



Therapeutic Webinars



Self-Care Tips for Uncertain Times

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Disclaimer

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Self-care

- **What does self-care mean to you?**



Self-care

- Activities that take care of our mental, emotional, physical, and spiritual wellbeing.
- Self-care refuels us rather than takes from us.
- It is NOT selfish!

Over the past week...

- Please share any self-care activities that you have done over the past week in the chat.

Examples of self-care activities:

- Got enough sleep
- Got out of bed at a regular hour
- Brushed your teeth
- Took your medication/vitamins
- Kept hydrated throughout the day
- Had well balanced, nourishing meals
- Did physical activity
- Took a shower or a bath
- Connected with friends or family
- Watched a funny movie
- Brushed your hair
- Cuddled with your pet
- Had a cup of coffee or tea
- Baked your favourite desert
- Did deep breathing exercises or meditation
- Practiced gratitude
- Read a good book
- Listened to music
- Wrote in your journal
- Did a puzzle

POLL: How many of you have done...

- More than 10?
- 6-9?
- 3-5?
- Less than 3?

Gratitude

- Gratitude is a state of mind that arises when you affirm a good thing in your life that comes from outside of yourself, or when you notice and relish little pleasures.



Benefits of gratitude

- 1) Gratitude increases **mental strength**
- 2) Gratitude increases **sleep quality**
- 3) Gratitude improves **psychological health**
- 4) Gratitude improves **physical health**
- 5) Gratitude improves **self-esteem**
- 6) Gratitude improves **relationships**

How can you practice gratitude?

- Gratitude journal
- Count your blessings
- Thank people!



What are you grateful for?

Please add to the chat!

Take home messages

- **Self-care refuels us: it is a way to take care of our mental, emotional, physical, and spiritual wellbeing.**
- **Gratitude is a tool for increasing wellbeing, and practicing it regularly reaps many benefits.**

Questions?





Thank you for joining!

Additional resources can be found on our website: www.jgh.ca/icfp