

A background image of pink cherry blossoms in full bloom against a clear blue sky. The blossoms are in sharp focus in the foreground, with some branches extending across the frame. The overall tone is bright and positive.

# Self-Care Leads to Excellent Client Care

Please put your oxygen mask on first,  
before helping others.

# Objectives

- ❑ Understand the impact you have in your circle.
- ❑ Utilize this impact for the purpose of building up.
- ❑ Learn tools to change your thought patterns.
- ❑ Learn how treating yourself with dignity and respect leads to treating others in the same way.
- ❑ Understand progress is better than perfection.

# You an Influencer

- + Examples of ways you have seen client's "model" their staff.
  - + Appearance
  - + Behaviors
  - + What is good enough for staff is good enough for me
  - + Attitudes

You Know it's true, I want to be like you!  
-The Jungle Book Quote







# With Great Influence Comes Great Responsibility

No where is this truer than  
in the work we do.

Influence is a Superpower!

Use your power for good.



# Who are you?

- + What are the stories you tell yourself?
- + Limiting Beliefs
  - + Become aware
  - + Write them down
  - + Challenge them
- + You create your thoughts!



Your brain does not know  
the difference between  
what is actually happening  
around you right now and  
what you vividly imagine  
over and over again.

+Dr. Shannon Irvine



# Self- Reflection

- + Isolate one unhealthy thought/limiting belief you have about yourself.
- + Is it true?
  - + How do you know?
- + It is helpful?
- + How can you reframe it?
- + Get curious about where that thought came from.

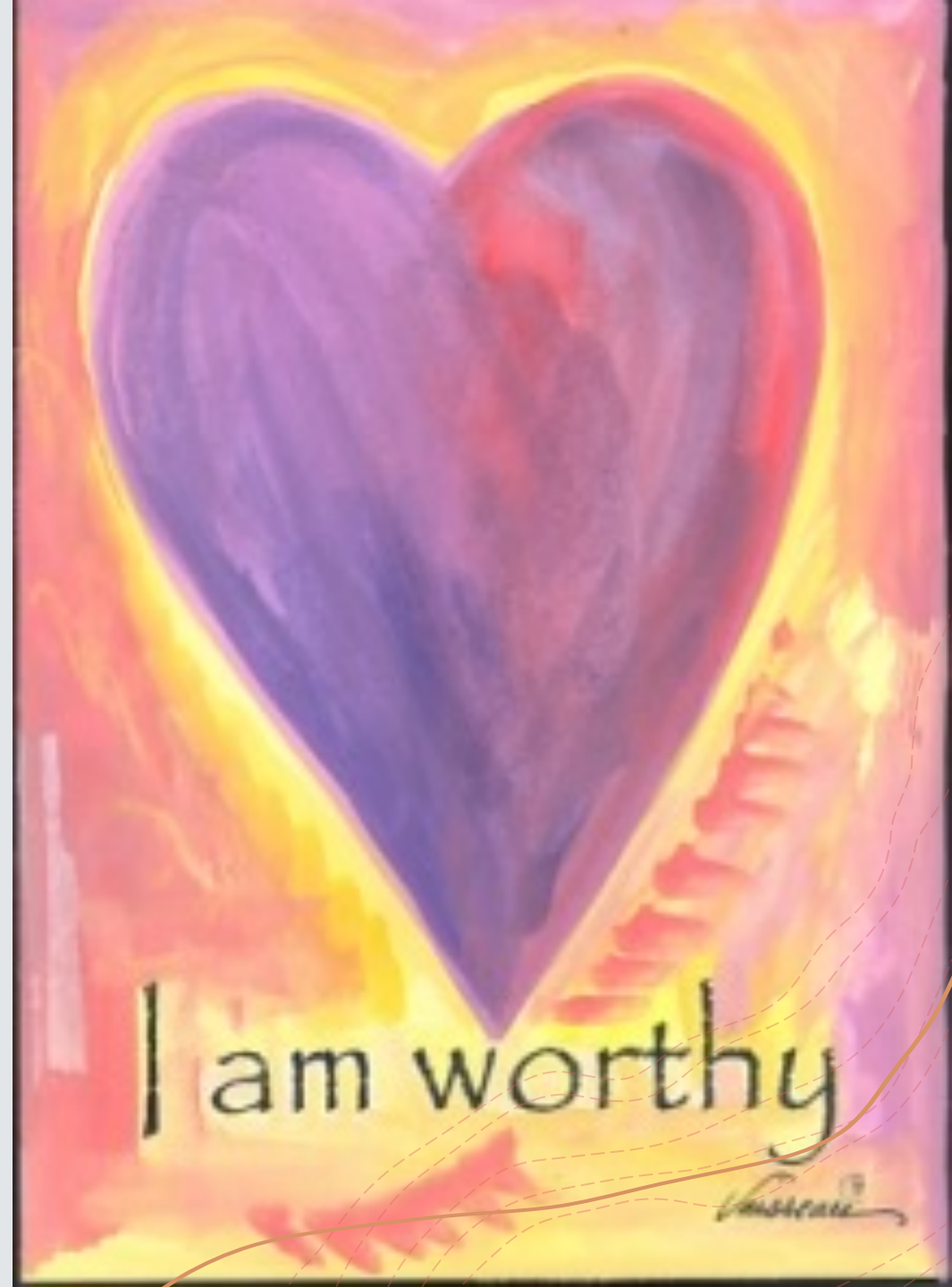
**You don't have to believe every stupid thought that comes into your head.**

**-Dr. Daniel Amen**



# Believe in Your Worthiness

- + Negative thoughts are lies.
- + What is true?
- + Write and Say out Loud the Truth
- + Repeat, Repeat, Repeat



# Why do we care?

+ "We can only love others as much as we love ourselves."

+ Brene Brown

+ The Gifts of Imperfection

+ We can only care for other as much as we care for ourselves.

+ Le'Anne Schlotzhauer



# Self-Compassion

- + When we make a mistake or are less than perfect
- + We are all doing the best we can
- + Self-Kindness
- + Common Humanity
- + Mindfulness





# Building Block of Client Support



- + Be someone worth modeling!
- + Examples of what we do and say and how it impacts our clients.
- + Examples of purposeful words and actions.

The background of the image is a dense crowd of stylized human figures. Most of these figures are in shades of brown and tan, with some appearing in darker tones. They are depicted in various poses, suggesting movement and a large gathering. In the center of the image, a single figure stands out, rendered in bright white with a slight glow. This central figure has its arms raised in a 'V' shape, symbolizing triumph, joy, or a point of focus. The overall lighting is soft and atmospheric, with a slight vignette effect that draws the eye toward the center. Faint, decorative wavy lines in white and light orange are visible in the corners of the image, adding a modern, graphic feel.

# Impact of Our Lives on Our Client's Lives



A large, dark-colored statue of Confucius stands in the center of the image. He is depicted with a long, flowing beard and hair, wearing traditional Chinese robes. His hands are clasped in front of him in a traditional gesture of respect. The background shows a traditional Chinese building with a tiled roof. The image has a semi-transparent dark overlay, and there are decorative white and orange wavy lines in the corners.

Confucius  
says,

Respect yourself and others  
will respect you.



# Treat Yourself

- + Treat yourself with dignity and respect
- + Be kind to yourself and others in words and deeds-Why?
- + What are ways we do this?
- + Build others up



# Sleep

- Vital for physical and Mental Health
- Individuals with IDD have more sleep issues
- We interact with people better when we have adequate sleep
- Creating an environment for sleep



# Exercise



- + Benefits of physical activity
- + Adults with IDD
- + Participating together helps both parties
- + Added motivation



# Therapy

- + Benefits of therapy.
- + Understanding ourselves/Understanding others
- + Better handle on our emotions
- + Better handle on our clients emotions



# Movement

- + Why we move
- + What do we expect
- + What we should expect



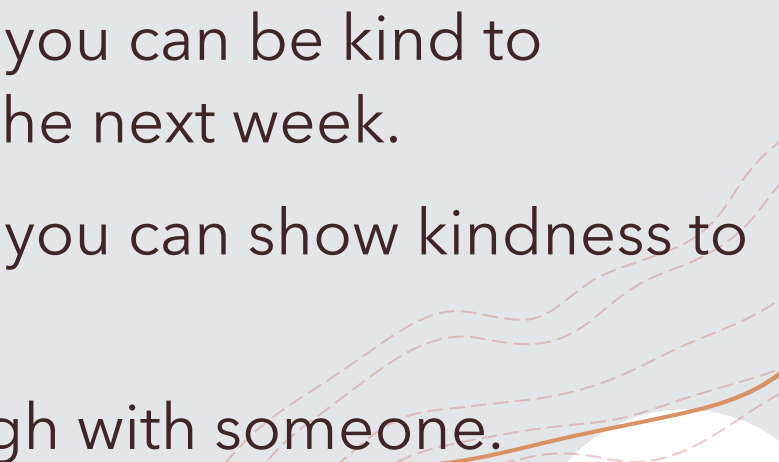
# Fun & Laughter



- + Having Fun or Playing is good for you.
- + It improves your relationships - Creates a sense of community
- + It generates optimism
- + Laughter is linked to health



# Self-Reflection

- + Three ways you can be kind to yourself in the next week.
  - + Three ways you can show kindness to others.
  - + Share a laugh with someone.
- 



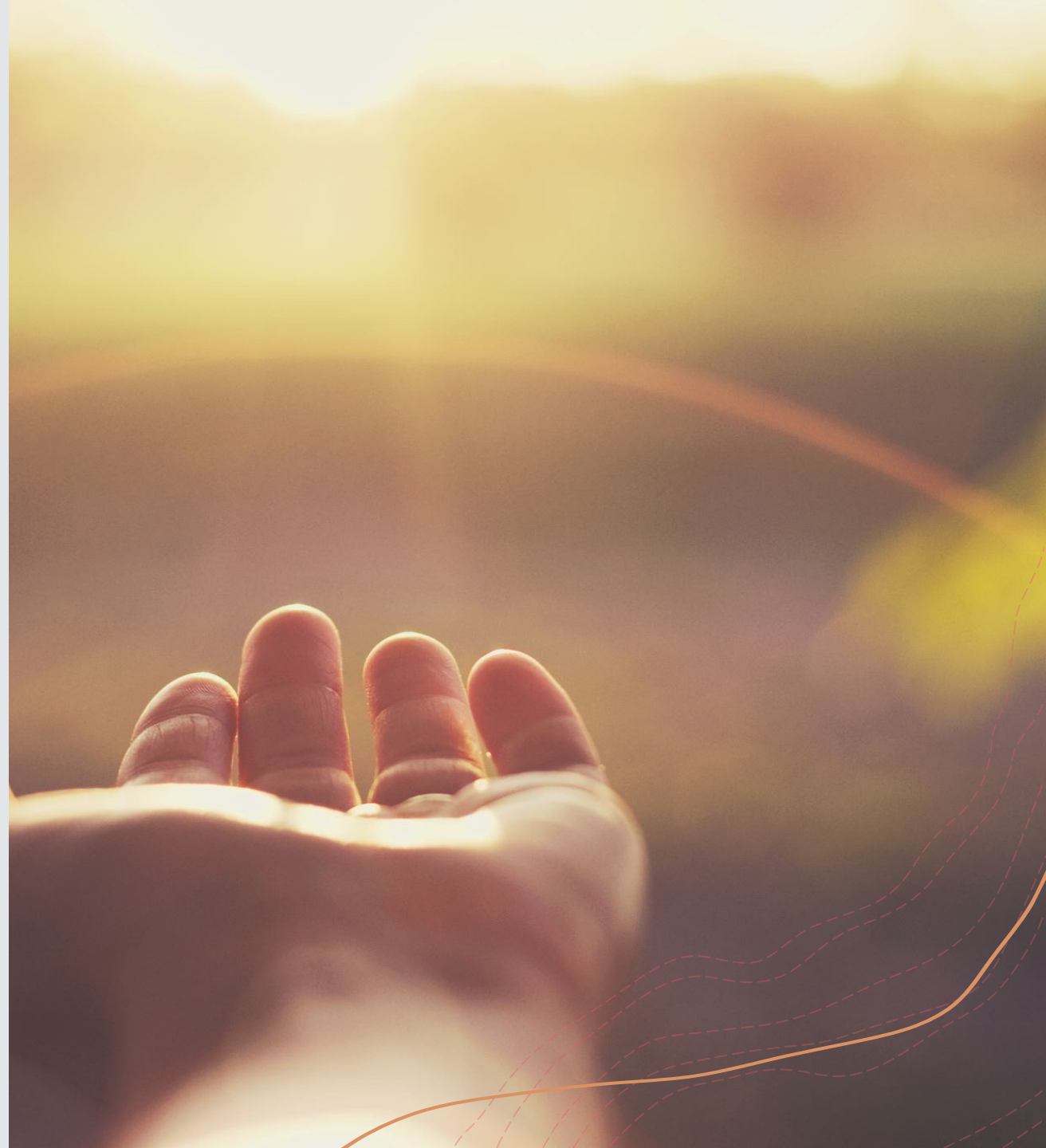


# Breathing Exercise

- + Tension breathing
- + Box Breathing
- + Meditation
- + Belly breathing

# I'm Gonna Do Self-Care Perfect

- + Nope!
- + Difference between progress and perfection
- + What's better and why?



# It's Not Just Me

"Self-care isn't just good for the educator, but also for the students. Understanding the link between self-care and professional effectiveness can really help people understand it's not selfish. It helps educators think more objectively about situations, keep more professional boundaries. It helps us set good examples..." Jackie Zeller (Harvard Education)



## Final Quote:

Self-care is a way for social service professionals to balance activities and preserve longevity and happiness in both their relationships and their careers. To do this, they need to accept that it is OK – and actually essential – to put their needs first. Christina Borel (Simmons School of Social Work)





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# Overview

Recap

Q & A