

**MEANINGFUL
SELF-CARE THAT
MAKES A DIFFERENCE**



A top-down view of a desk setup. In the center is an open, cream-colored notebook with a dotted grid pattern. The left page has the words "SELF" and "CARE" written in a black, hand-drawn font, with a small black heart symbol between them. A black fountain pen with a gold nib lies horizontally across the right page. Above the notebook, a pair of round, thin-framed glasses with reddish-brown temples is placed. To the right of the glasses is a clear glass filled with water. To the left of the notebook is a large, vibrant green monstera leaf with characteristic splits. To the right of the notebook, a black pen cap lies on the surface. The entire scene is set against a plain white background.

SELF
♥
CARE

It's about taking care of your own mental health so you are at your best.



It's not just
about
these...



Sometimes, Cheetos and Netflix is ok.
What's your stress snack?

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Word Cloud

Waiting for responses ...



"The truth is...I've completely abandoned myself.

Not only have I worn the same pajamas for several days in a row, but I've been ignoring my body's cues about nutrition and hydration and sleep and movement and and and....

Yes, these are highly stressful times. But no, my coping mechanisms cannot be abusive. I cannot continue treating my body like a trash receptacle for all of the bad feelings and vibes out there in the world."

- Gina Perkins, Katie Not Afraidy

Can you
relate?



COMPASSION

SELF-CARE

SUPPORT

What gets in the way?



Burnout:
Work stress
that hasn't
been properly
managed
(RUDE!)



LEADS TO:

EXHAUSTION

CYNICISM

REDUCED EMPATHY

LOW JOB
SATISFACTION

HIGHER LIKELIHOOD
OF LEAVING

Signs to look for:

IRRITATION

LACK OF FOCUS

QUICK RAGE

POOR COPING SKILLS



Here's the bad news.

The effects of chronic
high stress on our
bodies aren't optional.

SELF-CARE PRACTICES

```
graph LR; A[SELF-CARE PRACTICES] --- B[THE BORING FOUR]; A --- C[GET IN THE ZONE AND FLOW]; A --- D[TRY SOMETHING NEW];
```

THE BORING
FOUR

RUNNING,
SWIMMING, ETC

GET IN THE ZONE
AND FLOW

TRY SOMETHING
NEW

THE BORING FOUR

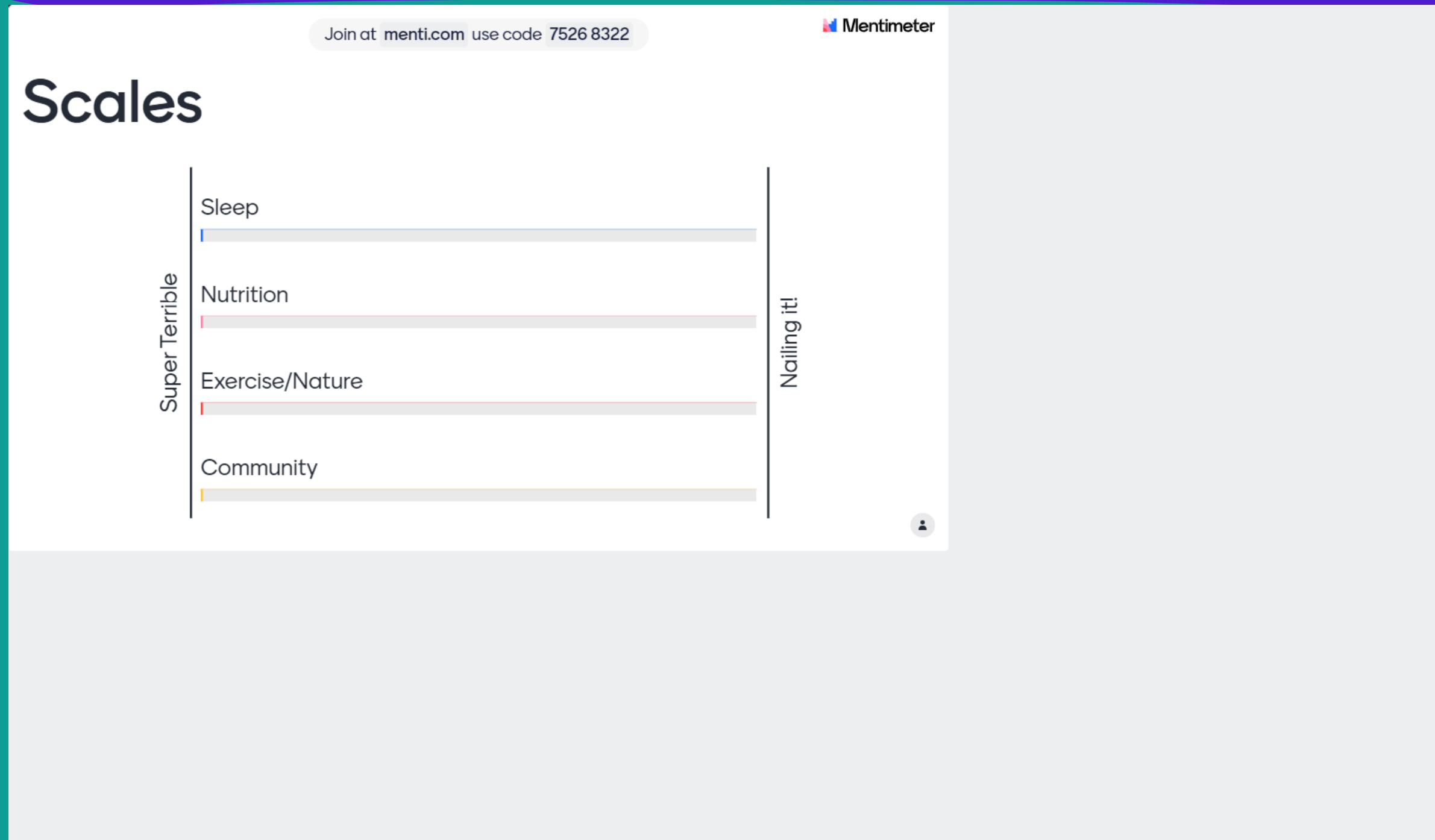
SLEEP

EXERCISE

NUTRITION

COMMUNITY

How are YOU doing on the Boring Four?



SELF-CARE PRACTICES

```
graph LR; A[SELF-CARE PRACTICES] --- B[THE BORING FOUR]; A --- C[GET IN THE ZONE AND FLOW]; A --- D[TRY SOMETHING NEW];
```

THE BORING
FOUR

RUNNING,
SWIMMING, ETC

GET IN THE ZONE
AND FLOW

TRY SOMETHING
NEW

Flow:

an intense experience of
moment-to-moment activity; can
only be achieved on the basis of an
individuals' personal effort and
creativity



GET IN THE ZONE AND FLOW

RUNNING,
SWIMMING, ETC

ART, WRITING,
MUSIC

MEDITATION

VIDEO
GAMES

WORK YOU
LOVE

DANCING

What gets you "in the zone", creates flow?

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Mentimeter

Open Ended

Waiting for responses ...



SELF-CARE PRACTICES



```
graph LR; A[SELF-CARE PRACTICES] --- B[THE BORING FOUR]; A --- C[GET IN THE ZONE AND FLOW]; A --- D[TRY SOMETHING NEW]; C --- E[RUNNING, SWIMMING, ETC];
```

A mind map with a central purple node 'SELF-CARE PRACTICES' connected to three teal nodes: 'THE BORING FOUR', 'GET IN THE ZONE AND FLOW', and 'TRY SOMETHING NEW'. The 'GET IN THE ZONE AND FLOW' node is further connected to the text 'RUNNING, SWIMMING, ETC'.

THE BORING
FOUR

GET IN THE ZONE
AND FLOW

TRY SOMETHING
NEW

RUNNING,
SWIMMING, ETC

TRY SOMETHING NEW

5 SENSES

SOCIAL
MEDIA BREAK

BREATHING
EXERCISES

3 GOOD
THINGS

EMOTIONAL SELF
REGULATION

REFRAME
THOUGHTS

SELF-CARE PRACTICES

THE BORING FOUR

SLEEP

EXERCISE

NUTRITION

COMMUNITY

GET IN THE ZONE AND FLOW

RUNNING,
SWIMMING, ETC

ART, WRITING,
MUSIC

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SOCIAL
MEDIA BREAK

BREATHING
EXERCISES

3 GOOD
THINGS

EMOTIONAL SELF
REGULATION

REFRAME
THOUGHTS

What are your most effective tools when you're stressed out, anxious or depressed?

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Open Ended

Waiting for responses ...



REMEMBER
YOUR WHY.



When do
you need
more
help?

SYMPTOMS > TWO WEEKS

TROUBLE SLEEPING,
LOW ENERGY

LACK OF ENJOYMENT

PERSISTENT HOPELESSNESS



Q+A

WITH TARA ROLSTAD

What 2–3 ideas will YOU try?

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Word Cloud

Waiting for responses ...





Give feedback to Tara

1. Scan this QR code



or go to talk.ac/tara

2. Enter this code on the screen

SELF CARE

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