

Ask The Expert:

Focus on You in 2022
Self Care

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Welcome Featured Speakers!



Lisa Bellafato

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Please remain on mute to prevent background noise and interruptions.



The chat box is open for questions you may have regarding today's presentation.

Agenda



- What is Self-Care?
- Jewels/Tools
- Benefits of Self-Care
- 8 Dimensions of Self-Care
- How to Practice Self-Care
- Resources

Poll



BREATHE



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BY MOLINA HEALTHCARE

Does this Sound Familiar?



Today's Culture



- 24/7 connectedness
- Expectation of immediate response
- Age of social media
- Glorification of busy
- Doing and busyness is rewarded
- Business = Busyness: Work smarter not harder
- Badge of honor to get little sleep and to be working at all hours
- Rest is seen as weak



**It takes courage
to rest and play
in a culture where
exhaustion is
seen as a status
symbol.**

-Brené Brown



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What is Self-Care?

The World Health Organization defines self-care as “the ability of individuals, families and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider”.

SELF-CARE IS NOT SELFISH

- Taking care of yourself is vital!
- We take care of our cars, our places where we live, and our material goods.
- Why do we not devote the same time to taking care of ourselves?
- **SELF-CARE IS SELF RESPECT!**

WHY IS SELF-CARE SO IMPORTANT?

- It develops a relationship with yourself.
- It reinforces that your needs are valid and important.
- When you take care of your health, needs, and stress levels, you are better able to help others.

STRETCH

Benefits of Self-Care

Self-care can...

- Improve holistic health
- Improve physical well-being
- Improve positive outlook and mental health
- Reduce anxiety
- Strengthen the immune system

- Help to relieve stress and better manage stress
- Help to prevent/manage burnout
- Strengthen resiliency
- Help you have better relationships
- Help you to be a better caregiver

**Rest and play are as vital to
our health as nutrition and
exercise.**

-Brené Brown

Simple Approach to Self-Care

1. Figure out what you need.

(What brings you joy, what energizes you, what drains your energy)

2. Respond to what you need.

3. Build breathing space into your day to do 1 & 2.

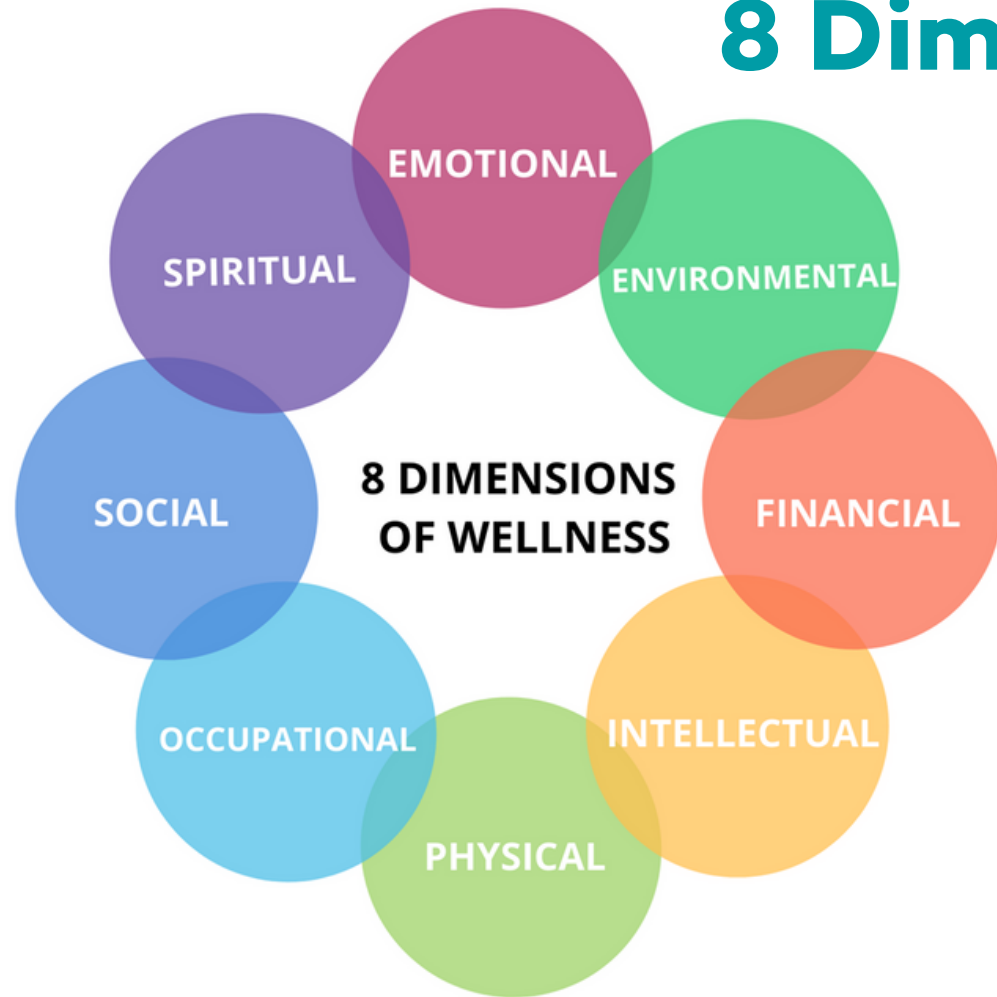
Sometimes, self-care is about subtracting something from your life instead of adding something to your life.

MOVE



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Self-Care for All Aspects of You: 8 Dimensions of Wellness



- Look at all dimensions of your life.
- See where you need balance.
- Choose self-care that helps bring balance to that dimension.

Self-Care for All Aspects of You

Dimension of Wellness	Self-Care Ideas
Physical	Prioritize sleep (7-9 hours), eat healthy, nourishing foods (eat the rainbow), move your body (dance, walk, stretch), take a bath, make well-visit appointments, engage your senses
Intellectual	Read a book, take an online course, practice mindfulness, technology breaks, take a mini staycation break
Emotional	Practice kindness & compassion to yourself & others, healthy boundaries, say no, time for reflection, affirmations, self-talk, live in the present moment
Spiritual	Meditation, prayer, journaling, walk in nature, quiet time, technology fast, time for hobbies
Financial	Saving money, planning for retirement, organizing expenses, spending wisely
Occupational	Eat a healthy lunch, set clear professional boundaries, professional development
Environmental	Clutter-clearing, cleaning home & work spaces, get out in nature, gardening, do a litter walk
Social	Spend time with family & friends, don't overcommit, ask for help when needed

Nature



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Pathways to Self-Care



Intuitive Path

- Listen to your body, mind, and spirit to see what you need to take care of you.
- Make time to do what brings you joy.

Attach It to Something You are Already Doing

- Take 5 deep breaths when you turn on or off a light.
- Do 12 squats while brushing your teeth.

Assessment & Plans Path

- Use an assessment tool to see what areas you are doing well and what areas can be strengthened.
- Choose or create a plan to help you incorporate self-care into your daily routine

SELF-CARE ASSESSMENT WORKSHEET

This assessment tool provides an overview of effective strategies to maintain self-care. After completing the assessment, you can move on to developing a full self-care plan.

Using the scale below, rate the following areas in terms of frequency:
5 = Frequently 4 = Occasionally 3 = Rarely 2 = Never 1 = It never occurred to me

Physical Self-Care

- Eat regularly (e.g. breakfast, lunch and dinner)
- Eat healthy
- Exercise
- Get regular medical care for prevention
- Get medical care when needed
- Take time off when needed
- Get massages
- Dance, swim, walk, run, play sports, or do some other physical activity that is fun
- Take time to be sexual—with yourself, with a partner
- Get enough sleep
- Wear clothes you like
- Take day trips or mini-vacations
- Other:

Psychological Self-Care

- Make time for self-reflection
- Have your own personal psychotherapy
- Write in a journal
- Read literature that is unrelated to school
- Let others know different aspects of you
- Notice your inner experience—listen to your thoughts, judgments, beliefs, attitudes, and feelings
- Engage your intelligence in a new area, e.g. go to an art museum, history exhibit, sports event, theater performance
- Practice receiving from others
- Be curious
- Say "no" to extra responsibilities sometimes
- Other:

Emotional Self-Care

- Spend time with others whose company you enjoy
- Stay in contact with important people in your life
- Give yourself affirmations, praise yourself
- Love yourself
- Re-read favorite books, re-view favorite movies
- Identify comforting activities, objects, people, relationships, places and seek them out
- Allow yourself to cry
- Find things that make you laugh
- Express your outrage in social action, letters and donations, marches, protests
- Play with children
- Other:

Spiritual Self-Care

- Make time for reflection
- Spend time with nature
- Find a spiritual connection or community
- Be open to inspiration
- Cherish your optimism and hope
- Be aware of nonmaterial aspects of life
- Try at times not to be in charge or the expert
- Be open to not knowing
- Identify what is meaningful to you and notice its place in your life
- Have experiences of awe
- Read inspirational literature (talks, music, etc.)
- Other:

Adapted by BWell Health Promotion from: Transforming the Pain: A Workbook on Vicarious Traumatization. Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996)

DEVELOP A SELF-CARE PLAN

1. List the self-care habits you are using now to manage stress and stay healthy: (I get at least 8 hours of sleep at night)

2. List the self-care habits you would like to use but are not currently practicing: (Practicing yoga regularly)

3. Identify the obstacles keeping you from practicing these habits: (I don't practice yoga regularly because I don't have the time to)

4. What solutions can you come up with to address the obstacles you listed: (I could free up time for myself by watching less TV or waking up earlier)

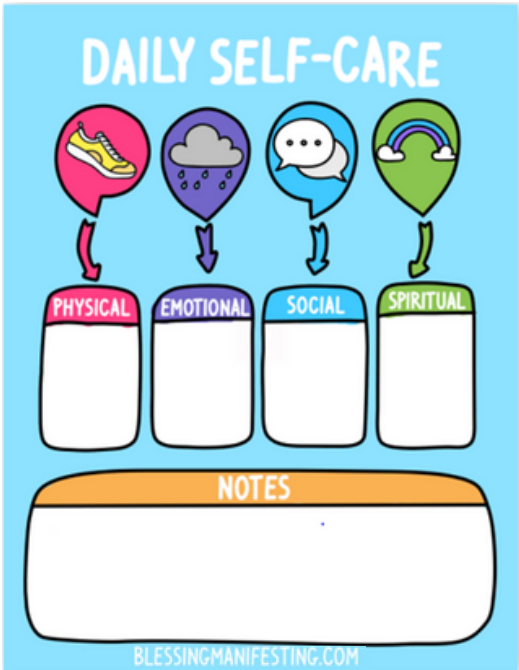
5. Reread the self-care habits you wrote down for item 2. Select one of the habits you would like to begin practicing and complete the sentences below.

Today, I commit to...

I want to do this because...

I will accomplish this by...

Self-Care Plans



Nurturing vs. Depleting Activities

Some of the things we do each day can be thought of as **nurturing activities**.

These cheer us up, give us energy, improve our well-being, and help us to better manage stress.

Other activities can be self-defeating, only adding to or perpetuating our low mood.

For example:

- Eating healthy, regular meals
- Engaging in our hobbies
- Getting enough sleep, or
- Spending quality time with friends.

These **depleting activities** sap our energy, increase our stress levels, and take away from our happiness.

Examples might include:

- Repetitive work-related tasks
- Taking care of others
- Ruminating or dwelling on the past, or
- Reading the news.

When managing symptoms of stress, depression, and anxiety, it can be easy to forget about the self-nurturing activities that often help us feel better.

Reflecting on which category our daily activities fall into can help us take steps to restore a healthy balance.

With more nurturing activities in our lives, we can better deal with life's difficulties when they do arise since we are operating from a place of better mental wellbeing overall.



Instructions:

1. In the left-hand column below, write down your daily activities, beginning from when you wake up to the last thing before you fall asleep. You'll find two examples provided to help.
2. When you're done, put a tick in the second or third column beside it, depending on whether the activity is Nurturing or Depleting. If it helps, you can assign more than one tick to each item - e.g. one Nurturing activity may outweigh several Depleting activities.
3. Total the activities or your ticks in the final row of the table to get an overall idea of your current balance each day. How can you introduce more balance into your routine?

Activity	Nurturing	Depleting
Get up	<input type="checkbox"/>	<input type="checkbox"/>
Eat breakfast	<input type="checkbox"/>	<input type="checkbox"/>
Take shower	<input type="checkbox"/>	<input type="checkbox"/>
Commute to work	<input type="checkbox"/>	<input type="checkbox"/>
Work	<input type="checkbox"/>	<input type="checkbox"/>
Exercise	<input type="checkbox"/>	<input type="checkbox"/>
Relax	<input type="checkbox"/>	<input type="checkbox"/>
Time with family	<input type="checkbox"/>	<input type="checkbox"/>
Time with friends	<input type="checkbox"/>	<input type="checkbox"/>
Time alone	<input type="checkbox"/>	<input type="checkbox"/>
Read	<input type="checkbox"/>	<input type="checkbox"/>
Watch TV	<input type="checkbox"/>	<input type="checkbox"/>
Go to bed	<input type="checkbox"/>	<input type="checkbox"/>



Find a plan or journal that works for you!



Art & Creativity



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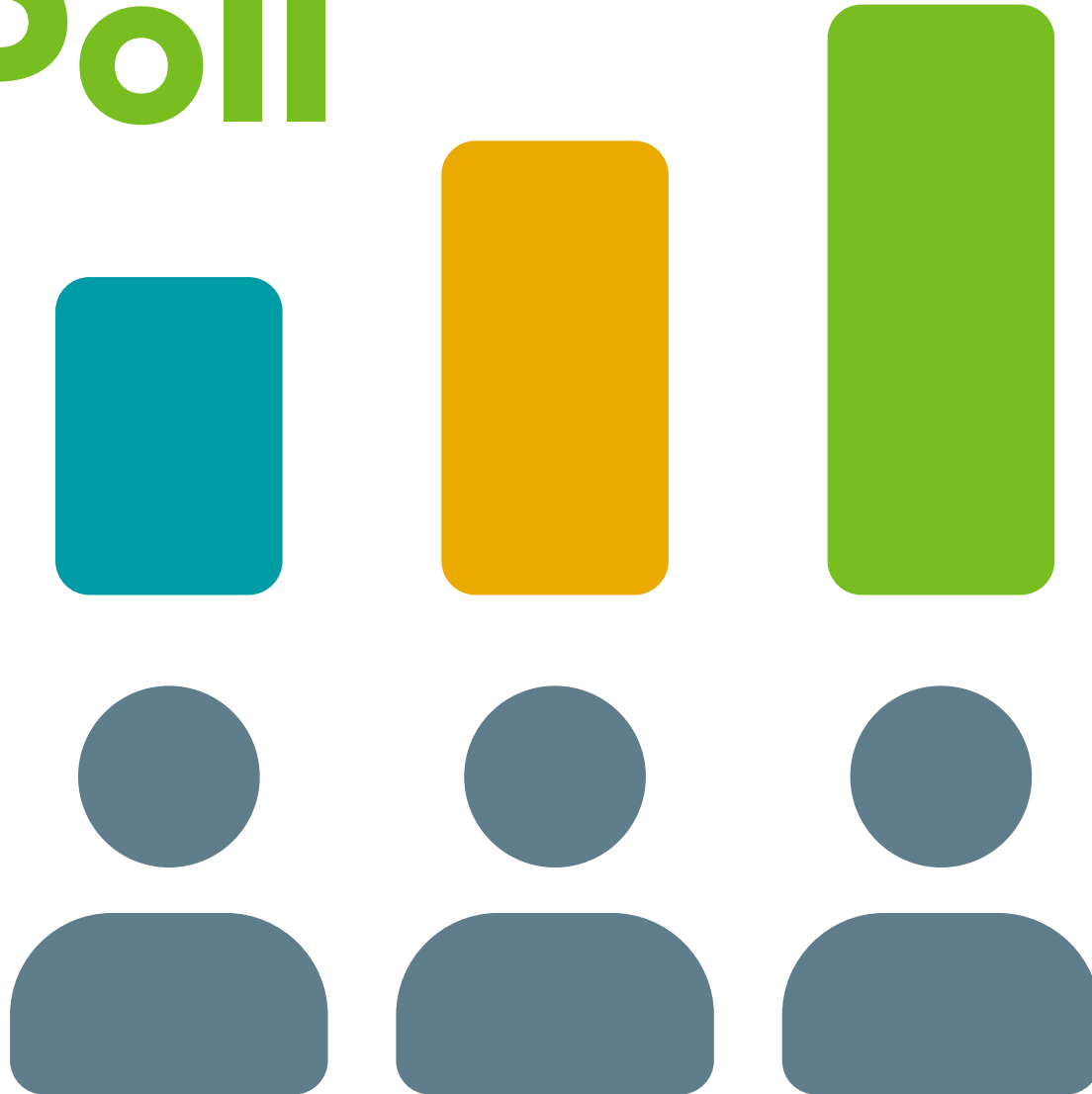
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Poll



**Self-care is
about slowing
down to meet
yourself—not
about tips and
tricks.**

-Kandace Cole



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Self-Care Resources

Assessments

- <https://www.brown.edu/campus-life/health/services/promotion/sites/healthpromo/files/fillable%20self-care%20worksheet.pdf>
- https://www.mentoring.org/wp-content/uploads/2020/03/MARCH_2015_Self_Care_Assessment.pdf
- <https://www.therapistaid.com/worksheets/self-care-assessment.pdf>

Worksheets & Plans

- <https://shikahanuar.com/blog/self-care-worksheets-fo-adults>
- <https://positivepsychology.com/self-care-worksheets/>

Articles, Books, & Websites

- **The Joyful Woman's Guide to Self-Care: Refresh, Reset, Restore, and Reclaim Your Life by Kandice Cole**
- <https://blogs.cdc.gov/cancer/2020/11/09/national-family-caregivers-month-prioritize-self-care/>
- <https://www.snhu.edu/about-us/newsroom/health/what-is-self-care>
- <https://www.everydayhealth.com/self-care/why-the-sounds-of-nature-are-so-good-for-health-and-wellbeing/>
- <https://www.washingtonpost.com/video-games/2020/04/28/can-virtual-nature-be-good-substitute-great-outdoors-science-says-yes/>
- <https://www.verywellmind.com/importance-of-self-care-for-health-stress-management-3144704>
- <https://www.everydayhealth.com/self-care>
- <https://moderntherapy.online/blog-2/areas-of-self-care>
- <https://www.rebeccahass.com/>
- <https://kandicecole.com/>
- <https://www.window-swap.com>

Make Time
FOR you!



Clinical Focus:

Oral Health

**March
Themes**

Health Holiday:

National Kidney Month

National Colorectal Cancer Awareness
Month

Social Determinant of Health:

Housing

Cultural Awareness:

Women's History Month

National Developmental Disabilities
Awareness Month

Important Numbers

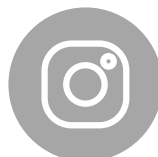
Member Services: 800-578-0603

Pharmacy/MedImpact: 800-210-7628

Provider Services: 800-578-0775

24/7 Nurse Advice Line: 800-606-9880

24/7 Behavioral Health Crisis Line: 844-800-5154



Meet the Community Engagement Team



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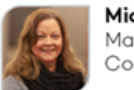
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Ask the Expert Series

Third Tuesday of the month from 12-1 Eastern time

Date	Team	Topic
4/19	Diversity, Equity, & Inclusion	Health Equity: Access to Care for All
5/17	Passport Advantage	Understanding Passport's Dual-Eligible Health Plan
6/21	Health Education	Focus on You in 2022: Wellness for LIFE! Supercharge Your Health
7/19	Healthcare Services	EPSDT: A Roadmap to Healthier Children
8/16	Healthcare Services	A Day in the Life of a Community Connector (CHW)
9/20	Health Education	Focus on You in 2022: Get Some Zzzzs. The Importance of Sleep for Optimal Health
10/18	Population & Behavioral Health Strategies	Get to Know Our Peer Support Specialists & Housing Specialists
11/15	Quality	Closing the Gap to Improve Health Outcomes
12/13	Health Education	Focus on You in 2022: Stress and Burnout

Need Help Quitting?

Call the Kentucky Tobacco Quit Line for help!

1-800-QUIT NOW



Thank
you,

To our providers and community partners!



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