Therapeutic Webinars

Self-Care Tips for Uncertain Times

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Disclaimer

- **These webinars are not therapeutic or clinical encounters.** They are informational sessions. Presenters cannot provide individualized input to participants.

- **Please respect privacy and confidentiality** of other participants.

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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