEPLETING**

**ACTIVE
ESCAPE TO
RESPONSIVE
THERAPEUTIC**



RELAXATION

RELAXATION

GENERATIVE SELF-CARE PRACTICES ARE:

INTENTIONAL

TEMPORARY

TIME-LIMITED

PRODUCTIVE

ENERGIZING



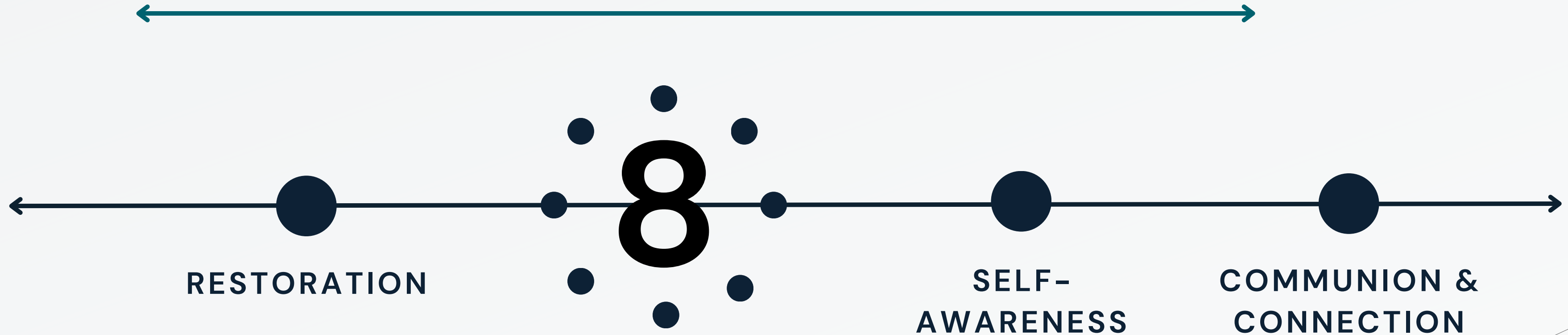
REFLECT:

Is your relaxation generative self-care?

- Is the intent to avoid or restore?
- Is this proactive or reactive?
- What is underneath the urge to avoid?
- Is what you're doing keeping you connected to the present?
- How do you feel afterward? More or less stressed? Numb or energized?

SELF-CARE CONTINUUM: ACTIVE PRACTICES

ACTIVE PRACTICES



RESTORATION

SELF-
AWARENESS

COMMUNION &
CONNECTION

Emotional Occupational
Environmental Physical
Financial Social
Intellectual Spiritual

ACTIVE PRACTICES

EMOTIONAL

ENVIRONMENTAL

FINANCIAL

INTELLECTUAL

OCCUPATIONAL

PHYSICAL

SOCIAL

SPIRITUAL



SCAN ME

ACTIVE PRACTICES

GENERATIVE PRACTICES ARE:

Proactive
Responsive
Goal-Oriented
Value Based
Micro

INTENTIONAL

Scheduled
Balanced
Adaptable
S.M.A.R.T.

RHYTHMIC

Sense of
Accomplishment
or Satisfaction

FULFILLING





REFLECT:

How or where do your practices overlap between relaxation and active self-care practices?

Are your active self-care practices generative?

- To what extent are they intentional?
- To what extent are they rhythmic?
- To what extent are they fulfilling?
- On your current list, what might you need to adapt or change?
- What is something you want to celebrate?



SOUL-CARE: DEFINING SOUL

...what is running your life at any given moment.

...your life center.

Other possible words: spirit, energy, essence - others?



SOUL-CARE: DEFINING SOUL

"Spirituality is not something on the fringes, an option for those with a particular bent. None of us has a choice. Everyone has to have a spirituality and everyone does have one, either a life-giving one or a destructive one. No one has the luxury of choosing here because all of us are precisely fired into life with a certain madness that comes from the gods and we have to do something with that. We do not wake up in this world calm and serene, having the luxury of choosing to act or not act.

What we do with that madness is our spirituality."

Ronald Rolheiser



SOUL-CARE: DEFINING CONTEMPLATION

"The practice of being fully present—in heart, mind, and body—to what is in a way that allows you to creatively respond and work toward what could be."

Center for Action and Contemplation



SOUL-CARE: ANOTHER DEFINITION

“All forms of contemplation share the same goal: to help us see through the deceptions of self and world in order to get in touch with what Howard Thurman called “the sound of the genuine” within us and around us...

Contemplation does not need to be defined in terms of particular practices...

Instead, it can be defined by its function:

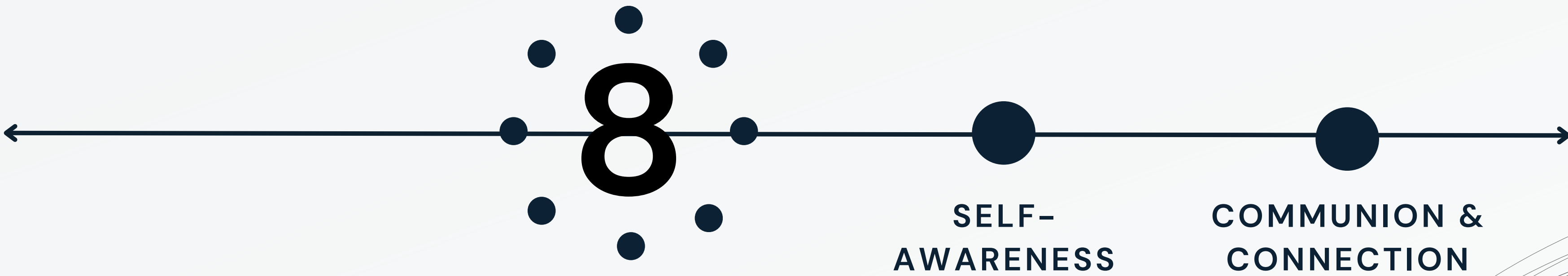
Contemplation is any way one has of penetrating illusion and touching reality.”

Parker Palmer

SELF-CARE CONTINUUM

SOUL-CARE

ACTIVE PRACTICES



SELF-AWARENESS

Purpose:

Increase our ability to monitor our thoughts, emotions, and beliefs with increasing clarity and objectivity through reflection and introspection

COMMUNION & CONNECTION

With:

- Who or what you ground yourself in
- Who or what you have been formed by,
- Who/ what you would LIKE to be grounded in/ formed by



SOUL-CARE

SOUL-CARE PRACTICES

ACTIVE

RELATIONAL

CREATIVE

MOVEMENT

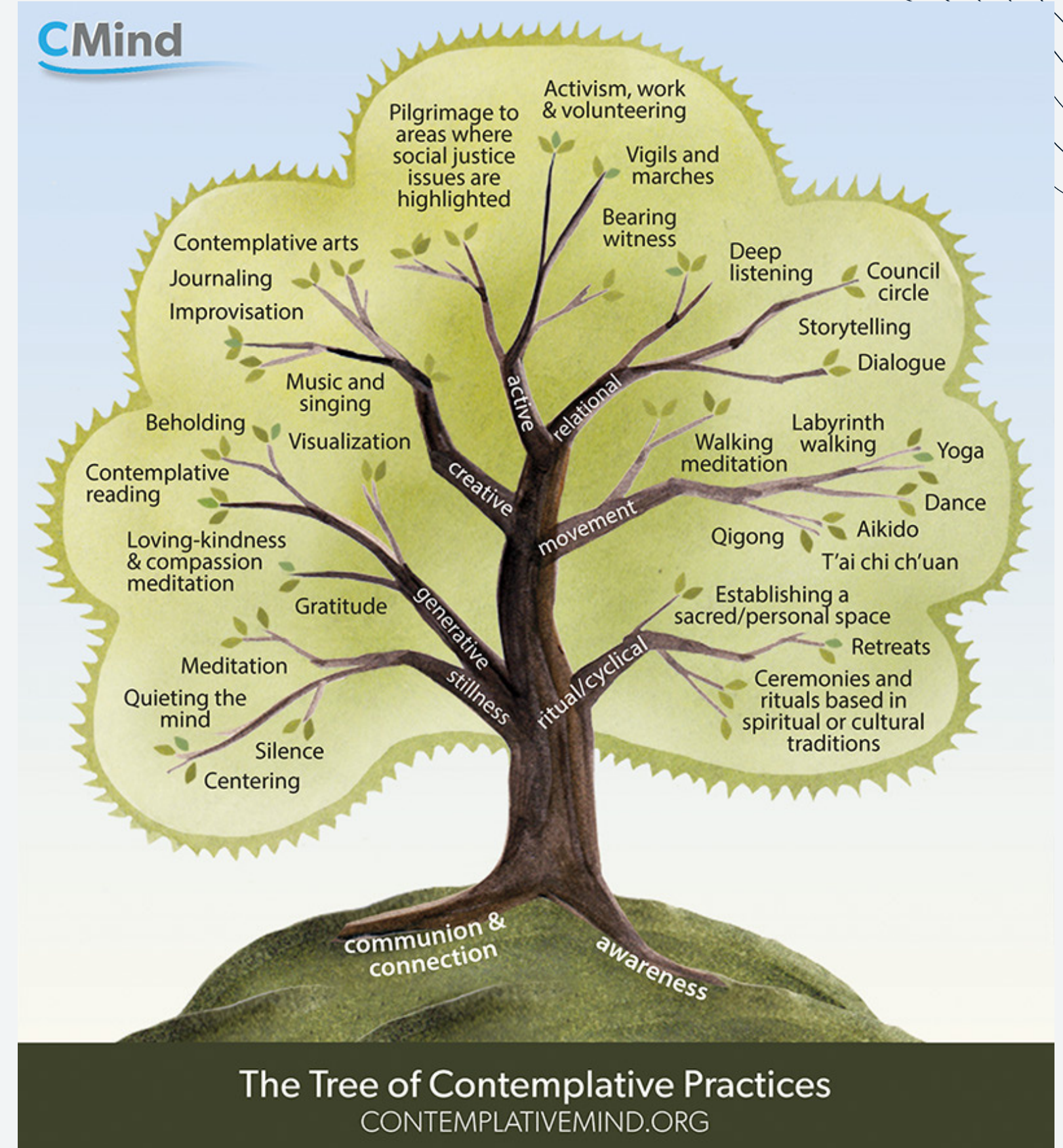
GENERATIVE

STILLNESS

RITUAL/CYCLICAL



SCAN ME



The Tree of Contemplative Practices
CONTEMPLATIVEMIND.ORG

SOUL-CARE PRACTICES

GENERATIVE PRACTICES ARE ROOTED IN
THE INTENTIONS OF SELF-AWARENESS AND
COMMUNION/ CONNECTION +

Proactive
Responsive
Value Based
Micro

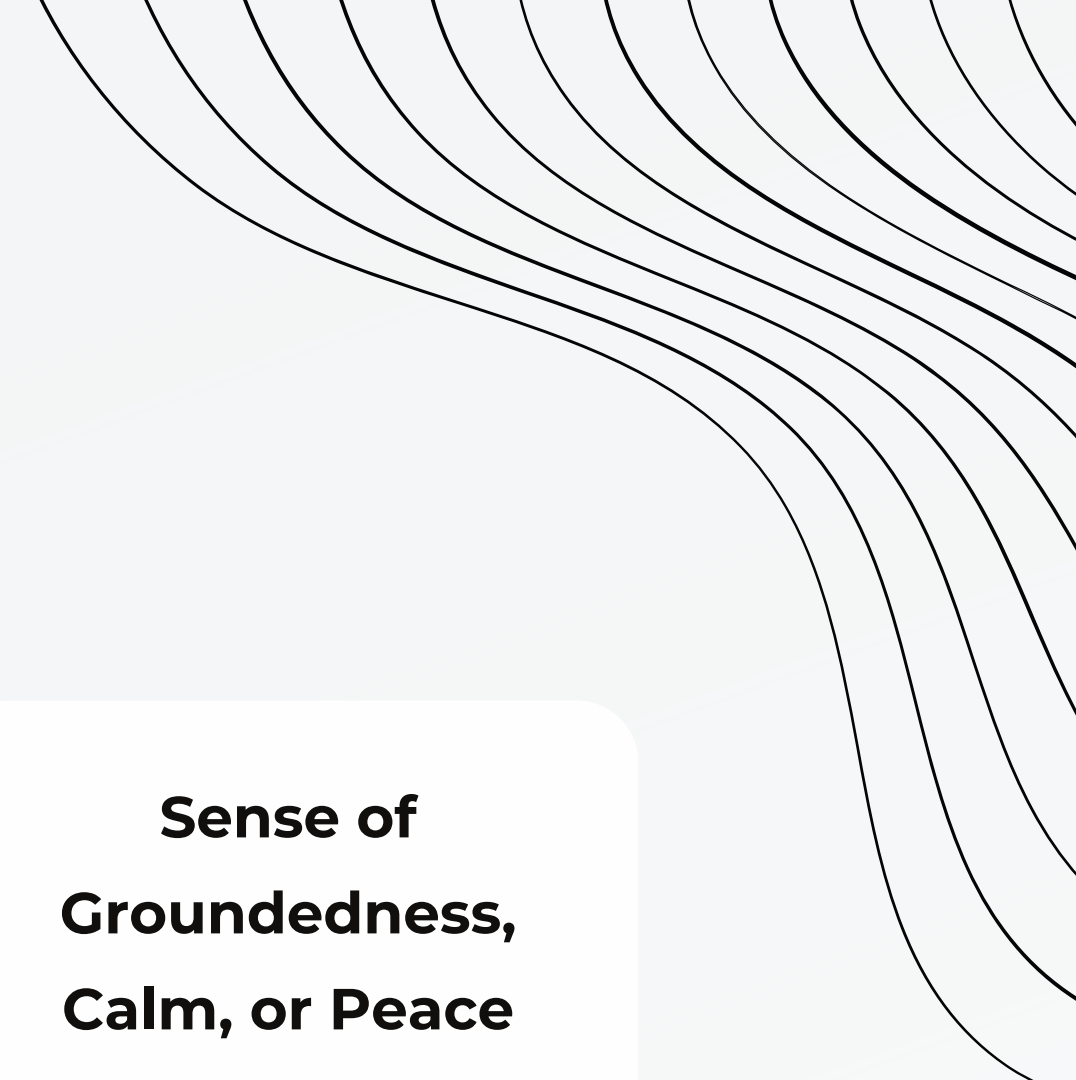
INTENTIONAL

Scheduled
Balanced
Adaptable

RHYTHMIC

Sense of
Groundedness,
Calm, or Peace

FULFILLING





REFLECT:

How or where do your practices overlap with relaxation and active self-care practices?

Are your soul-care practices generative?

- Do these practices fulfill the intentions of increasing your self-awareness or your communion and connection with your center?
- To what extent are they intentional?
- To what extent are they rhythmic?
- To what extent are they fulfilling?

SELF-CARE IS NOT SOLO-CARE

Identify:

- Who is your community? At home? At work?
- What other communities do you belong to?
- What are some of your external systems of support?
- How can you strengthen your system of support, particularly as it relates to self-care?

QUESTIONS

RESOURCES:



ANCHORAGEUTC.ORG

ANCHORAGEUTC@GMAIL.COM