

# Selfie Care Challenge

## 2016 Spring Training Institute

Learn about resiliency, compassion satisfaction and self-care! Take and share selfies demonstrating self-care and wellness practices as listed in our 10 challenges.

Prizes awarded for:

- \*Most selfies completed  
(if a tie then a drawing will be held)
- \*Best original self care tip (challenge #10)
- \*Most fun/silliest poster overall

### Selfie Care Challenge #1: Snap your Support

A positive support network contributes to overall life satisfaction and is a factor in resistance to secondary PTSD and professional burnout. **Take a silly selfie with a co-worker or friend who has agreed to be part of your professional support network.**

If you're attending the Institute alone (or even if you're not), then you can make an acquaintance and ask if they'll be a support in your professional life! **Post a caption with your selfie, the # of the challenge, and #selfiecare on the MIMH Professional Training Facebook page.** (Bonus points for each post after the first – must be a different supporter in each post, and label each with the same # and hashtag.)

### Selfie Care Challenge #2: Visit the Self Care Station at Parasol I

The 2016 Spring Training Institute is offering a Self-Care Station full of self-care information along with artistic and relaxing activities! **Take a selfie while doing an activity of your choice at the Self Care Station at Parasol I!** **Post a caption with your selfie, the # of the challenge, and #selfiecare on the MIMH Professional Training Facebook page.** (Bonus points again for each additional activity selfie at the Self-Care Station – must be a different activity in each post.)

### Selfie Care Challenge #3: Lighten your Outlook

Studies show that those who have a hopeful outlook about helping clients are less likely to suffer compassion fatigue. One way to improve your outlook is through learning. Introduce yourself to a speaker, presenter, or organizer at the conference who helped you change an outlook or attitude at this week's Spring Institute. **Take a selfie with the presenter.** **Post a caption with your selfie, the # of the challenge, and #selfiecare on the MIMH Professional Training Facebook page.**

### Selfie Care Challenge #4: Measure your Satisfaction

There are helpful tools to give you a more objective look at your own level of compassion satisfaction, burn-out, and the possibility of secondary traumatic stress. Take the Professional Quality of Life scale available in your packet, jump drive, or online at [http://www.proqol.org/uploads/ProQOL\\_5\\_English\\_Self-Score\\_3-2012.pdf](http://www.proqol.org/uploads/ProQOL_5_English_Self-Score_3-2012.pdf) (Stamm, 2009-2012). The last page has self-scoring instructions. Do not share your results on Facebook! **Take a selfie with an expression, pose, or other demonstration that shows how you feel about your score.** **Post a caption with your selfie, the # of the challenge, and #selfiecare on the MIMH Professional Training Facebook page.**

See next page

Challenge compiled by  
Jennie Lannette Bedsworth, LCSW

#### Guidelines

1. Be kind to yourself and others, and have fun!
2. Be observant; don't distract others with your phone during sessions or speakers; selfie care during breaks!
3. To be eligible for prizes, selfies must be posted to the **"MIMH Professional Training" Facebook page by approximately 2 p.m. Friday**
4. Show this year's conference badge or folder in each photo (or other proof that it's the 2016 Institute)
5. Check the FB page Friday to see if you won!

## Selfie Care Challenge Continued

### Selfie Care Challenge #5: Exercise Body Basics

Taking care of your physical body is an often-overlooked aspect of self-care for mental health professionals.

**Take a selfie demonstrating healthy eating, exercise or other de-stressing. Post a caption with your selfie, the # of the challenge, and #selfiecare on the MIMH Professional Training Facebook page.**

### Selfie Care Challenge #6: Practice Random Kindness

Acts of kindness aren't just a fad – they're actually shown to change our mood and overall life contentment, according to positive psychologist Martin Seligman and others. Complete an act of kindness for anyone on the Tan-Tar-A grounds during the conference. Find "Acts of Kindness" cards to pass along in at the Self-Care Station (as supplies last). **Take a selfie with the beneficiary of your act, or if he/she is shy, pose with a hand-written sign explaining your act.** Try this great blog post: [kyliehunt.com/random-acts-of-kindness](http://kyliehunt.com/random-acts-of-kindness) for ideas at Spring Institute and to take back to your workplace! **Post a caption with your selfie, the # of the challenge, and #selfiecare on the MIMH Professional Training Facebook page.** (Bonus points for each post after the first – must be a different act of kindness in each post, and label each with the same # and hashtag.)

### Selfie Care Challenge #7: Feel the Flow

Personal hobbies and fun activities where we feel competent, successful, and in the "flow" and forget about everyday problems are an important and helpful part of self-care and overall life satisfaction. **Take a selfie that demonstrates what you do to "feel the flow" on your off time.** (For more information about flow, strengths, and to find yours, visit [VIACcharacter.org](http://VIACcharacter.org) and take the free survey.) **Post a caption with your selfie, the # of the challenge, and #selfiecare on the MIMH Professional Training Facebook page.**

### Selfie Care Challenge #8: See the Sun

Sunlight and nature are healthy. Sometimes we don't get much of it working inside buildings all day. **Take a selfie showing yourself in natural sunlight or enjoying some other nature-focused activity.** **Post a caption with your selfie, the # of the challenge, and #selfiecare on the MIMH Professional Training Facebook page.**

### Selfie Care Challenge #9 Practice Mindfulness

Mindfulness over time is proven to help with stress management and overall quality of life. **Take a selfie demonstrating a mindfulness practice.** If you need ideas, visit or search for: <https://www.psychologytoday.com/blog/in-practice/201302/6-mindfulness-exercises-each-take-less-1-minute> to get started. **Post a caption with your selfie, the # of the challenge, and #selfiecare on the MIMH Professional Training Facebook page.**

### Selfie Care Challenge #10: Share your Ideas

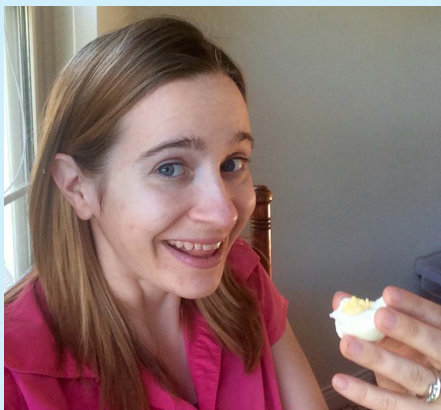
Do you have another self-care or resiliency tip or resource to share? **Take a selfie demonstrating your tip in some way; you can also explain it further in the caption.** **Post a caption with your selfie, the # of the challenge, and #selfiecare on the MIMH Professional Training Facebook page.**

### Additional Reference Information

Harrison R. L. & Westwood M. J. (2009) Preventing vicarious traumatization of mental health therapists: identifying protective practices. *Psychotherapy* 48(2), 203-19.

Hudnall Stamm, B. 2009-2012. Professional Quality of Life: Compassion Satisfaction and Fatigue Version 5 (ProQOL). [www.proqol.org](http://www.proqol.org)

Seligman, M. Flourish. 2011. Flourish: A visionary New Understanding of Happiness and Well-Being



Posting Example: Find "MIMH Professional Training" on FB and post with your selfie:

*Selfie Care Challenge #5: I eat hard boiled eggs to stay healthy and energetic!  
#Selfiecare*