

# Making Self-Care a Priority

Put on your oxygen mask first!



Presentation for Students with Kids  
Sponsored by PCC Sylvania WRC



# WHOA!

What is this about an oxygen mask?



# Intros & Check In

Share your name and which cat you identify with today!







## Grab a pen & paper

You will need a pen & paper or the print out.



## Grab your schedule

Grab your phone or paper schedule.





# Table of contents

## 01 Why?

Why do you need to prioritize self-care?

## 02 What is it?

What does self-care look like & what it doesn't look like

## 03 Make a Plan

How to learn your self-care style & plan for it in your day

## 04 Schedule it!

Scheduling self-care & how to recognize you need to stop, drop & self-care



01

# Why?

Why do you need to prioritize self-care?





# Your Emotional Bank Account

Give to Family

02

Imagine we all have an Emotional Bank Account filled with our energy.

Give to Work

01

We have to make withdraws when we give time & energy to others.

Give to School

00

If the account is drained we cannot give to others without overdrawing the account.

Give to our Home

-01

Which can affect our health, mental health & ability to be there for our friends & family.

Give to ??

-02

To be able to a withdraw from our bank we need to make deposits.



# Let's Do a Self-Care Assessment



## 6 Signs you are Mentally Exhausted\*


- You feel unmotivated or no interest in the things you enjoy
- You're having anxiety or panic attacks, sometimes for no reason
- You can't sleep or it takes you longer to fall asleep
- You don't feel as close to people & feel detached
- You are easily irritated & lose your patience quicker than usual
- You're suffering from stomach problems or headaches





## 02 What is Self-Care?

What does self-care look like & what  
it doesn't look like



“Self-care is a way for us to give back to ourselves and release everyday pressures ... It can be taking a quiet moment to process or making a simple cup of tea. As long as you’re present and focused on slowing down, it can be self-care.”

– **Samantha Heuwagen**

*a marriage & family therapist*





# Self-Care vs Self-Soothing

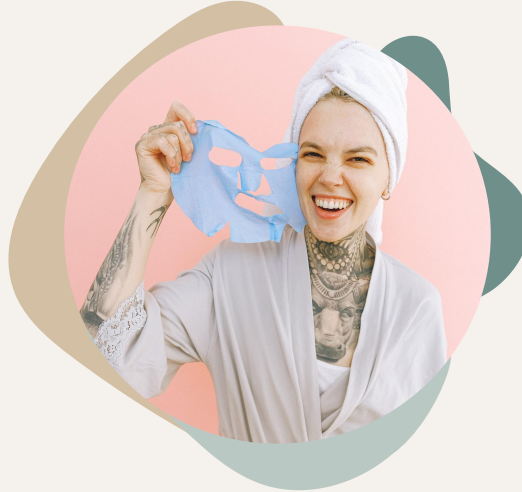
## Self-care starts from within

Self-Care is a way to build a sense of self & of calm so you are more resilient

## Self-soothing uses goods & services

Self Soothing is about marketing the message of 'do this thing right now & you will feel better'

Self-care contributes to your ongoing care



## Self-care is being aware of yourself

Ask yourself, 'Did I get enough sleep? Did I eat right? Did I get in some exercise?'

## Self-care helps you reflect & process stress

Self-care is a reflection of who we are and what we need to process stress

\* [What is self-care?](#) by Nicole Spector



# 03 Make a Plan

How to learn your self-care style & plan for it in your day

# Types of Self-Care



## Physical

Basic physical needs.  
Exercise. Pampering  
your body. Sleep.  
Healthy eating.



## Emotional

Process emotions in a  
healthy way. Therapy.  
Feeling your feelings.  
Compassion.



## Social

Getting enough social  
interaction that feels  
good. Boundaries.  
Friendships. Support.



## Spiritual

Figuring out your  
beliefs. Journaling.  
Meditation/Prayer.  
Seeking community.



## Personal

Getting to know  
yourself. Trying new  
things. Spending time  
alone. Hobbies.



## Environmental

Making a healthy  
living environment.  
Organize your space.



## Financial

Create a financial  
plan. Money  
management.  
Budgeting.



## Work/School

Create healthy  
work/school  
boundaries. Make  
goals.



# Self-Care Checklist

Download your own self-care checklist. This is a great tool when you are struggling to figure out what you really need to focus on for yourself.



# Self-Care can be 5 Minutes or can be a Full Day

Make sure you put things on your list that can help reset when you only have a few minutes. Consider these your self-care emergency plans.



# Ideas for Your Self-Care Checklist



## Physical

- Sleep
- Stretch
- Facial
- Pedicure/Manicure
- Exercise
- Healthy Food
- Water
- Regular healthcare



## Emotional

- Stress Management
- Therapy
  - Check out PCC Counseling
- Affirmations
- Gratitude List
- Self-compassion
- Breathing exercise



## Social

- Join us at SwK
- Check out the Panther Hub
- Create support systems
- Ask for help
- Ask for a hug
- Message a friend



# Ideas for Your Self-Care Checklist



## Spiritual

- Time Alone
- Meditation/Prayer
- Investigate your beliefs
- Enjoy Nature
- Find a Mentor
- Sing/Dance
- Sacred Space



## Personal

- Self-Reflection
- Hobbies/Art
- Make goals
- Vision Board
- Learn a new skill
- Give yourself grace
- Create a routine
- Read a book for pleasure



## Environmental

- Security in your space
- Organize a space
- Turn off devices
- Buy flowers
- Decorate
- Change your bedding/sheets
- Light a candle

# Ideas for Your Self-Care Checklist



## Financial

- Make a budget
- Pay off debt
- Savings
- Splurge
- Take a class on finances
- Have a financial mentor



## Work

- Take time for lunch
- Create boundaries
- Take your breaks
- Do not work overtime
- Take mental health days
- Take your days off



## School

- Create boundaries w/teams & professors
- Take mental health days
- Create a study schedule
- Have a study space



# Find Your Focus & Your Self-Care Style

Everyone's style is different. Try new things find what refills you. Focus on only one area of your life at a time. Don't let self-care be overwhelming.

04

# Schedule it!

Scheduling self-care & how to recognize when you need to stop, drop & self-care



# The S.T.O.P. Method

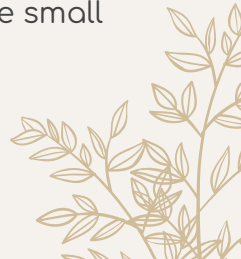
**Stop** what you are doing: Press the pause button on your thoughts and actions.

**Observe.** Notice what is happening. What is happening inside and outside of you? Where has your mind gone? What do you feel? What are you doing?



**Take a breath.** Reconnect with your breath. Breathe in slowly through the nose. The breath is an anchor to the present moment.

**Proceed.** Mindfully consider how you'd like to respond. What's **one thing** you can focus on? What's your most important priority? Take it one small step at a time.



# Stop & Schedule Self-Care Right Now





# Other Great Tools:

## Level 10 Life

I love using Level 10 Life to evaluate how I feel about life. Then I find areas to focus on.

## Name Your Day

This is a challenge where you look at your day and name it. You pick a word or phrase to have for your focus.

## MITs

Most Important Tasks. Choose only 3 tasks that you want to focus on.





# THANKS!

Do you have any questions?  
[pepper.ferguson@pcc.edu](mailto:pepper.ferguson@pcc.edu)  
[wrc@pcc.edu](mailto:wrc@pcc.edu)

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& Panther Hub:  
[bit.ly/PCCSwK](https://bit.ly/PCCSwK)



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# WHOA!

This is the part where you can  
introduce yourself, write your  
email...



# Table of contents

## 01 Sleep Day

You could describe here the topic of the section

## 02 Goal

You could describe here the topic of the section

## 03 Advantages

You could describe here the topic of the section

## 04 Conclusion

You could describe here the topic of the section

# Benefits of being on the bed

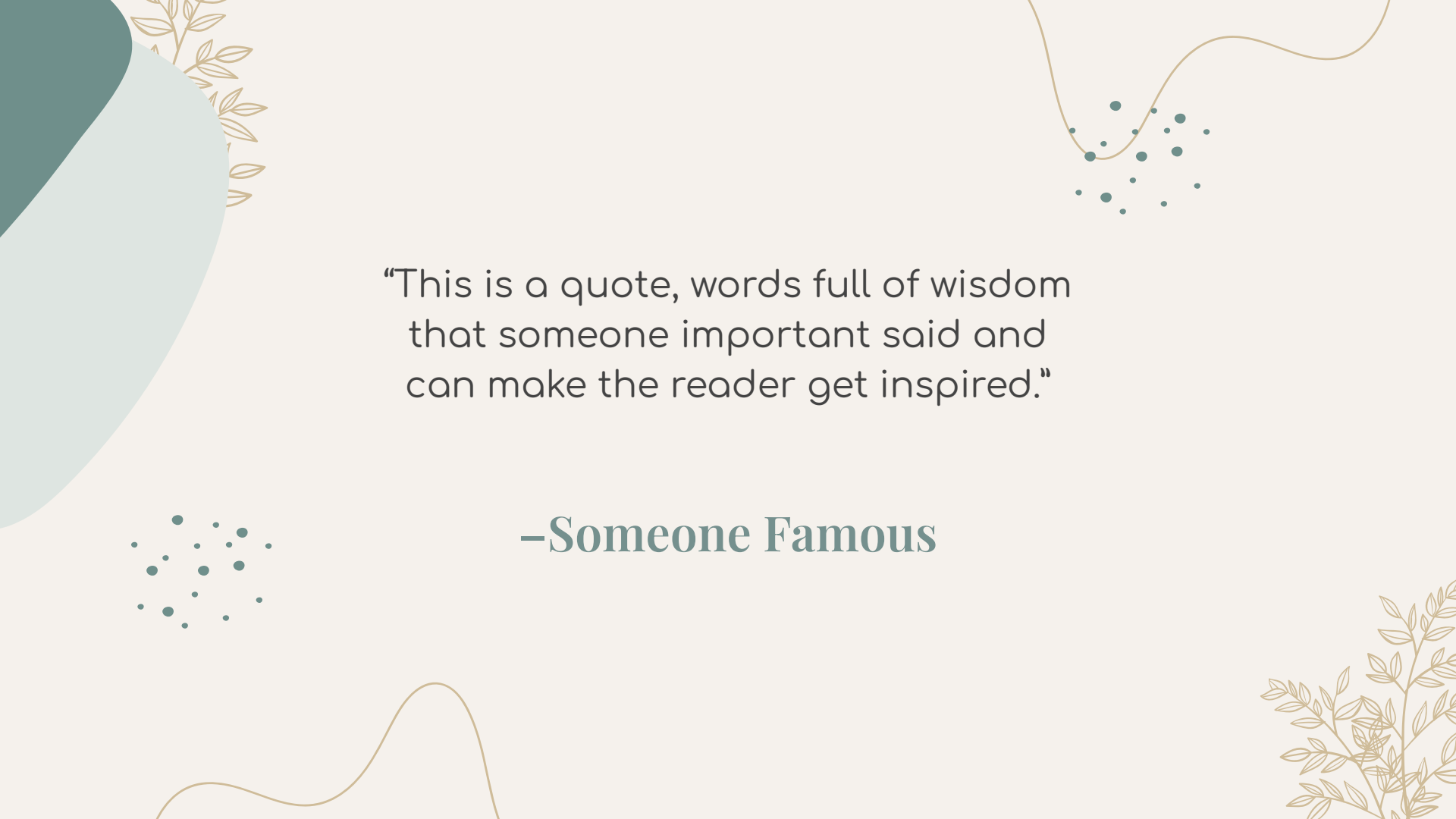
## Saturn

Saturn is the ringed one and a gas giant

## Jupiter

It's the biggest one in the Solar System

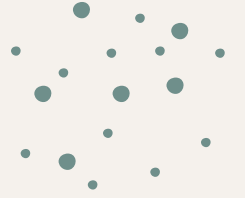




“This is a quote, words full of wisdom  
that someone important said and  
can make the reader get inspired.”



–Someone Famous



# Sleeping with your pets is good for your health

Mercury is the closest planet to the Sun and the smallest one in the Solar System





Sleep is the best  
meditation





01

# Sleep Day

You could enter a subtitle here in case you need it



# Several benefits



## Underlying factors

- Sharpens memory
- Helps body growth
- Helps stay active during the day
- Prevents various diseases
- Strengthens the immune system
- Controls appetite
- Improves focus
- Is good emotionally
- Helps avoid panda eyes





# Cost of sleeping difficulties

	Jupiter	Mercury	Venus
Japan	\$2,400	\$3,500	\$1,200
Germany	\$8,700	\$4,000	\$2,300
Canada	\$5,000	\$2,700	\$8,000



# 30,000,000

Mercury is the closest planet to the Sun and  
the smallest one in the Solar System



# Reasons to sleep



## Saturn

Saturn is the ringed one  
and a gas giant



## Jupiter

It's the biggest one in  
the Solar System



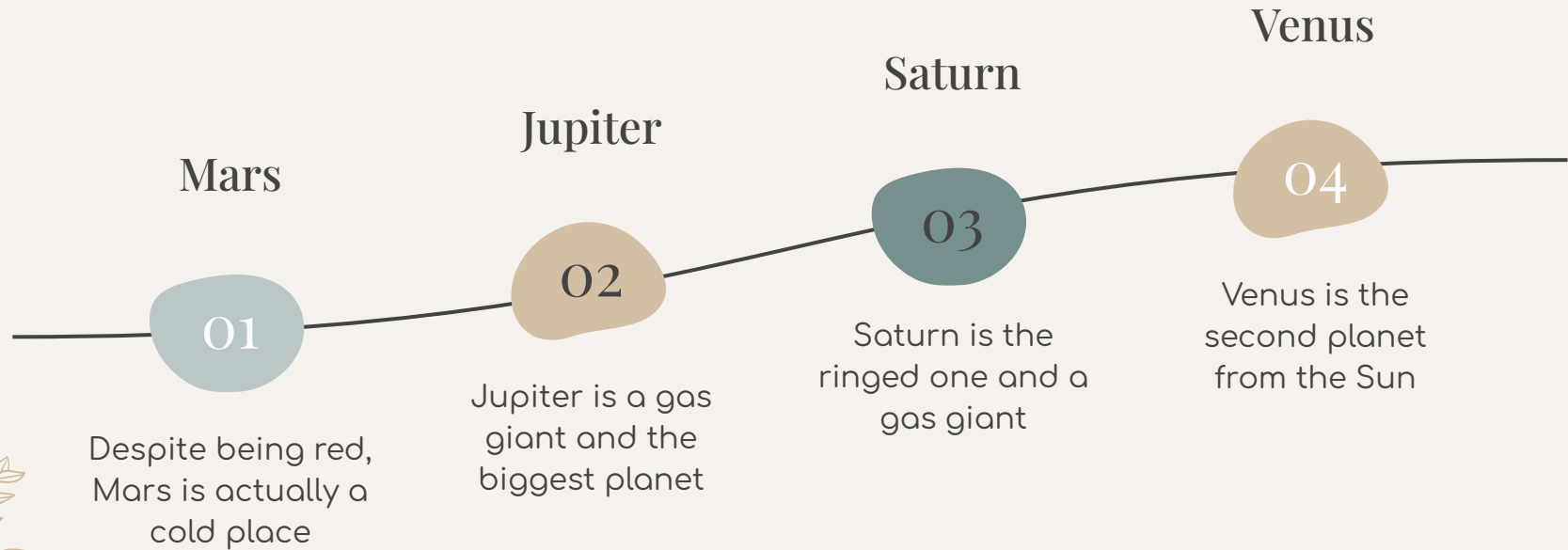
## Mars

Despite being red, Mars  
is a cold place

# Invite your friends to share Sleep Day



# 7 days of benefits that will be felt



# 7 days of benefits that will be felt

Mercury

05

Mercury is the closest planet to the Sun

Earth

06

Earth is the planet where we live on

Neptune

07

Neptune is the farthest planet from the Sun

# Benefits that impact the body



## Mercury

Mercury is the smallest planet



## Venus

Venus is the second planet from the Sun



## Mars

Despite being red, Mars is cold



## Jupiter

It's the biggest one in the Solar System



## Saturn

Saturn is the ringed one and a gas giant



## Neptune

It's the farthest planet from the Sun





## 02 Goals

You could enter a subtitle here in case you need it



# 2,000,000

Mercury is the closest planet to the Sun and the smallest one in the Solar System

# 3,000,000

Neptune is the farthest planet from the Sun and the fourth-largest in the Solar System



# Countries that sleep more



Despite being red, Mars is actually a cold place. It's full of iron oxide dust



Jupiter is a gas giant and the biggest planet in the Solar System



Mercury is the closest planet to the Sun and the smallest of them all

# Medical costs of insomnia



Venus	Mars	Jupiter	Saturn
\$1,200	\$2,000	\$3,000	\$1,500
\$1,000	\$1,500	\$2,000	\$2,200
\$500	\$250	\$1,000	\$500





# Impact for families

## Mercury

Mercury is the smallest planet of them all

## Mars

Despite being red, Mars is a cold place



## Venus

Venus is the second planet from the Sun

## Jupiter

It's the biggest one in the Solar System

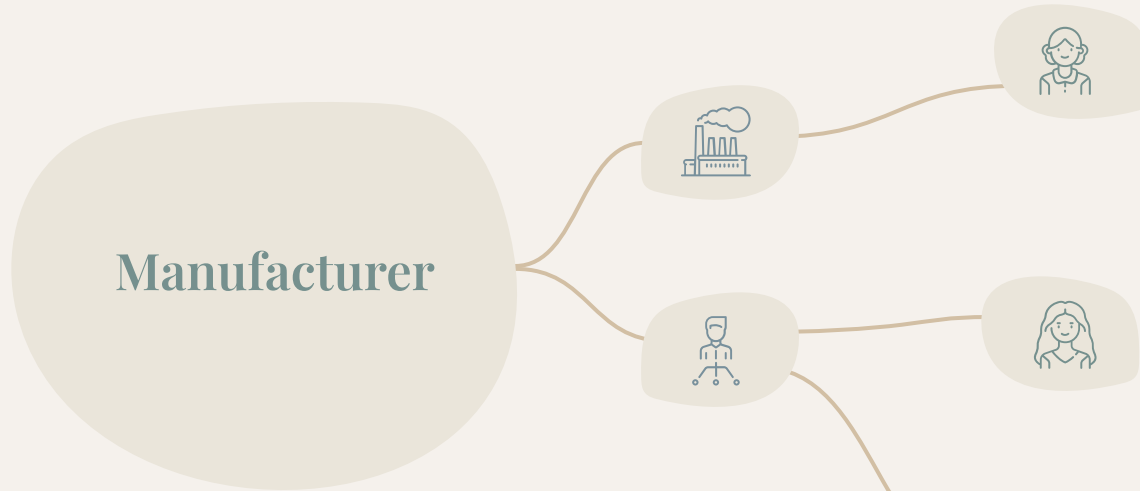


03

# Advantages

You could enter a subtitle here if  
you need it

# Bed and mattress manufacturers



## Venus

Venus has a beautiful name, but it's hot

## Mercury

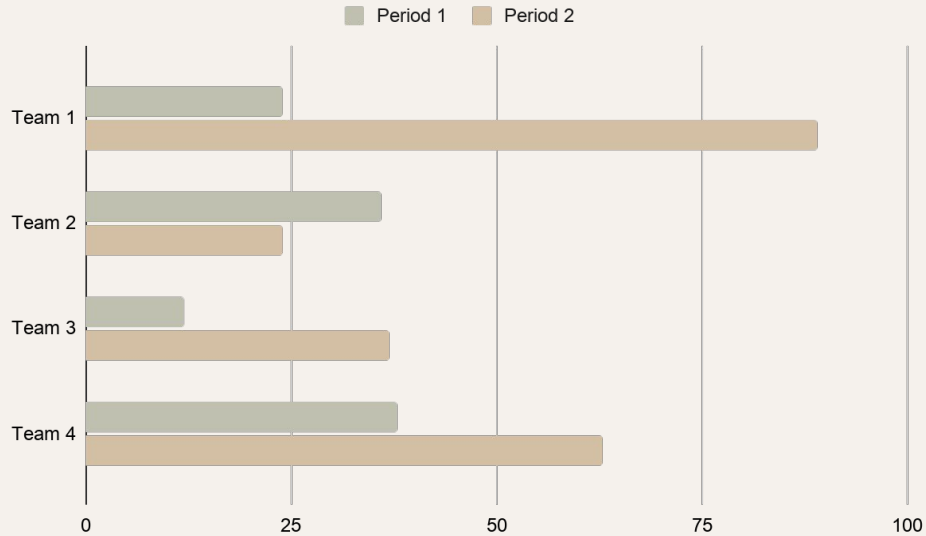
Mercury is the smallest planet of them all

## Mars

Despite being red, Mars is a cold place



# Data on previous Sleep Days



To modify this graph, click on it, follow the link, change the data and paste the new graph here, replacing this one



Despite being red, Mars is a cold place. It's full of iron oxide dust

Jupiter is a gas giant and the biggest planet in the Solar System



# Infographics

Despite being red,  
Mars is actually a  
cold place



Jupiter is a gas giant  
and the biggest planet  
in the Solar System

Mercury is the closest  
planet to the Sun and  
the smallest

Neptune is the farthest  
planet from the Sun and  
the fourth-largest





04

# Conclusion

You could enter a subtitle here if you need it



# Campaigns in social media



## Jupiter

It's the biggest of them all



## Venus

Venus is the second planet



## Mars

Mars is a very cold place



## Saturn

Saturn is the ringed one



# Our team



**James Khan**

You can talk a bit about  
this person here



**John Doe**

You can talk a bit about  
this person here



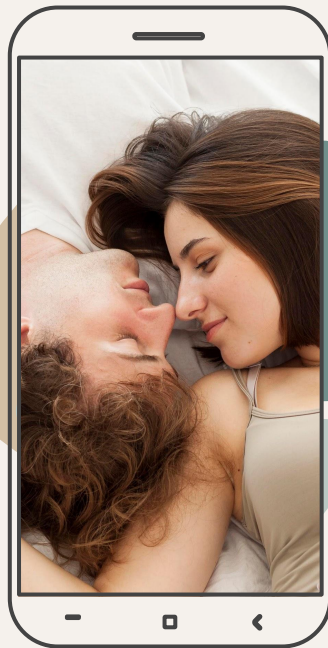
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# Alternative resources

- Woman stroking cute lazy cat
- Woman petting adorable dog
- Woman wearing a sleep mask on her eyes top view
- Woman wearing a sleep mask on her eyes
- Female wearing a sleep mask on her eyes
- Woman wearing a sleep mask on her eyes flat lay
- elf care beauty sleep flat lay
- Woman relaxing on the couch high view
- Top view young woman sleeping
- Top view beautiful woman with sleep mask

# Resources

- Couple laying in bed together
- Coworkers posing together in the office
- Top view of smiley couple waking up in the morning
- Medium shot couple laying in bed
- Female wearing a sleep mask on her eyes

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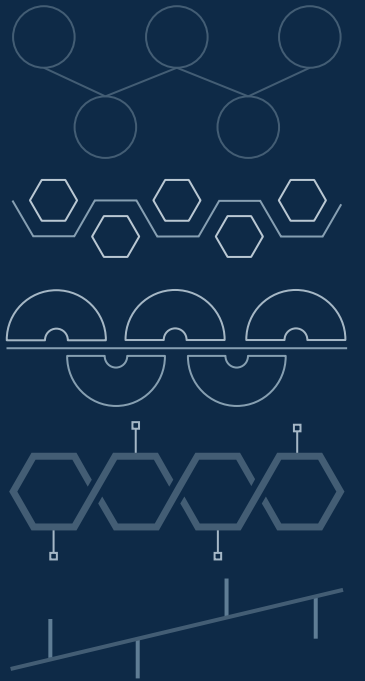
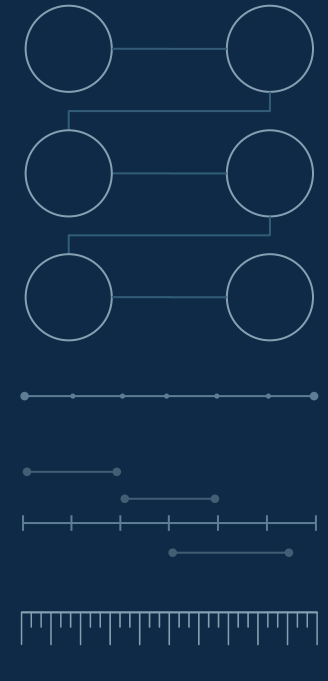
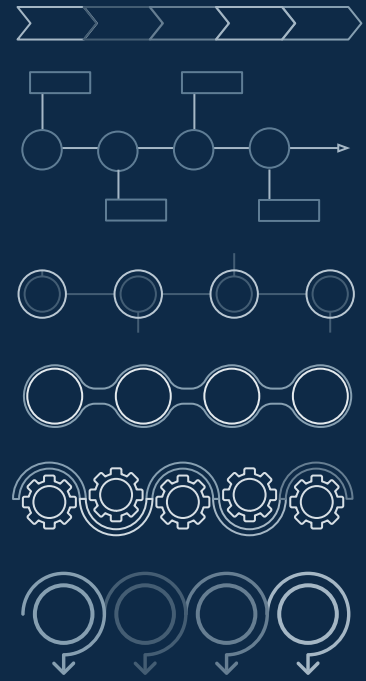
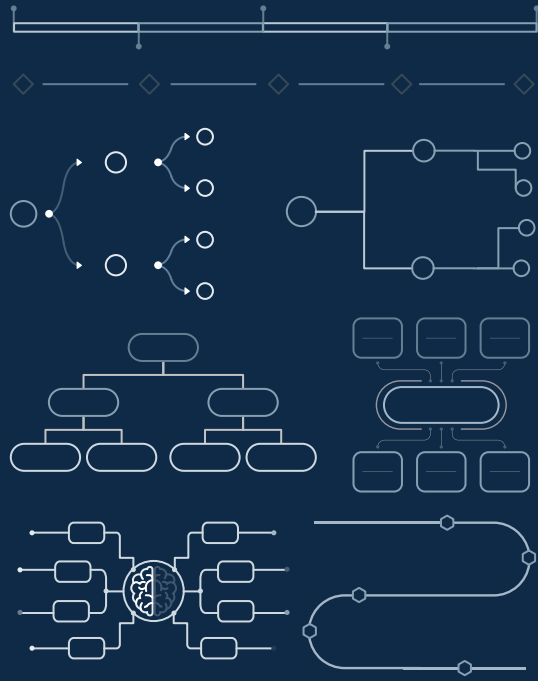


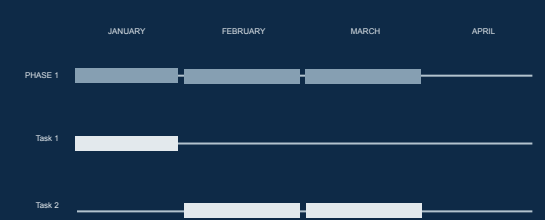
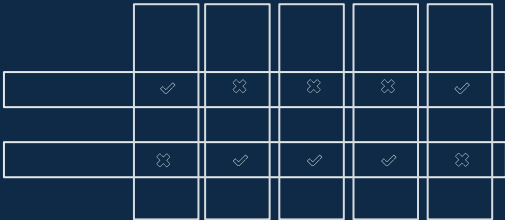
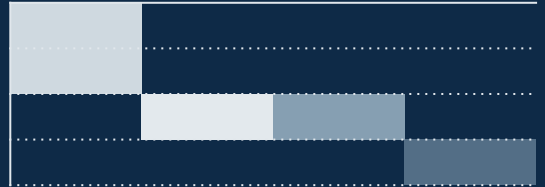
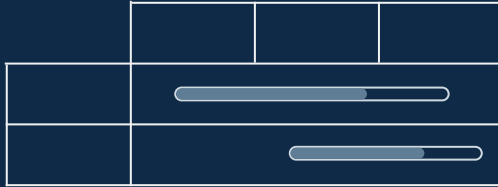
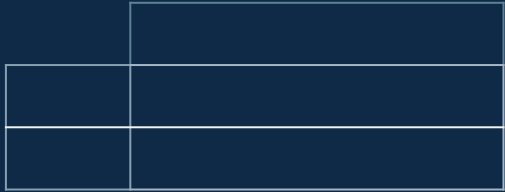
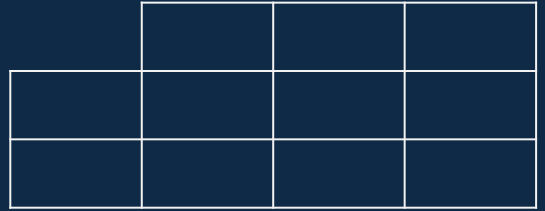
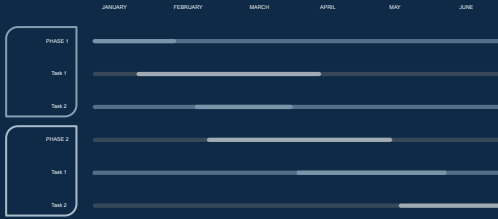
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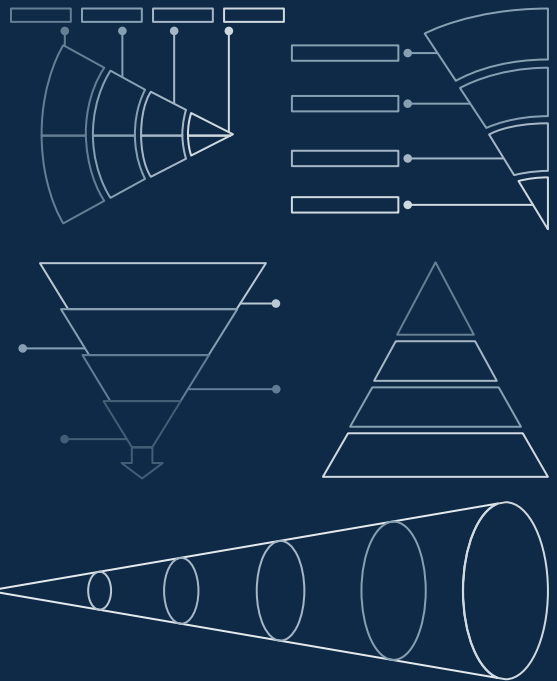
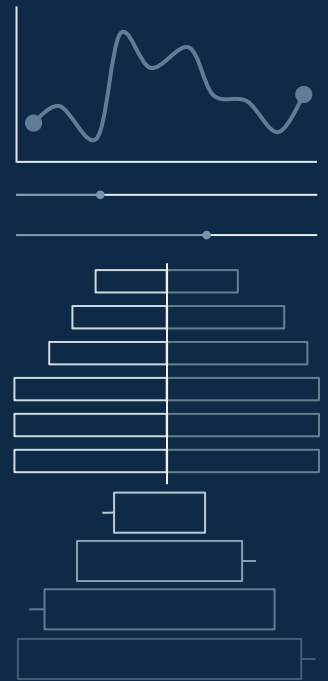
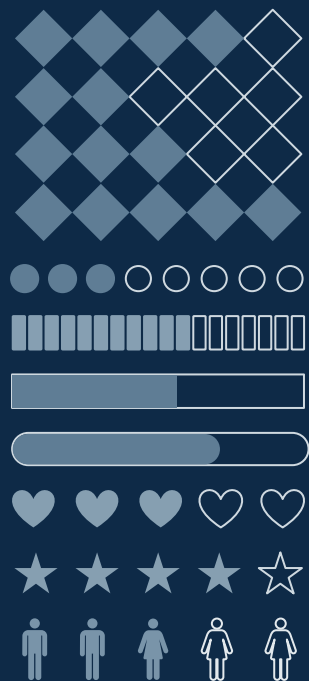
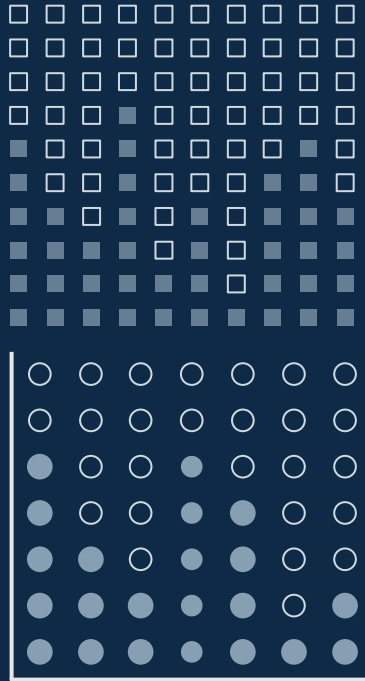












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## Medical Icons



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