



Holiday Presence: Increasing Connection While Prioritizing Self-Care

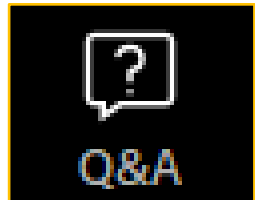
November 12, 2024

Let's Begin!

1

Questions?

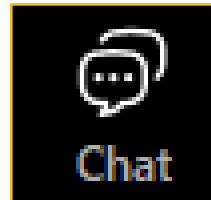
Put them in the Q&A.



2

Comments?

Put them in the Chat.



3

Chat notifications distract you?

Disable them. Click the chat arrow and uncheck "Show chat previews".



4

Will the recording be sent out?

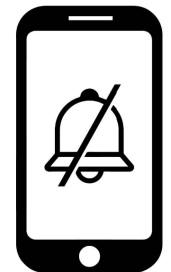
YES! The recording & slides will be sent within one week!



5

Should I put my phone on silent?

YES!





**Holiday Presence: Increasing Connection While
Prioritizing Self-Care**

Meet Today's Presenter



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Director of Family and Clinical Services



RethinkCare

Agenda

1. Learning Objectives
2. What Self-Care Is and Isn't
3. Barriers to Self-Care
4. Benefits of Self-Care
5. Self-Care During the Holidays
6. Setting Self-Care Goals
7. Q&A





Objectives

- Learn how to personally define self-care
- Learn about the science of self-care
- Learn what self-care can do for your physical and mental health
- Learn how self-care can positively impact those around you
- Learn how to manage self-care over the holidays
- Learn how to practice acts of self-care

Poll Question #1

How often are you practicing acts of self-care?

- a. Once a day
- b. Once a week
- c. Once a month
- d. Never

Poll Question #2

What are some barriers you encounter when trying to practice self-care?

- a. Demands at work
- b. Family obligations
- c. Lack of resources
- d. Don't know how

What Self-Care Is and Isn't

Misconceptions of Self-Care



~~Temporary~~

Long-Term

Misconceptions of Self-Care



Dimensions of Self-Care



Maintenance

Monitoring

Management

Barriers to Self-Care

Common Barriers to Prioritizing Self-Care

- Burn out from work
- Family responsibilities
- Lack of routine
- Access to resources
- Overall motivation
- The New Year's Resolution Trap

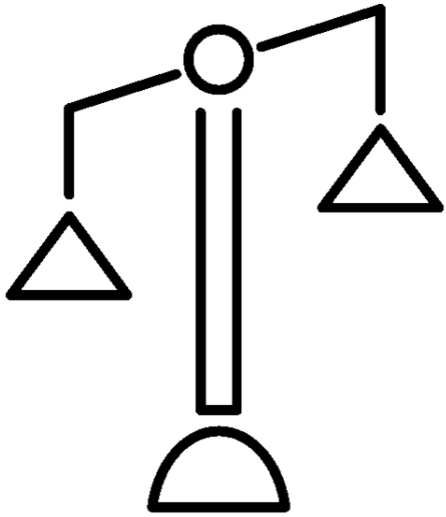


Barriers During the Holidays

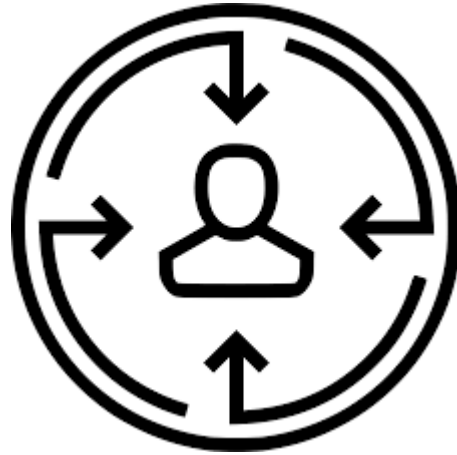
- Hectic/busier than normal schedules
- More crowded stores
- Kids out of school
- Travel/family vacations
- End of year deadlines
- Pressure from family members
- Anxiety and loneliness
- Overwhelming demands



Types of Negative Self-Talk



Comparison



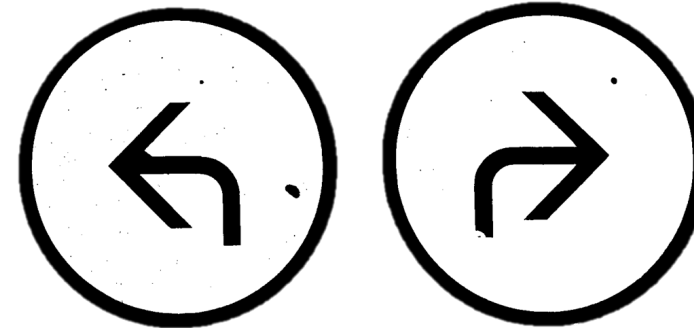
Personalization



Magnification



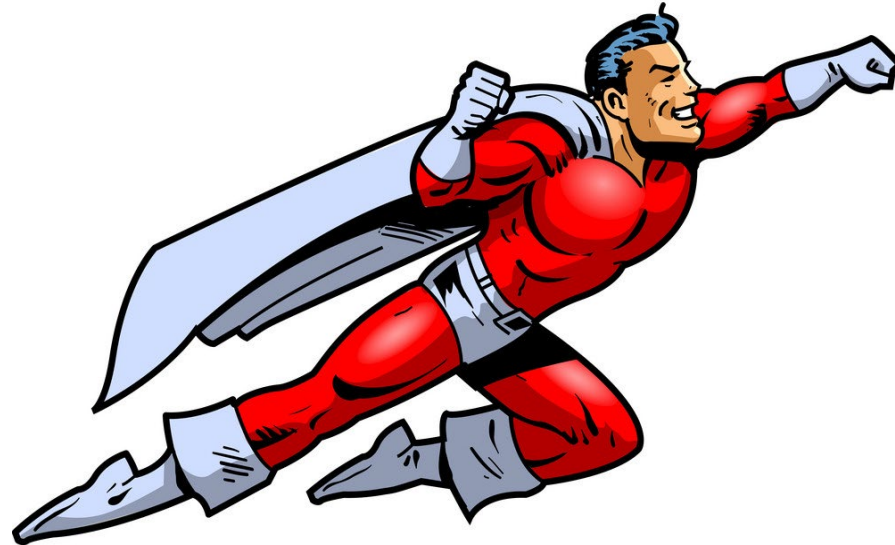
Catastrophizing



Polarization

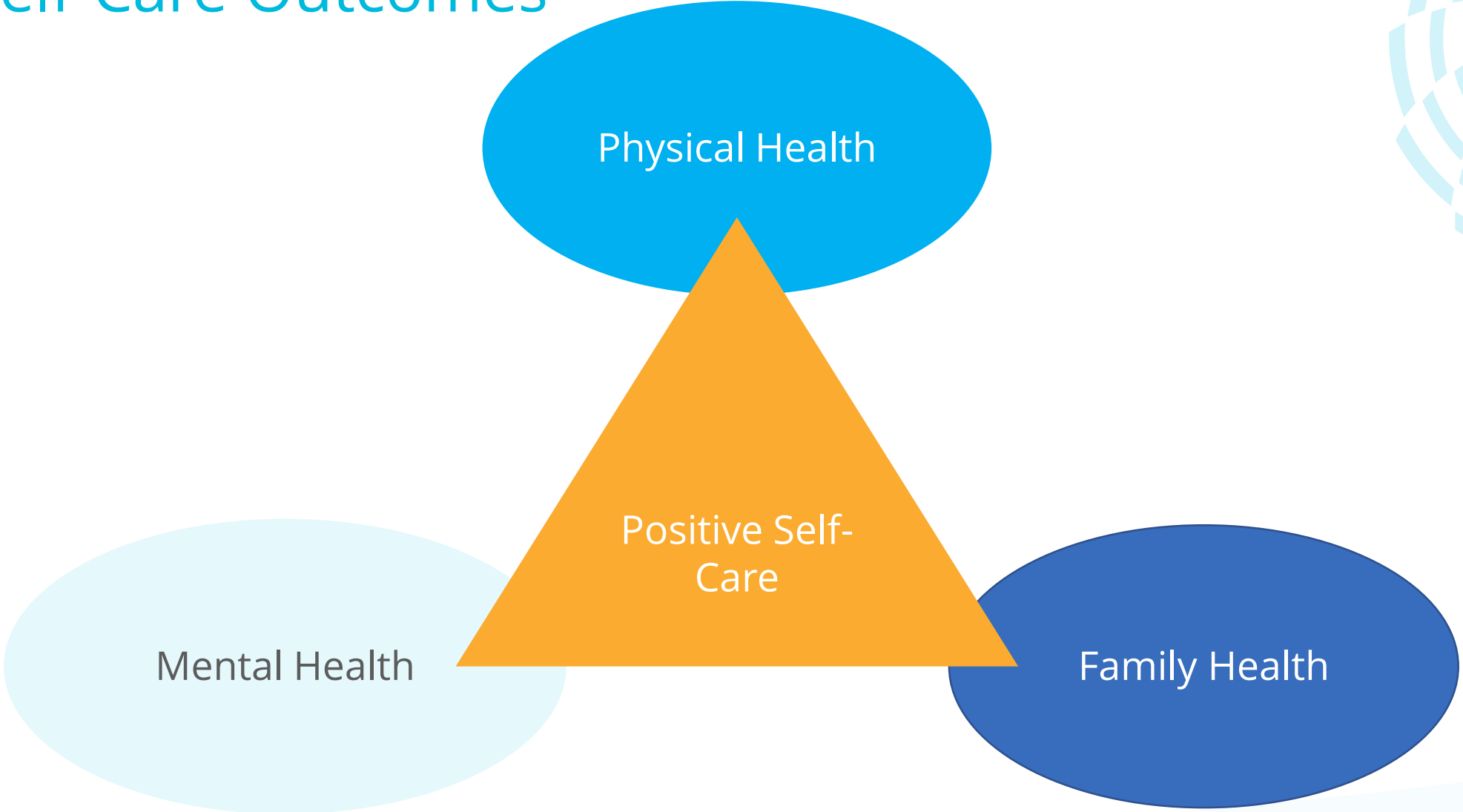
Self-Care Mindset

- Perceptions of Stress
 - 48 Hour Rule
- Impacts of Stress
- Self-Efficacy



Benefits of Self-Care

Self-Care Outcomes



Mindfulness Practices

- Grounding
- Defusion
- Reflection



Self-Regulation Exercises

Box Breathing – Inhale for 3 seconds, Hold for 3 seconds, Exhale for 3 seconds,

Body Scanning – Focus on a part of your body for 10 seconds at a time



Self-Care During the Holidays

Special Considerations for the Holidays



- Assign tasks and decide who is doing what
- Define social expectations
- Prioritize “want to do” versus “have to do”
- Use a visual schedule or calendar to set expectations

Special Considerations for the Holidays



- Eat and meditate beforehand
- Plan breaks ahead of time
- Brief family members on your plan
- Accept help when offered
- Allow breaks and identify a quiet place
- Delegate tasks
- Enjoy yourself!

Mindfulness Exercise

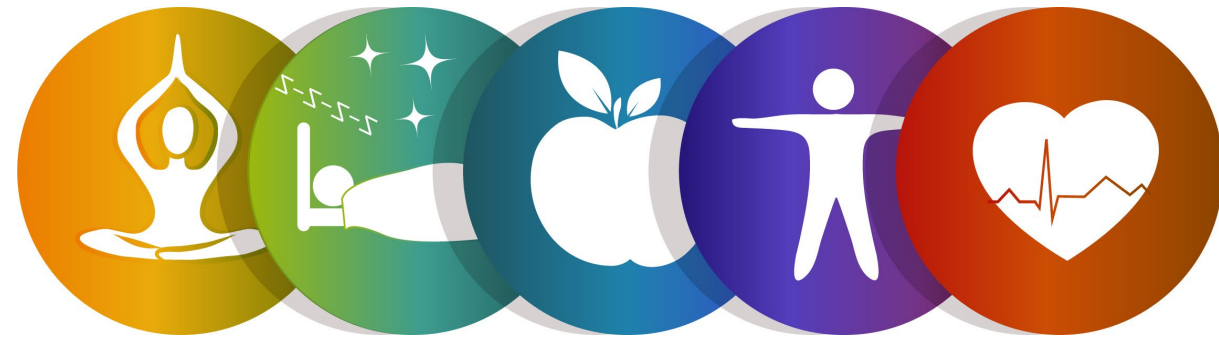
Close your eyes, imagine yourself in a relaxing place, and focus on your 5 senses (sight, sound, taste, smell, touch) in your immediate environment.



Setting Self-Care Goals

Acts of Self-Care

- Intentional
- Preferred
- Confident
- Routine



SMART Goals

S: Specific

M: Measurable

A: Attainable

R: Relevant

T: Timely



How to Set Goals

Step 1: Identify your initial priorities

Step 2: Define your overall long-term goal

Step 3: Define your short-term goals

Step 4: Decide what amount of time you're willing to commit to your goal

Step 5: Establish reasonable timelines of completion

Step 6: Identify accountability measures (e.g. a calendar reminder or a family member)

Step 7: Revisit and expand goals on a regular basis



Example 1:

Priority: Physical Well-Being

Long Term Goal: Commit to an exercise routine

Short Term Goal #1: Take a 30-minute walk twice a week by November 30th

Short Term Goal #2: Ride a bike once a week by December 15th

Short Term Goal #3: Attend a yoga class once a week by January 15th

Measurement: Record each exercise in my phone and add them up weekly



Example 2:

Priority: Arts and Culture

Long Term Goal: Immerse myself in another culture

Short Term Goal #1: Google an article about French culture by November 5th

Short Term Goal #2: Practice a French lesson twice a week by December 10th

Short Term Goal #3: Visit a museum by December 31st

Measurement: Summarize 3 things I learned about that culture in a journal every Friday



Tips for Self-Care: 1-minute activities



Stretching

Water your plants

Message a loved one

Breathing exercise

Interact with your pet

Mindfulness exercise

Tips for Self-Care: 5-minute activities

Listen to your favorite song

Sit in the sun

Look up a new recipe

Journaling

Call a friend or loved one



Tips for Self-Care: 30-60 minute activities



Read a book

Listen to a podcast

Play a game

Exercise routine

Go for a walk

Practice a new language

Meditate

Take a nap

Caring for Yourself

- Set attainable goals
- Start slow
- Make a consistent routine
- Reevaluate goals
- Write and reflect
- Be real and kind to yourself



Questions?



NFP Wise & Well Training Center
Upcoming webinars, previous webinar
recordings and supplemental information.



Cheers to your health and well-being!
Thank you for joining us.



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