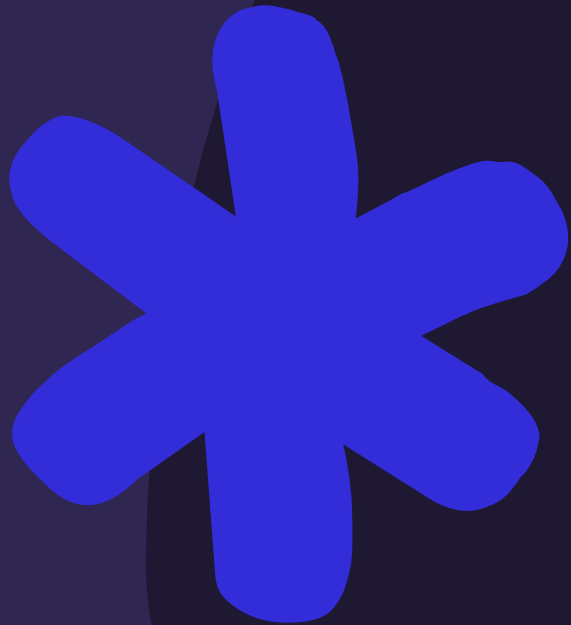


Self-care

Millie Chancellor -

Trainee Clinical Psychologist, Parenting and
Creative Therapies Service, Coram





What is self-care?

“The practice of taking action to preserve or improve one’s own health” — Oxford Dictionary

What self-care means in practice is unique to each of us

- Things that charge our batteries rather than deplete them



Context to self-care

It is important not to minimise or pathologise **ordinary responses** to threat, discrimination, oppression and not being able to meet basic needs e.g., cost of living crisis, housing crisis etc.



Why might it be hard to think about self-care?: self-care and our values

Take a moment to think about your own personal values. The values that led you to do the role of a parent champion.

Caring

Committed

Compassionate

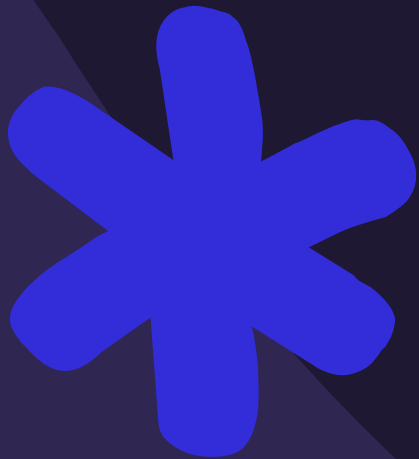
Empathic

These may mean it is harder to think about supporting ourselves. Especially when lack of services supporting others.



Why is self-care important?

- Helps us continue doing things that are important to us
- Helps us stay connected to our values, why we are doing the work
- Helps others by modelling to others the importance to looking after ourselves





Invitation to do
relaxation exercise
together

Check-in with your body

List of Sensation Words

Calm	Sweaty	Tight
Energized	Wooden	Nauseous
Smooth	Congested	Shaky
Streaming	Dull	Trembly
Warm	Dense	Throbbing
Cool	Frozen	Pounding
Relaxed	Icy	Fluttery
Open	Disconnected	Shivery
Light	Thick	Queasy
Spacious	Blocked	Wobbly
Airy	Contracted	Bubbly
Releasing	Heavy	Dizzy
Expanded	Suffocated	Spacey
Expansive	Cold	Breathless
Flowing	Numb	Prickly
Floating	Closed	Electric
Fluid	Dark	Tingling
Draining	Hollow	Nervy
Tense	Empty	Twitchy
Tight	Tender	Burning
Constricted	Sensitive	Radiating
Clenched	Bruised	Referring
Knotted	Achy	Buzzy
Hot	Sore	Itchy
Full	Tense	

Breathing exercise and progressive muscle relaxation



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Where you can access more guided relaxation exercises

- Just one thing Michael Mosley - <https://www.bbc.co.uk/sounds/brand/p09by3yy>
- Progressive muscle relaxation - <https://www.youtube.com/watch?v=1nZEdqcGVzo>
- How does breathing impact the brain? - <https://www.youtube.com/watch?v=2HojLhKIJto>
- Headspace YouTube channel - <https://www.youtube.com/@headspace>
- Why we sleep – Dr Matthew Walker
- Breath: The New Science of a Lost Art – James Nestor



Thank you for
listening and enjoy
your break!