




Self-Care: Don't Fall Into Empty



You can't pour from an empty cup.
Take care of yourself first.

What You Should Know About Empty:

Signs You Are Falling Into Empty

- ▶ low level of stress or anxiety all the time
- ▶ eating whatever is easiest on an ongoing basis, not taking any notice to the health benefits of it
- ▶ being able to pull information about the health of the people around you to mind quicker than your own health
- ▶ putting off your own needs to take care of others
- ▶ telling yourself you don't have time to do something you enjoy
- ▶ not regularly being seen for preventive medical care
- ▶ Feeling irritable and overwhelm regularly
- ▶ compassion fatigue and depersonalization when it comes to your clients

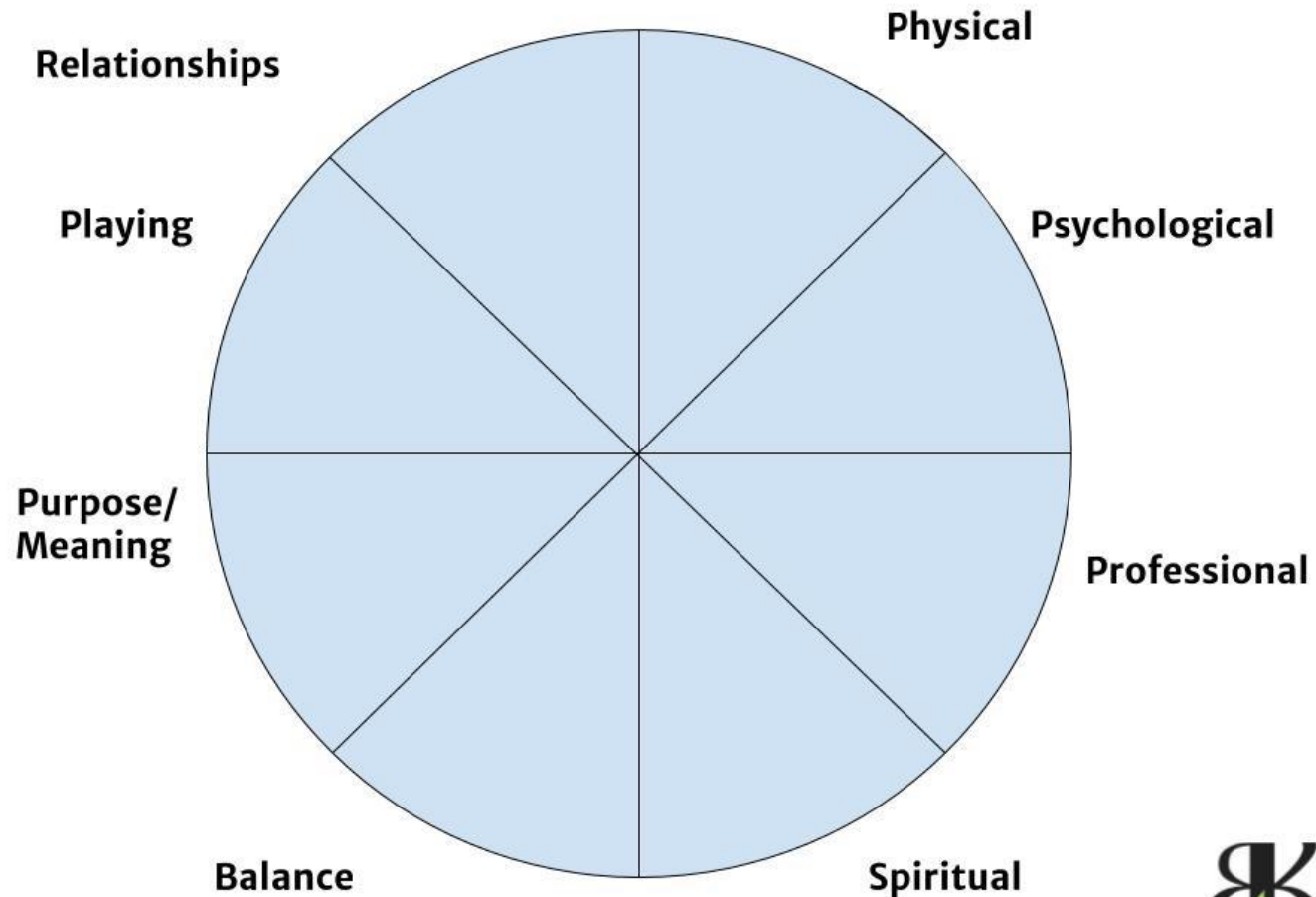
The Effects of Falling Into Empty

- ▶ medical problems(heart problems, lowered immune system, ignoring health problems until they are really bad instead of catching them early)
- ▶ relational problems(isolation, neglect, marital issues, not seeking own relational needs)
- ▶ mental health problems (ignoring hurt, depression, anxiety)
- ▶ stress(trying to push it down instead of address it)
- ▶ lack of enjoyment (not taking the time or feeling like you have the capacity to enjoy life)
- ▶ And many more...

Staying Full: What does self-care mean?

- ▶ Physical
- ▶ Psychological
- ▶ Professional
- ▶ Spiritual
- ▶ Balance
- ▶ Purpose/Meaning
- ▶ Playing
- ▶ Relationships

Measuring:



Five Secrets to Making It Fit Into The Busy

- ▶ #1 Schedule It Into Your Lifestyle
- ▶ #2 Use the Support of Others
- ▶ #3 If At First You Don't Succeed, Redefine Success
- ▶ #4 Ask for Help
- ▶ #5 Batch Your Time to Plan for Self-Care



Questions?