



WHAT IS SELF-CARE?

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HOW ARE YOU
DOING?

What is Stress?

- The body's reaction to any change that requires an adjustment
- Changes include physical, mental and emotional responses

Types of Stress

- Acute Stress: Most common Type, is usually brief, caused by reactive thinking

example: Argument; negative thoughts that are repetitive about the argument

- Episodic Acute Stress: Lives present with frequent reminders of stress

example: live a life of chaos and crisis

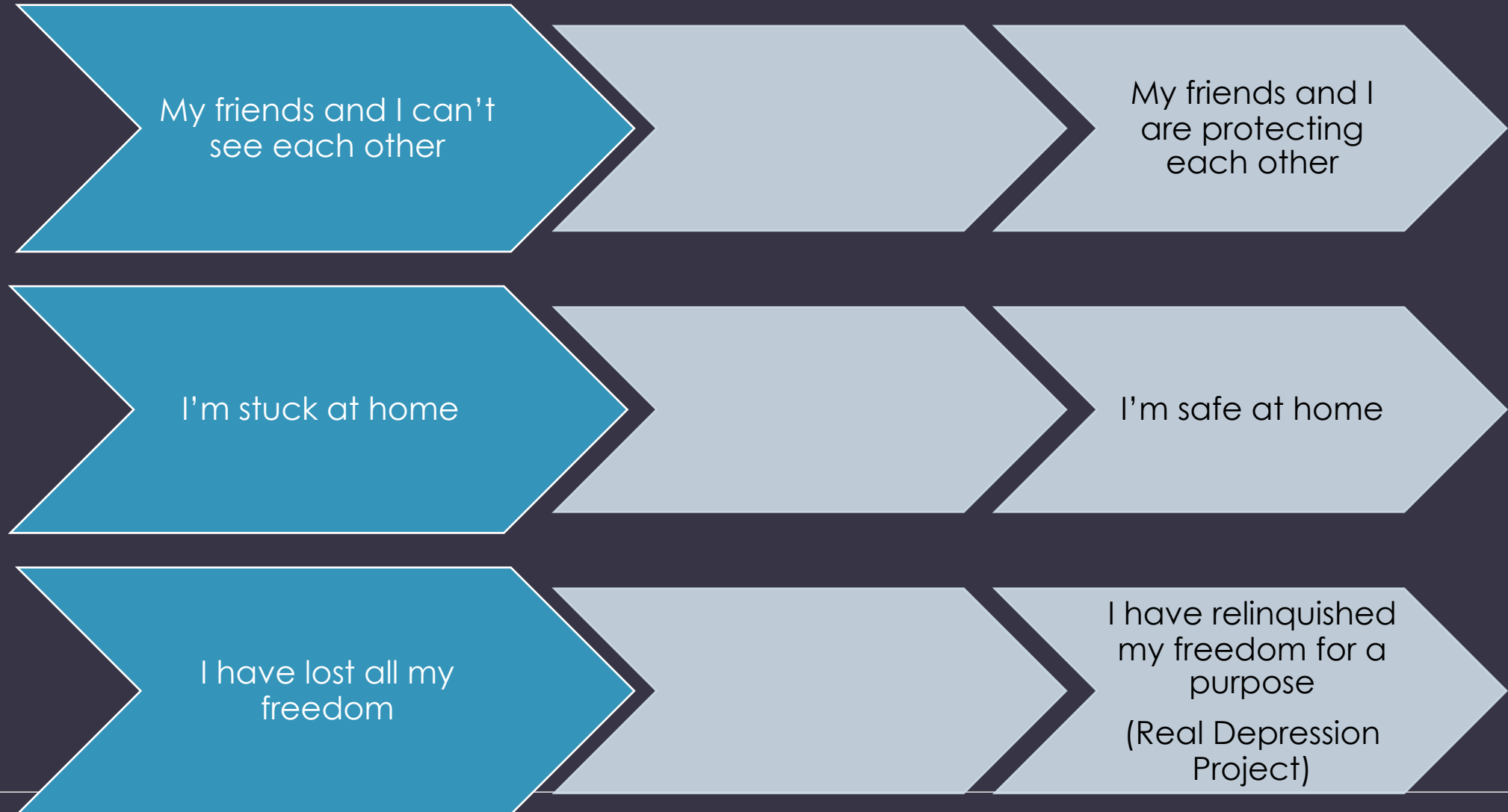
- Chronic Stress: Most harmful type of stress

example: Long term poverty, repeated abuse in any form, unemployment, dysfunctional family, poor work environment, substance abuse, or an unhappy marriage can cause significant chronic stress.

Effects of Stress

- Anger or irritability, anxiety and depression, short-tempered, impatient, tense.
- Mental fatigue
- Muscular distress—tension, headache, back pain, jaw pain, pulled muscles, tendons, and ligament problems.
- High blood pressure, rapid heartbeat, sweaty palms, heart palpitations, dizziness, migraine headaches, cold hands or feet, shortness of breath, insomnia, chest pain, and heart disease.
- Immune System Compromise: frequent colds/flu, allergies, asthma, and other immune system compromise illnesses.

Cognitive Reframing: Self Isolation



What are you doing to take care of
yourself?

What Types of Self-care Are You Practicing?

- Are you walking or exercising?
- Are you meditating?
- Are you asking for help?
- Are you disconnecting yourself from work?
- Are you eating right?
- Are you reading a book?
- Are you calling a friend?
- Are you listening to music you enjoy?
- Are you watching movies that make you laugh?
- Are you using our medicines (smudging)?
- Are you asking others how they are doing?
- Are you talking with elders?

Daily Quarantine Questions

- What am I GRATEFUL for today?
- Who am I CHECKING IN ON or CONNECTING WITH today?
- What expectations of “normal” am I LETTING GO OF today?
- How am I GETTING OUTSIDE today?
- How am I MOVING MY BODY today?
- What BEAUTY am I creating, cultivating or inviting today?



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“Thank you!”