



Dr Elaine Cranenburgh

# Mindful Self-Care

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# Introduction



Click a link to go directly to that section

[Session 1: What is self care and what does it mean to me?](#)

[Session 2: Being number 1, saying no and setting boundaries.](#)

**Session 3:** Taking a step back, setting yourself free and self reflection.

**Session 4:** Checking in with yourself, and keep moving forward.



# Mindful Self-Care

# Session 1



## Agenda

**Introduction:** What is self-care

**Primary goals:** Awareness of what self-care means to me

**Areas of growth:** My personal self-care plan

**Summary:** What have I learned about me!



# What is Self-Care?

**The World Health Organization defines self-care as:**

“the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider.”





Primary goal:  
**Awareness**



# The pillars of self-care



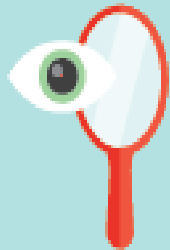
**1**

health literacy



**2**

self-awareness



**3**

physical activity



**4**

healthy eating



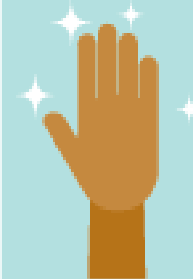
**5**

risk avoidance



**6**

good hygiene



**7**

optimal use of products and services





Meet the team -  
are you brave enough to be open  
today?



# Do you know what you need?







# Areas of focus

## Take the test:

- Take a look at the questionnaire
- Physical wellbeing
- Psychological, mental/emotional/spiritual wellbeing
- Work/professional
- Social life/family/relationship wellbeing

## Balance

- Do you have balance?
- How are we going to obtain balance?

# My personal self-care plan

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## 5 Minutes

- Ever have 5 minutes between activities and think there is no time to do anything in 5 minutes?
- Discuss activities that take 5 minutes
- Think about anything that makes you feel good

## 30 Minutes

- 30 minutes is a lot longer than you think, with focus you can really do something special for yourself in just 30 minutes every day!
- What can you do in 30 minutes, discuss with your group.

## ½ Day

- How many times do you take ½ a day purely for yourself and do something that makes you feel happy and fulfilled.
- Think realistically about how often you can fit ½ a day into your self-care plan.



# Summary: Session 1

What is self-care and what does it mean to me?

Hopefully you will take away a new awareness of self-care that will help you look after yourself as you move forward in life. Keep an open mind about potential self-care activities and use your log to treat yourself, even if just for 5 minutes.









# Session 2



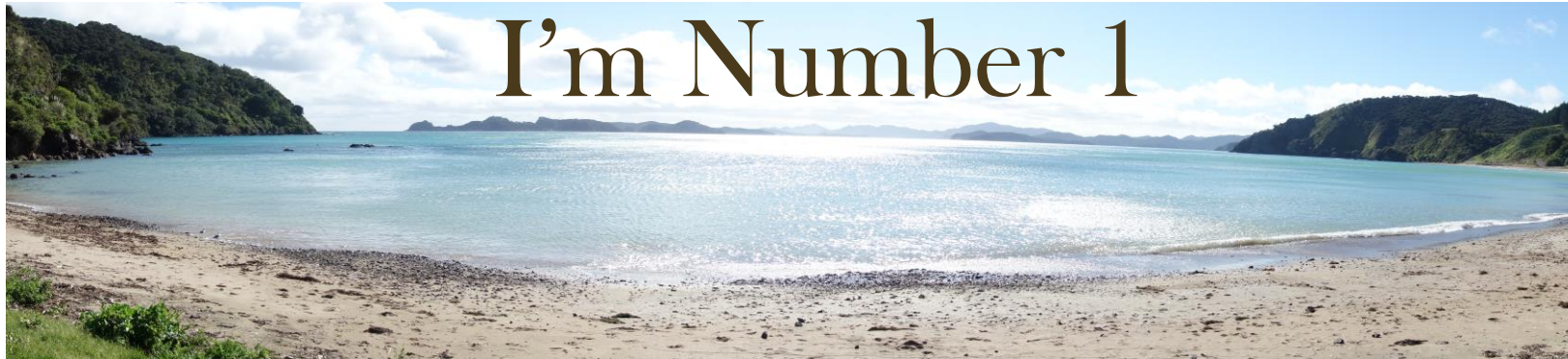
## Agenda:

1. I'm number 1
2. Say 'No' guilt free
3. Setting boundaries



Self care is not selfish  
It's a necessity

**I'm Number 1**



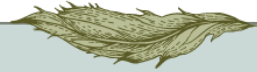
## HOW TO USE OXYGEN MASK ON PLANE



If you ever feel doubtful that self-care is not selfish remember this analogy:  
you can't help others if you yourself are incapacitated.



# What is selfishness?



**concerned excessively or exclusively with oneself :**

seeking or concentrating on one's own advantage, pleasure, or well-being without regard for others.

The key to the definition of selfish is WITHOUT REGARD FOR OTHERS.

Self-care can mean you make a decision to put yourself first, but doesn't mean that you have not considered the welfare of others in your decision.

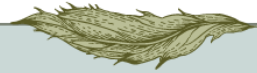
**For a decision to be selfish, it must lack empathy**



Empathy vs Sympathy : Dr Brené Brown

Empathy is non-judgemental, vulnerable, open, honest, and doesn't need to fix things.

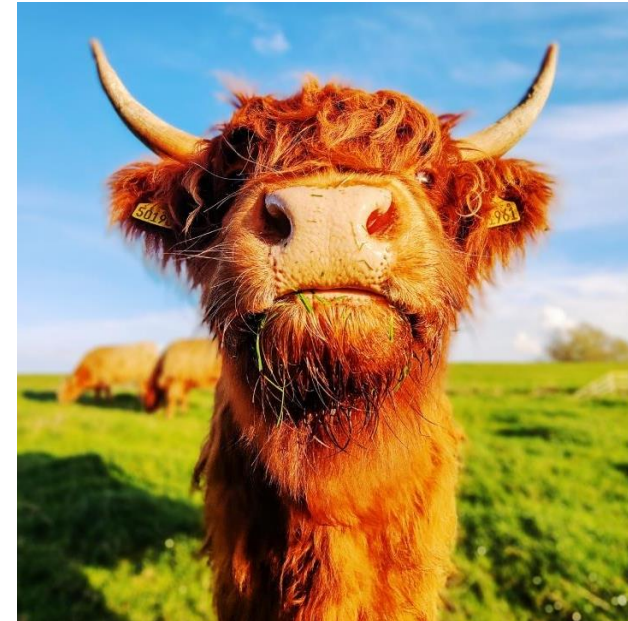
# Why is self-care difficult?



## NATURE




## NURTURE





Say no, guilt free!



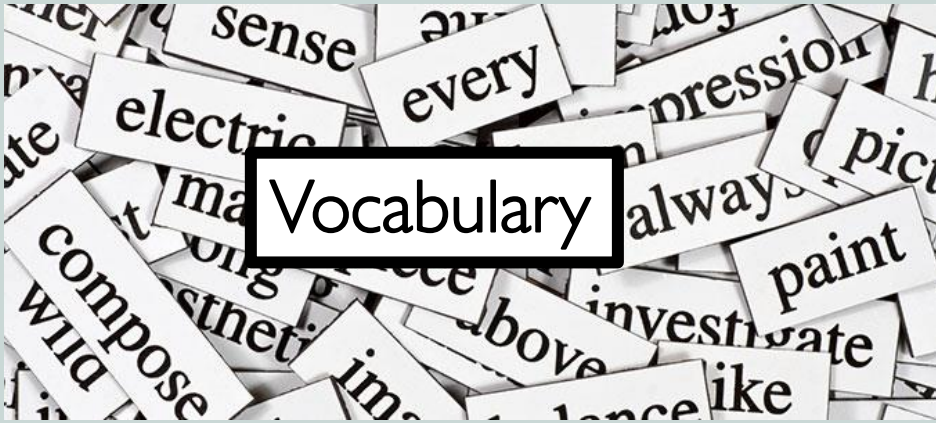


Think of a time when you had to  
say no to something and it made  
you feel guilty.

Keep that thought in your mind, or  
jot it down as we discuss this next  
section and share your thoughts if  
you feel able to.

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If you have never said no, be mindful of why  
that might be during this part of the  
workshop.



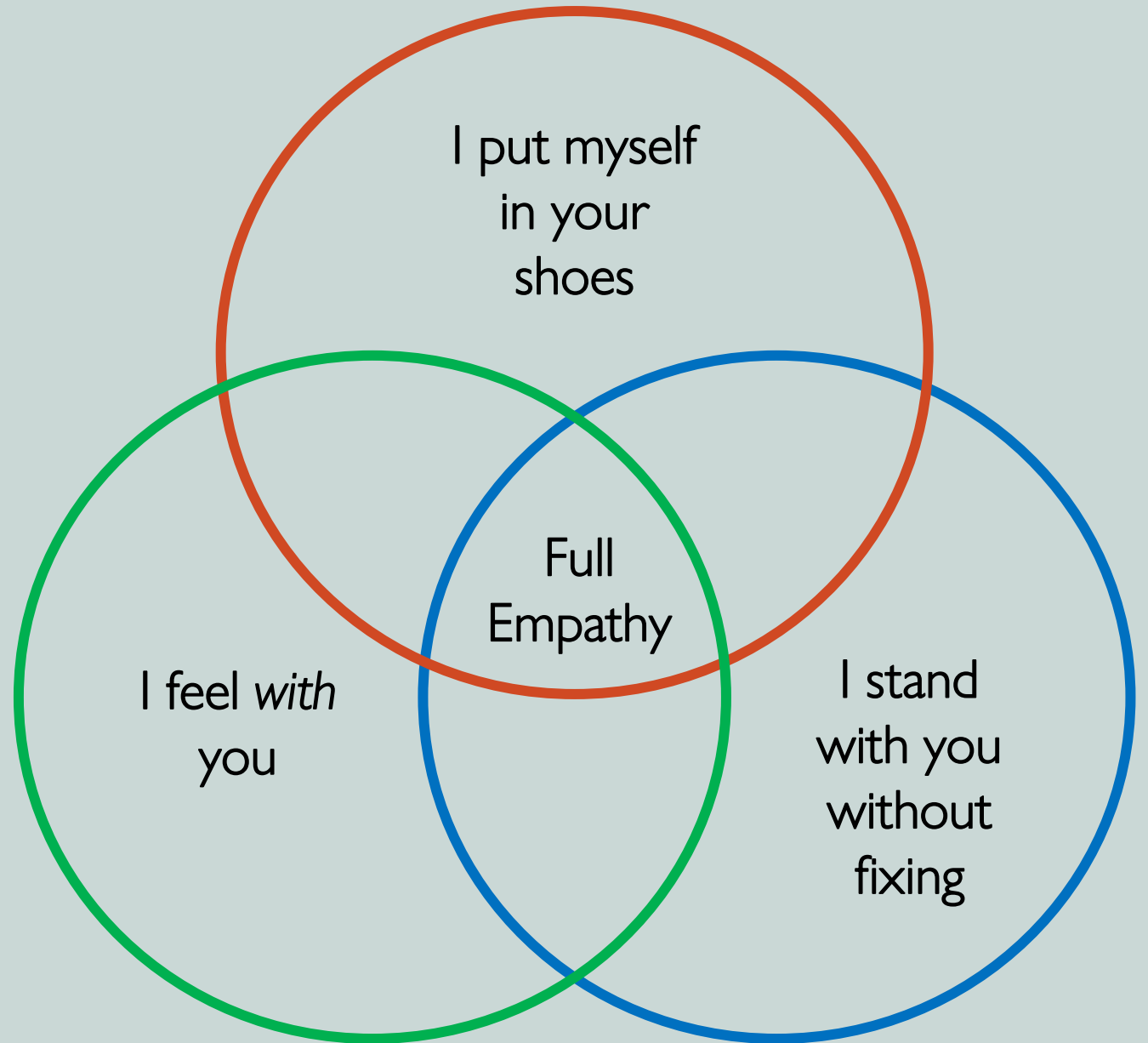
## The three types of empathy

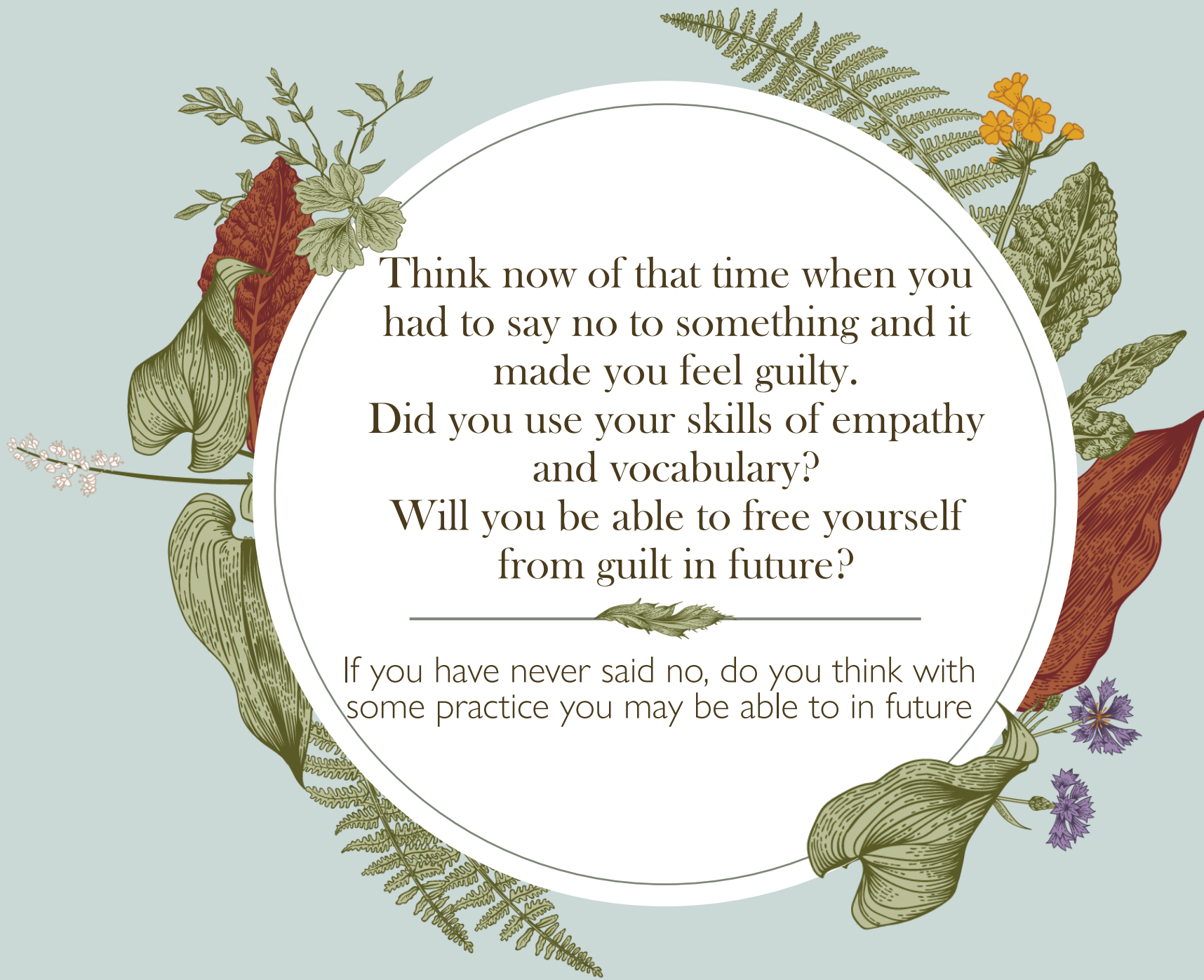
Cognitive

Empathic

Emotive

When we consider empathy and use vocabulary to explain why we need to say 'No' there is no need for guilt because both parties understand the needs of each other.





Think now of that time when you  
had to say no to something and it  
made you feel guilty.  
Did you use your skills of empathy  
and vocabulary?  
Will you be able to free yourself  
from guilt in future?

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If you have never said no, do you think with  
some practice you may be able to in future

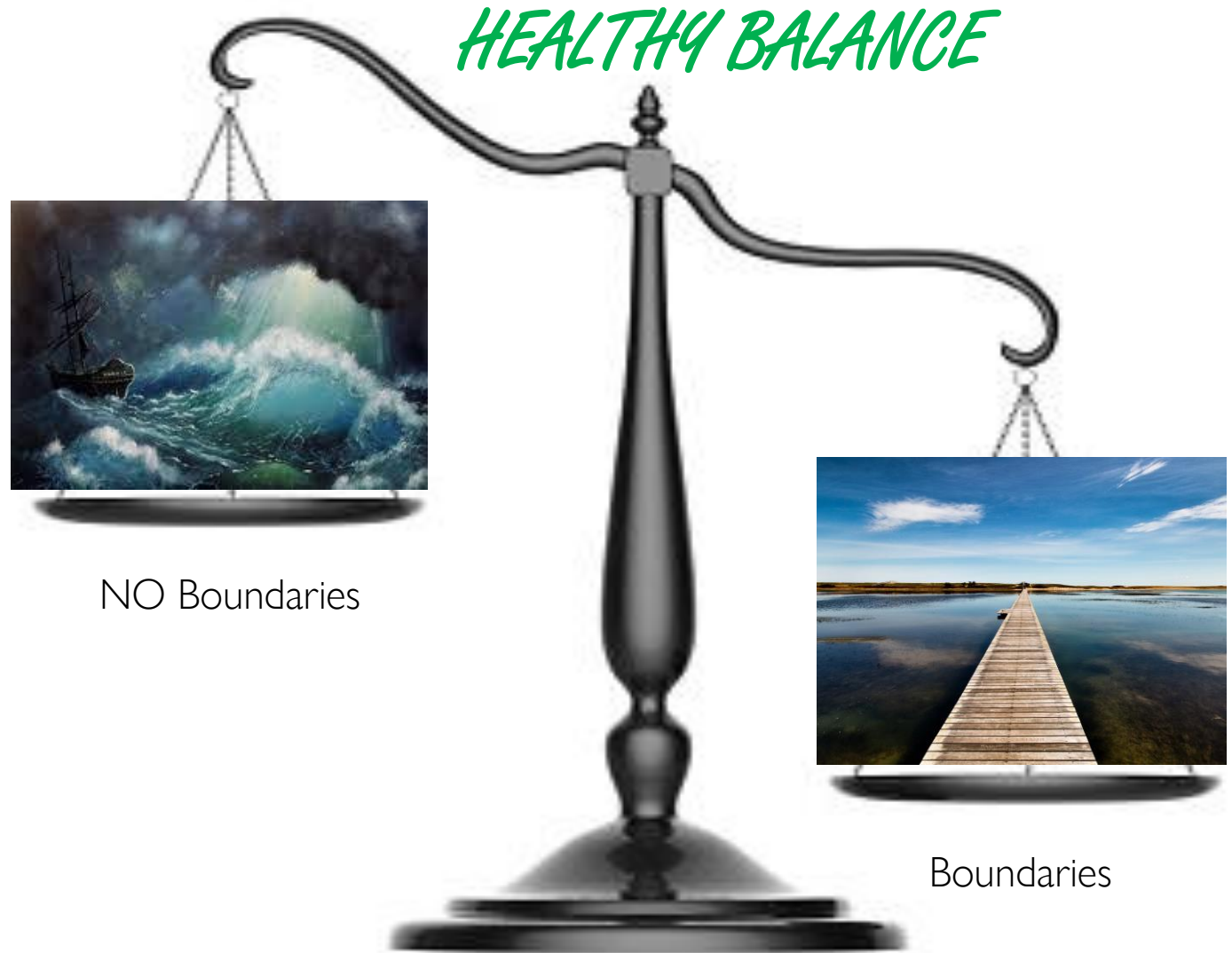
# Setting boundaries





# Setting boundaries:

- Difficult (scary, unknown)
- We thrive on boundaries.
- They are all around us every day
- They bring order to chaos
- Boundaries can be rigid
- Boundaries can be flexible





## Summary: Session 2

When and how to put yourself first without guilt and how boundaries can help you and why boundaries are important.

Hopefully you will take away a new awareness of self-care that will help you look after yourself as you move forward. Try doing another review of the questionnaire from session one, see if there are any changes. Keep an open mind about potential self-care activities and use your log to treat yourself, even if just for 5 minutes.



Understanding your

# Conditions of Worth





# Session 3



## Agenda:

1. What are Conditions of worth?
2. Locus of evaluation
3. Unconditional positive self-regard

# What are Conditions of Worth?



Rules of behaviour that a person believes they must follow to be loved and accepted.

Sometimes they are obvious and sometimes they are subtle. We all come with our own unique set.

Example 1.



=



Example 2.



=



# Why are COWs important



- Part of our subconscious mind acted out consciously
- They may or may not fit our lives
- They become our value system
- They are imposed upon us (coercion)
- They form part of our views of others and the world around us

And so forth...

# Locus of evaluation



## INTERNAL

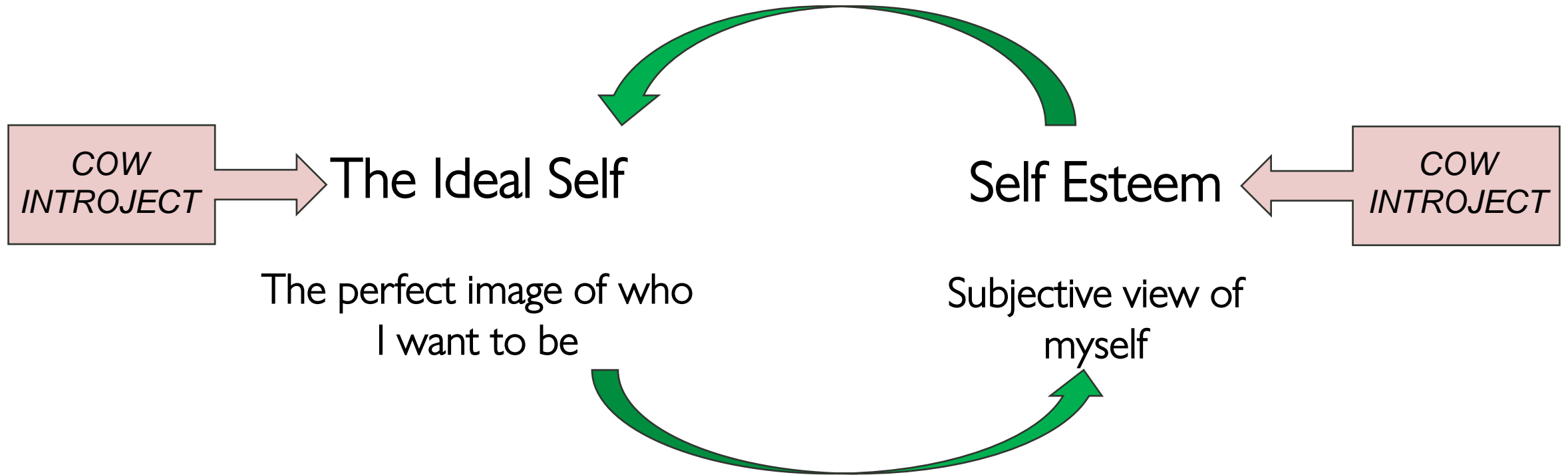
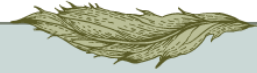
- I know what feels right for me
- I rely on my own experiences to guide me
- I listen to advice of others but still do what is best for me

## EXTERNAL

- I don't really listen to my feelings
- I learn from others
- I follow advice
- I am someone else

*(introject)*

# Who am I and what is my worth?





# What are my conditions of worth?

Work hard

Please others

Be the best

Never let others  
see weakness

Never cry

Always smile

Be small

Children should be  
seen and not heard

Do as you are told

Don't be lazy

Be strong

Be clever

Play to win

Take 5 minutes to write  
down 3 COWs you  
can think of that relate  
to you.

Respect your elders

Be silent



## Conditions of Worth

What does this mean regarding self-care?

Positive regard for oneself



# Conditional positive regard



If I want to be loved or seen positively by others, I must...

Conditions of worth give us value if we behave in certain ways. If we do not behave that way, then we are seen as less valuable.

They can have a positive or negative influence on our self-regard.

# Unconditional positive regard (UPR)



I am loved and regarded positively irrespective of my mistakes and actions.

Understanding Conditions of Worth gives us perspective on how we regard ourselves.



Self-care  
&

# Unconditional positive self-regard

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Give yourself a break and show yourself  
some compassion

# SELF-CARE



## COWs

- What do I need right now?
- How do I feel?
- Is this for me or for others?
- Where does this feeling come from?
- Does it have to be this way?
- Can I listen to myself?
- Can I trust myself to know what I need?

## Ideal Self

- What do I need right now?
- Are my expectations too high?
- Where do my expectations come from?
- Am I perfect?
- Is there room for mistakes?
- What are my true values?

## UPR

- What do I need right now?
- Am I judging myself too harshly?
- Can I give myself the compassion I can give others?
- Can I regard myself positively regardless?
- Is perfection realistic?



## Summary: Session 3

A closer look at conditions of worth: what they are, how they are defined and how they affect our daily lives including our ability to look after ourselves.

Hopefully, you will take away a new awareness of self-care that will help you look after yourself as you move forward. Try doing another review of the questionnaire from session one, see if there are any changes. Keep an open mind about potential self-care activities and use your log to treat yourself, even if just for 5 minutes.





Thank you



Dr Elaine Cranenburgh

This has been a part of the mindfulness programme running throughout 2023 at the Neuro-Muscular Centre Winsford, Cheshire.