

# 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.)

Challenge compiled by  
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### 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 #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, burnout, 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**

## 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 [VIACharacter.org](http://VIACharacter.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*