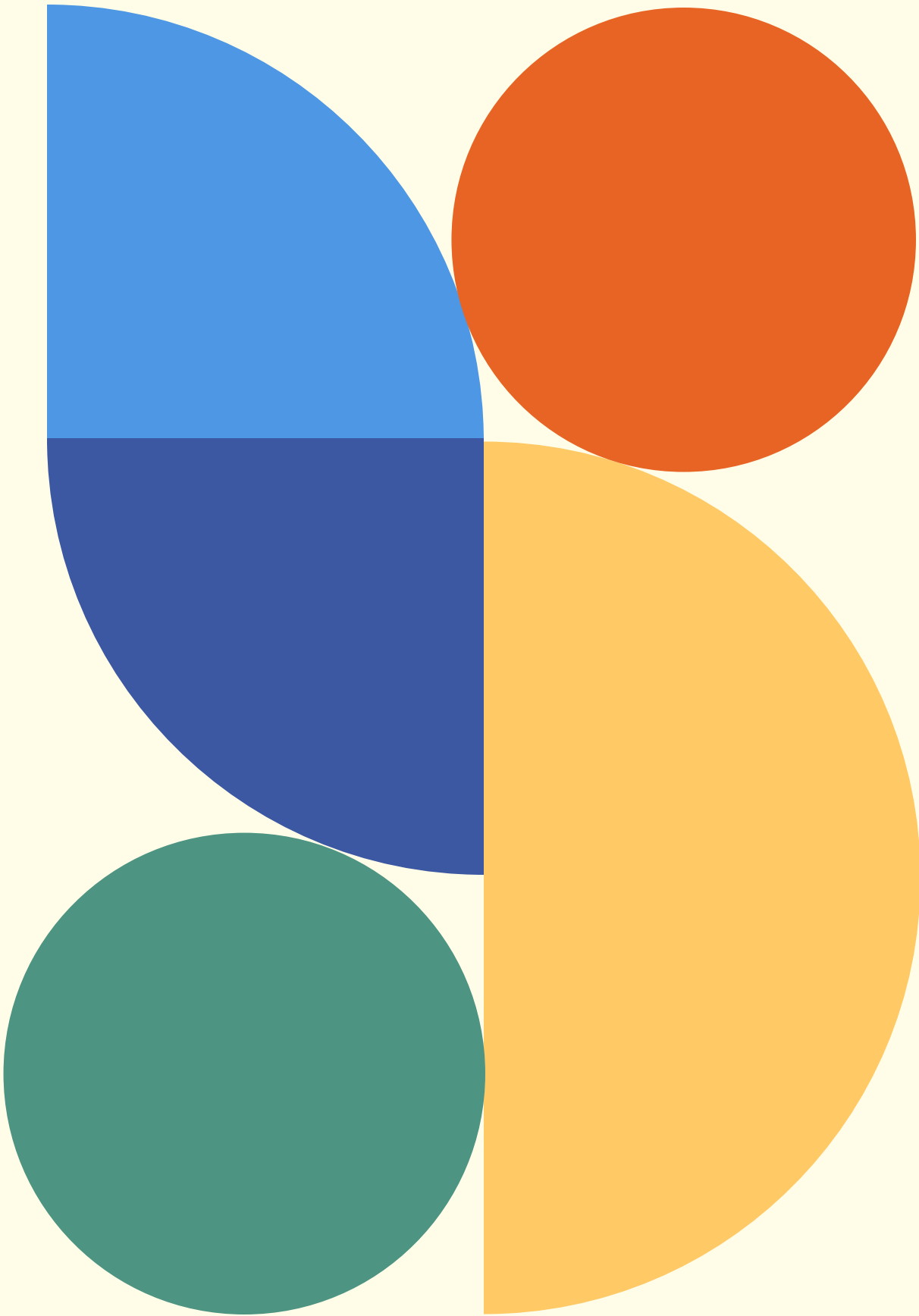
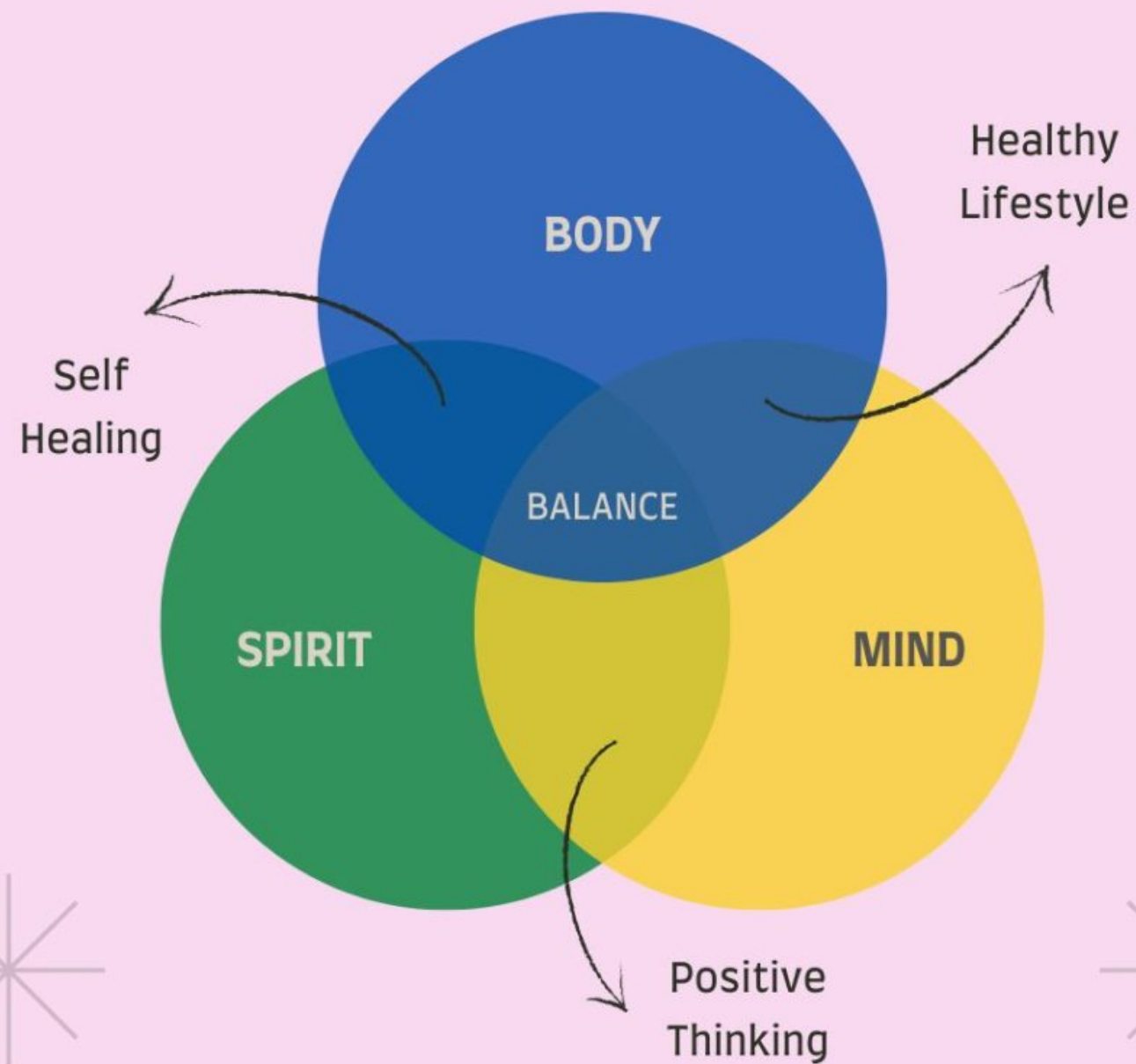


# Self Care Lifeskills

A webinar on caring for our mind, body, and spirit



# HEALTH & WELLBEING CONNECTION



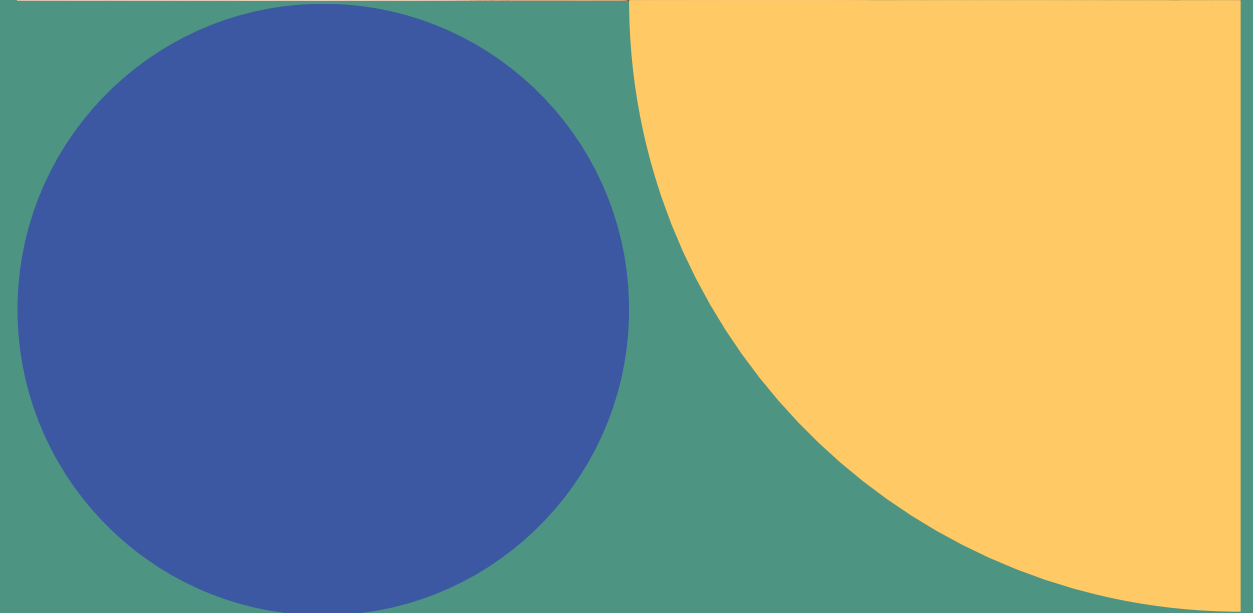
## More than a State of Mind

Having good mental health is more than the absence of illness. Rather, it's a state of holistic well-being.

# Defining Mental Health

**Refers to a person's psychological,  
emotional & social well being**

Encompasses how we think, feel, behave along  
with how we cope with stress, interact with others  
and make choices in their life



# What is Self Care?

An activity we do deliberately in order to take care of our mental, emotional, and physical health



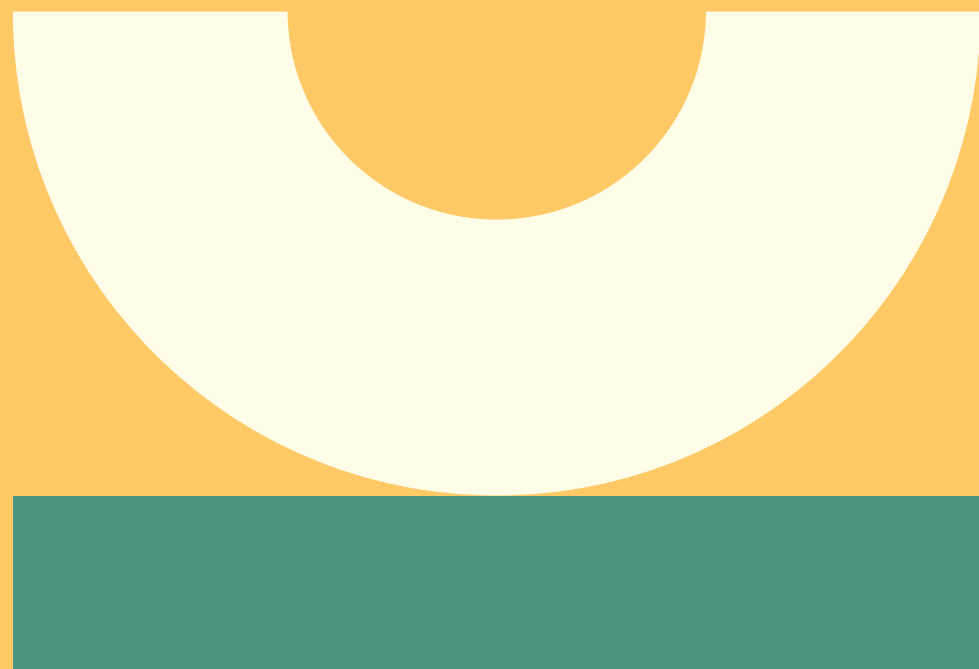
# Personal Care

Individual responsibility and  
self management of health

# Mind-Body Health & Self Regulation

## **Self-Reg I: Movement/Exercise**

- Aerobic Conditioning
- Structural Strengthening
- Flexibility Conditioning
- Coordination (inner & outer flow)



# Mind- Body Health & Self Regulation

## Self-Reg II: Relaxation & Release

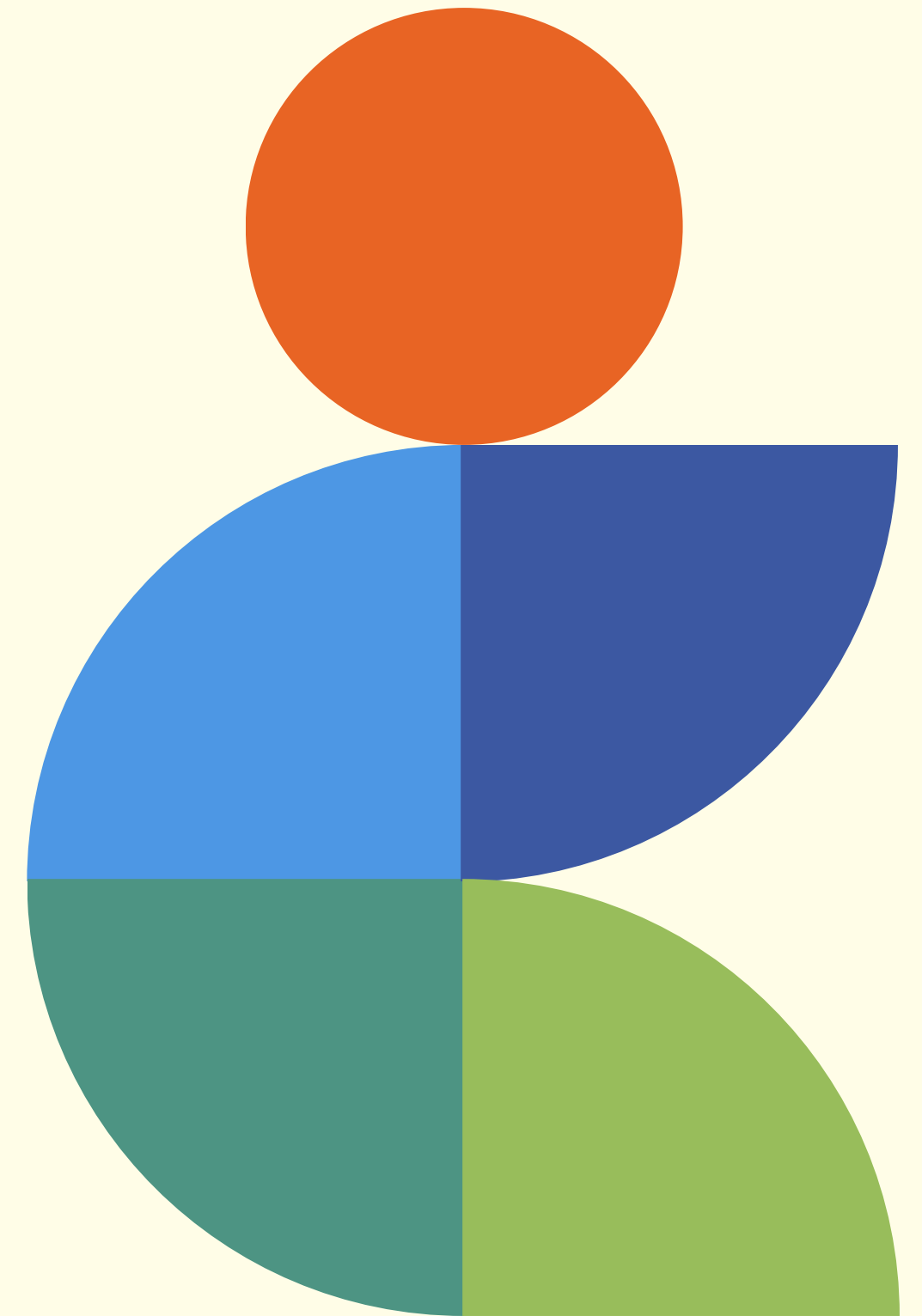
- Breath
- Mind
- Skeletal Muscles
- Vascular & Visceral



# Mind-Body Health & Self Regulation

## **Self-Reg III: Cognition & Perspective**

- Value Clarification
- Critical Thinking & Emotional Hygiene
- Creative Thinking: Imagery, Dreams & Intuition
- Self Hypnosis (mind body modulation)





# Mind- Body Health & Self Regulation

## **Spiritual Health & Awakening**



- Unitive/Transcendent Experience
- Sacralizing Loss & Wounds
- Daily Life As Practice & Gapwork (Dharma)
- Spiritual Community (Sangha)

# Partners-In-Care

Collaboration of  
partnership between  
individual and environment

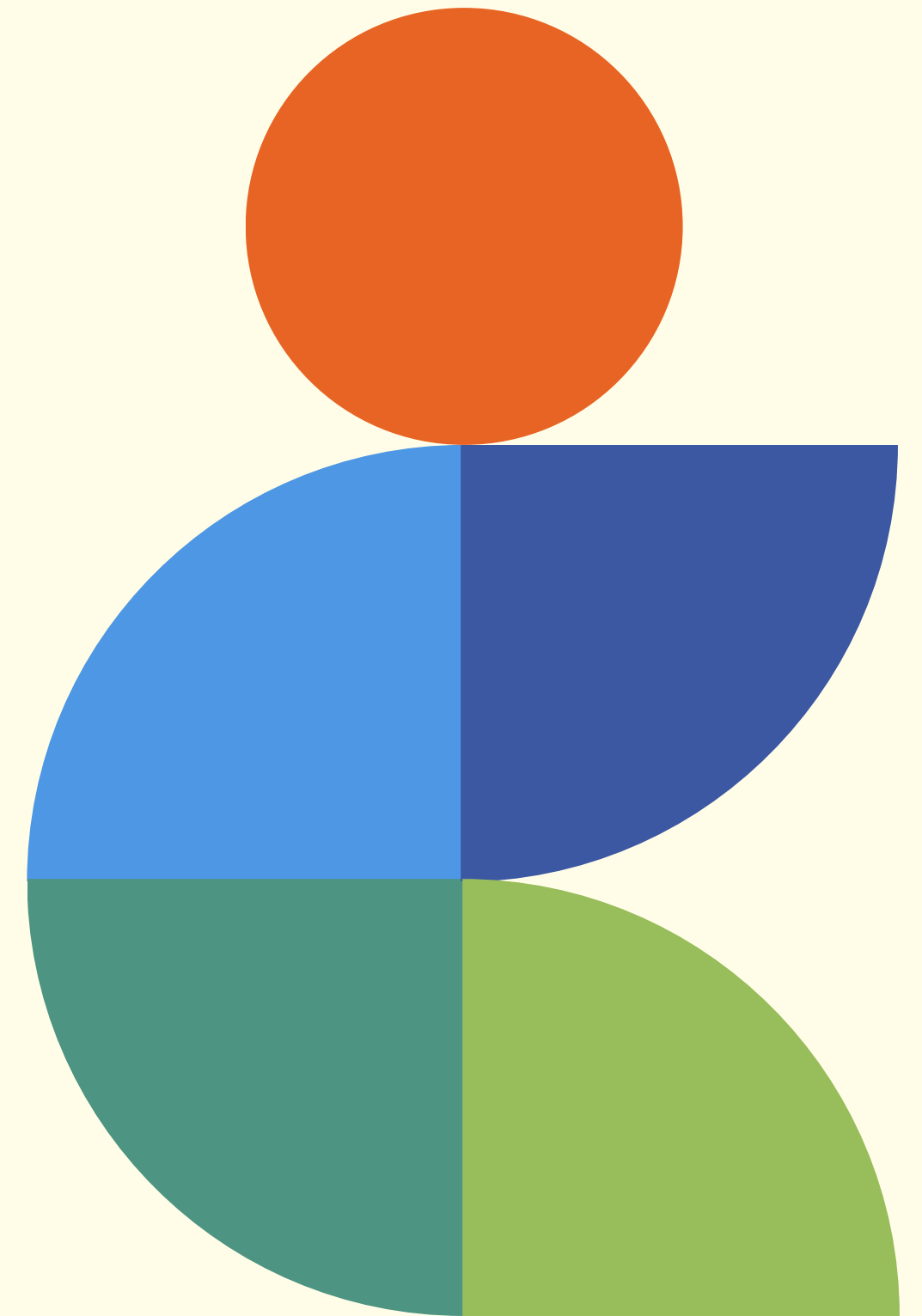


## **Social Health, Communication & Relationship**

- Making Contact
- Self Expression
- Compassion & Conflict Management
- Developing Trust & Commitment (Social Support)

# Ecological Health & Natural Living

- Food/Diet & Nutrition
- Eco-Ecstasy (time in nature)
- Time & Priority Management (effective use & simplicity/quality time)
- Responsible Consumerism & Eco-Living (home, work, & transport)



# Cultural Health - Local & Global

- Community Involvement/Activism
- The Great Turning (Ecological Paradigm)
- Media Education & Reform
- Community-Based/Regional vs. Centralized Economics

