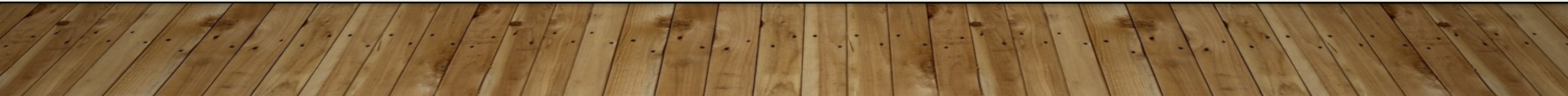




Cary Scott Counseling

A NEW DAY, A NEW EXPERIENCE, A NEW BEGINNING

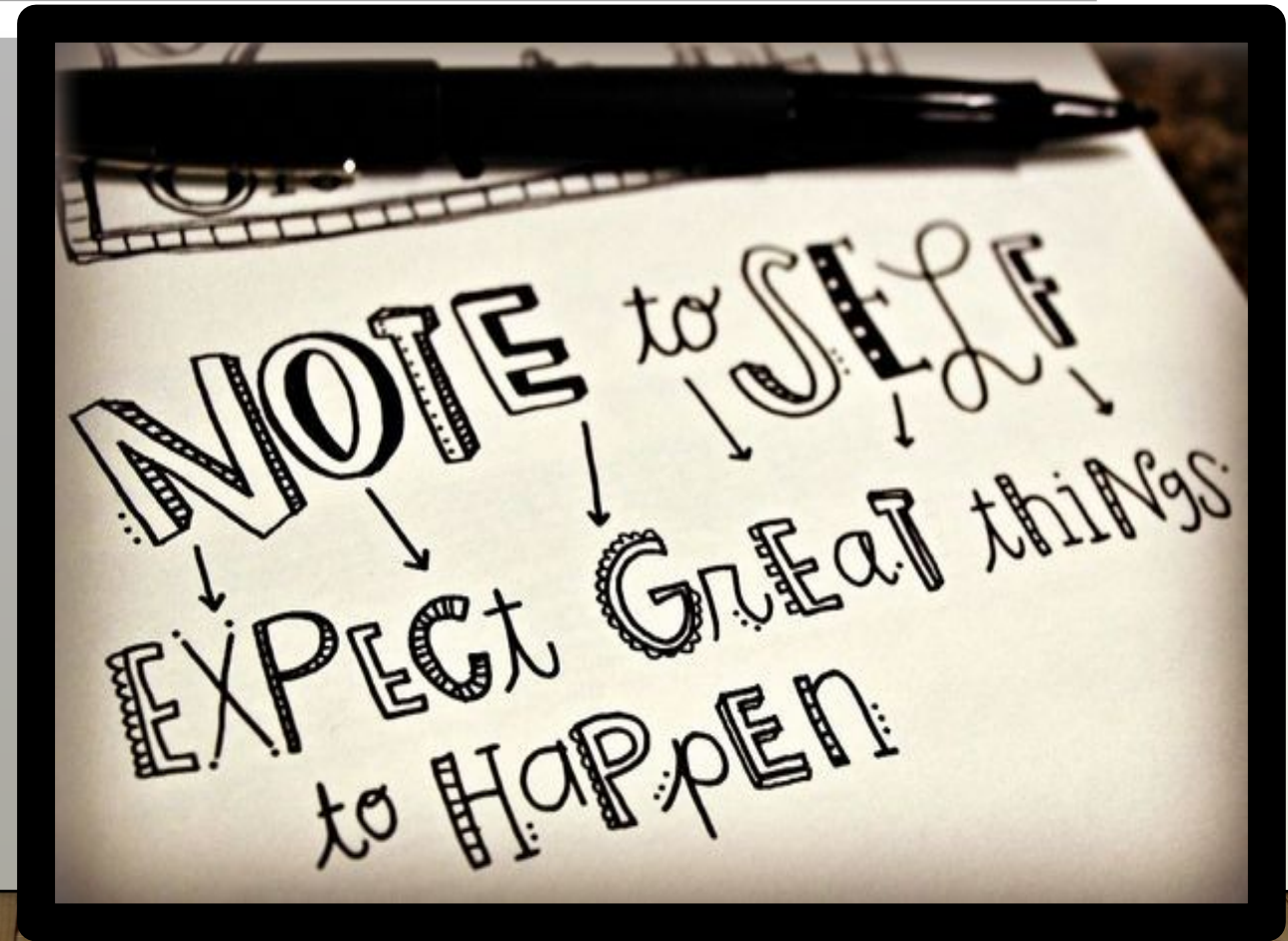
SELF-CARE FOR COUNSELORS



WHAT ARE YOUR EXPECTATIONS?

**An unexpected
approach to self-
care.**

It's NOT ABOUT massages
and pedicures.....



WHAT IS SELF-CARE?



SELF-CARE IS THE INTENTIONAL ACT OF MAINTAINING AND ENGAGING IN A HEALTHY AND LOVING RELATIONSHIP WITH YOURSELF. SELF-CARE IS NOT SELFISH, IT IS AN ACT OF LOVE TOWARD YOURSELF AND OTHERS.

EMOTIONAL HYGIENE

Being self aware of our mental health and implementing a self-care routine that facilitates a healthy emotional and mental status.



What's
in your
feelings?

SELF-CARE MYTH #1

*self-care is a
one-size-fits-
all.*

OWN YOUR JOURNEY, CHOOSE YOUR PATH!

WHY IS SELF-CARE IMPORTANT?

- Impacts quality of life
- The job is traumatizing
- Essential to life
- Risk of transference



THE STRUGGLE IS REAL!

CONSTANT:

Crisis

Deadlines

Demands

Second hand trauma

Difficult colleagues, parents,
students

Personal challenges/responsibilities



NO ONE IS TOO BUSY!

Daily Choice of:

Mindset

Attitude,

Perspective

Self-Awareness

Personal/Social Narrative

Allocation of investments

Setting Boundaries

LET'S IDENTIFY AREAS OF YOUR LIFE IN WHICH YOU CAN INCORPORATE THESE 6 MINDSETS:

- Acts of love
- I want to
- Being present
- Simplifying
- Invitation
- Letting go



DOING WITH INTENTION

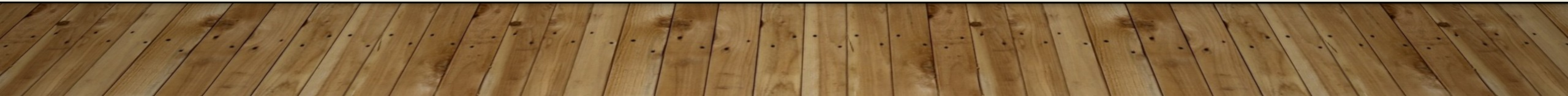
ACTS OF LOVE VS. ACTS OF RESENTMENT

Know that everything we do is a choice, do love.



Self-care is an act of self love.

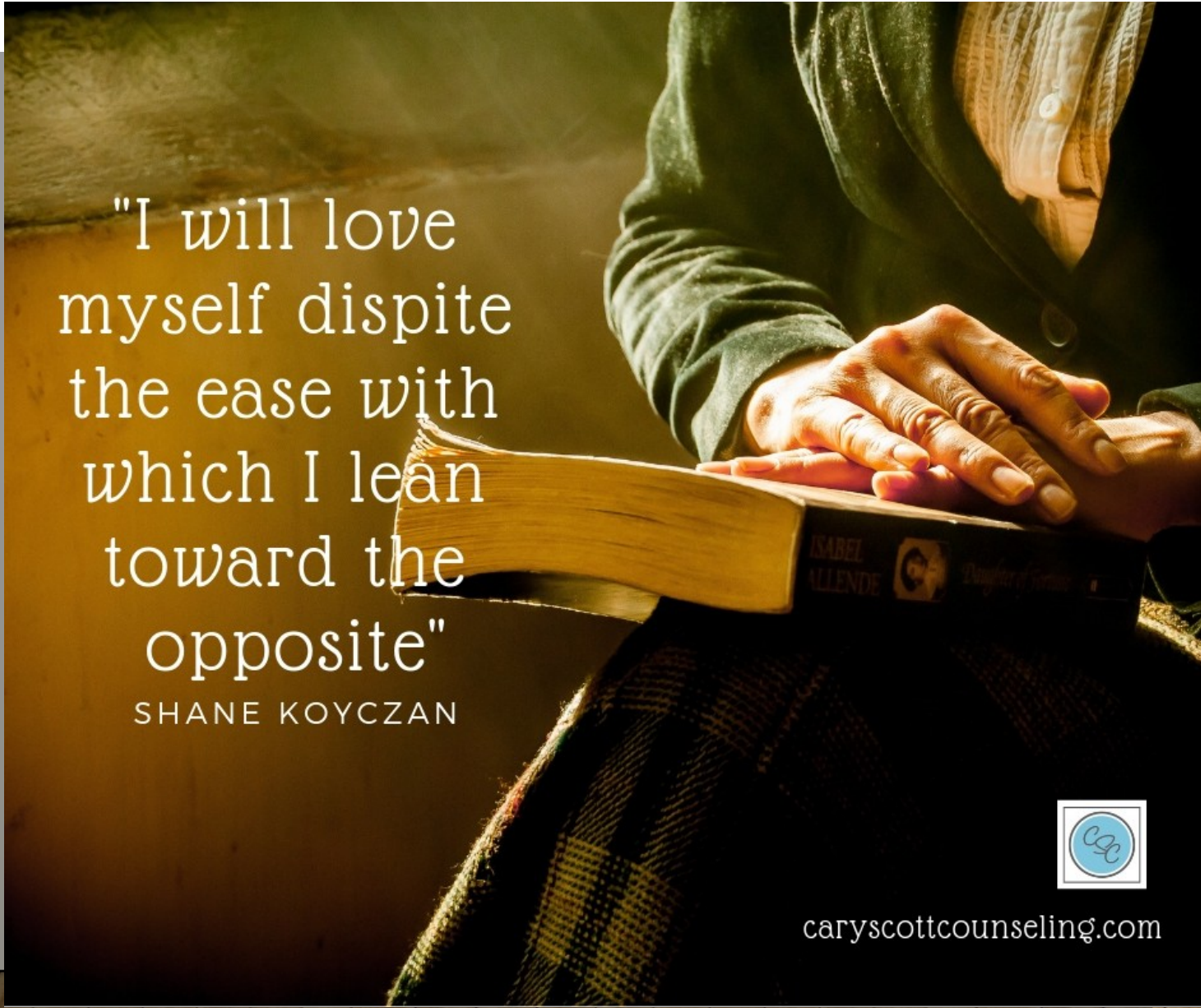
**How do you
show yourself
love?**



SELF-CARE MYTH #2

*it's all about
being positive*

YOUR GROWTH HAPPENS IN THE DISCOMFORT

A photograph of a person sitting and reading a book. Their hands are clasped over the book. The person is wearing a green cardigan over a light-colored shirt and a dark plaid skirt. The book's cover is visible, showing the name 'ISABEL ALLENDE' and a small portrait. The background is a warm, golden-brown wall.

"I will love
myself despite
the ease with
which I lean
toward the
opposite"

SHANE KOYCZAN



caryscottcounseling.com

DOING WITH INTENTION

I WANT TO VS. I HAVE TO

Personal

empowerment comes from the awareness that my path is a chosen one and I have the power to alter that path at any time if **I want to.**

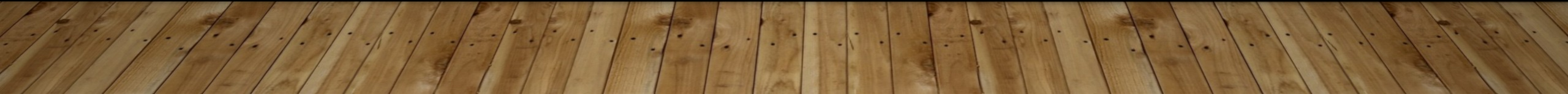


What are some ways that you can empower yourself “want to’s” that you previously considered to be “have to’s” in your life?

I want to _____ because

I want to _____ because

I want to _____ because

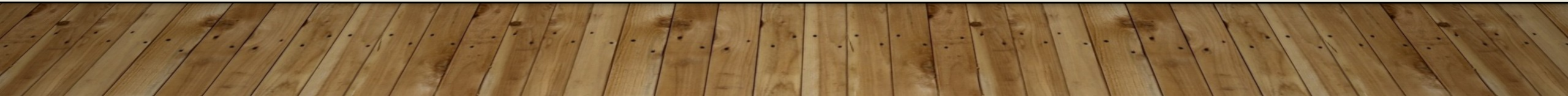


DOING WITH INTENTION PRESENT VS. AUTOPILOT

Life is unpredictable
stay in the driver's seat,
be mindful of your
route.



What are some opportunities that you can take to be more present in your daily life?



SELF-CARE MYTH #3

*self-care is a
quick fix to
feeling better*

CONSISTENCY IS THE KEY TO SUCCESS!

DOING WITH INTENTION SIMPLIFYING VS. SAYING NO

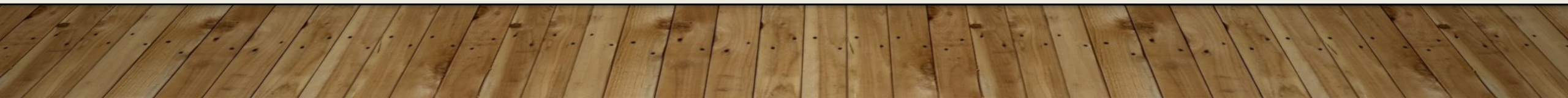
Simplifying is about more than just setting limits and saying no. Simplifying is about clearing up and making things easier.



Areas that are difficult for you to say no in are: _____.

What are alternatives you can try in those situations. _____

How can you simplify your life? _____



DOING WITH INTENTION

INVITATION VS. EXPECTATION

Invitation is about offering opportunities for yourself and others without being authoritative or demanding. Invitations allow for understanding and compassion if they are declined.



DOING WITH INTENTION

LETTING GO VS. SEEKING CONTROL

Letting go does not
mean giving up but
accepting that there are
things that cannot be.

Letting go is about recognizing what is and is not in our ability to change. It is important that we release ourselves from unrealistic expectations to solve problems that are not ours, changing what is already done, or trying to make other people happy.

Letting go what I can't control

I will let go of the following today because these things are not within my control:



SERENITY....

“So many of our students have gone through traumatic situations and the counselors genuinely care but are often limited in how they can help. “

*“... grant me the serenity
To accept the things I cannot change;
Courage to change the things I can;
And wisdom to know the difference. “*

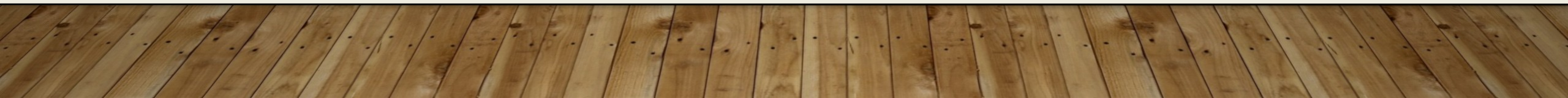
Create an
environment
where
vulnerability
is an option.



**changing the
narrative**



INSTEAD OF FREQUENT APOLOGIES

- Vocalize gratitude
 - “thank you for your understanding and flexibility today. I really needed that.”
 - Changing the narrative and avoiding the shame
 - Consider the difference of being on the receiving end
“I’m sorry” often feels meaningless & empty.
- 

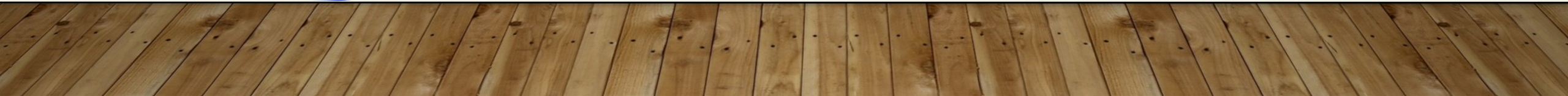
I CHOOSE



**Creating a day filled
with
empowerment...**

MY DAILY SELF-CARE PLAN

Let someone know something **you appreciate** about them. For example, their positive attitude, always helpful, great ideas, etc.. send it in a short 2 line email or text message. Jot down some people in your day that you can get started with:



MY DAILY SELF-CARE PLAN

Enjoying a moment to myself. This maybe your first sips of coffee or tea, a hot shower, or some morning stretches, making your bed. Jot down some simple ways you can give yourself a moment every morning:



MY DAILY SELF-CARE PLAN

Giving my body needed fuel (Medication, food, hydration, vitamins etc.)



MY DAILY SELF-CARE PLAN

What are some daily acts of love you can give yourself?



MY DAILY SELF-CARE PLAN



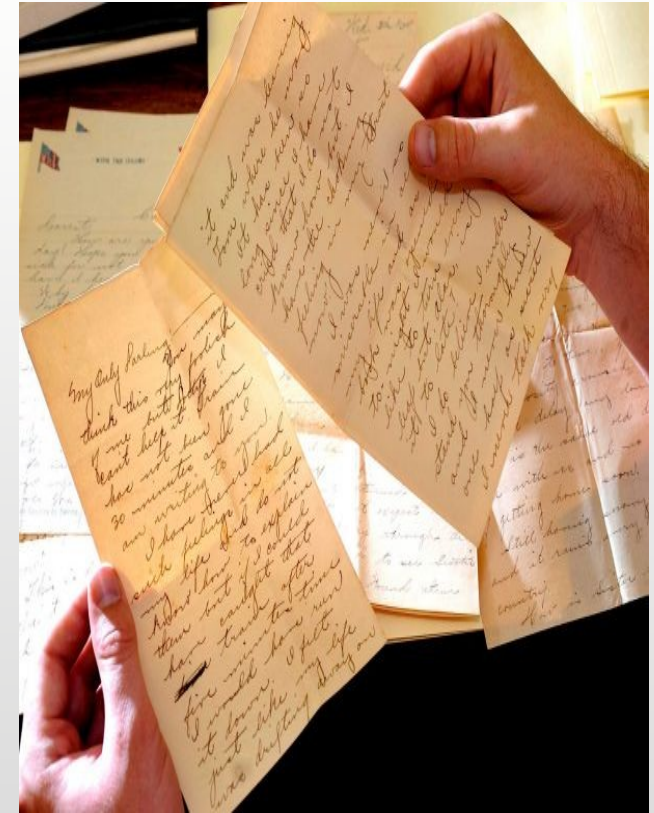
Stepping out of my comfort zone

Here are some challenges I will face today

with **courage**:

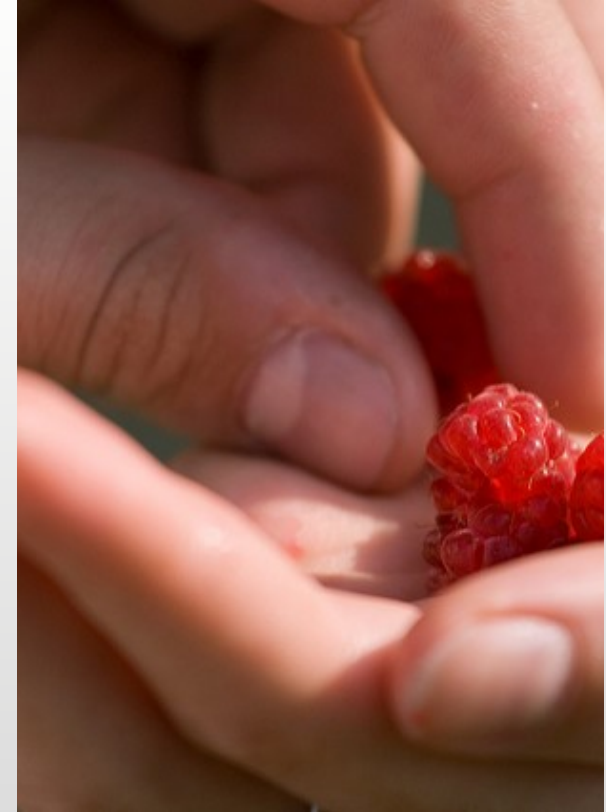
DEAR SELF...

Write a letter to yourself to read when you are struggling or having a hard time. Be sure to give yourself grace, reassurance, and words of encouragement. Remind yourself of your strengths and what you have to be grateful for...



SHARE

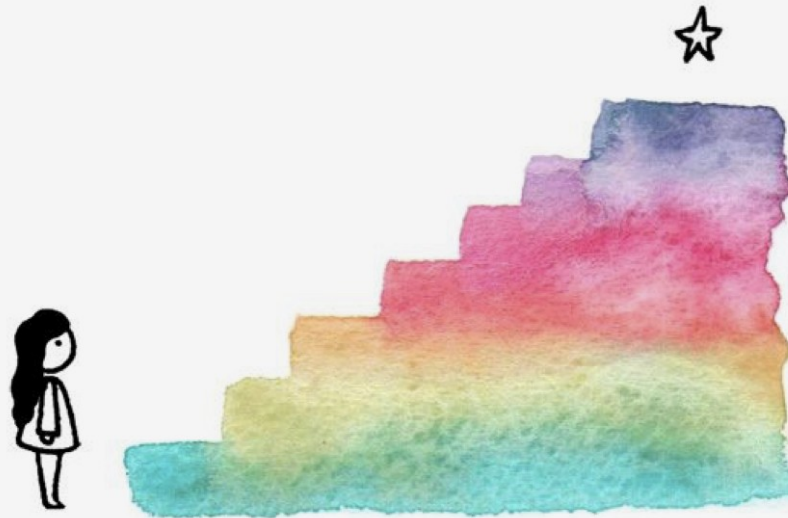
Inspire us with your words of love. What did you say in your letter to yourself.

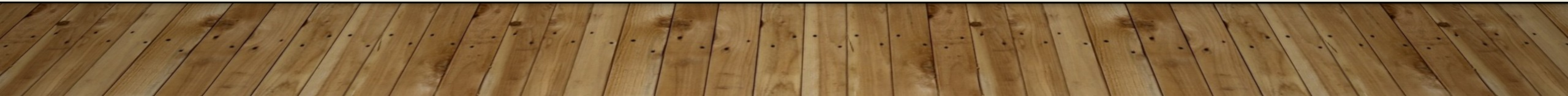


CHANGE TAKES TIME

You're
worth
it!

take a small step every day





Thank you!



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