



Dr Elaine Cranenburgh

# Mindful Self-Care

---

# 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



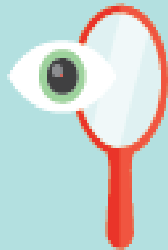
**1**

health literacy



**2**

self-awareness



**3**

physical activity



**4**

healthy eating



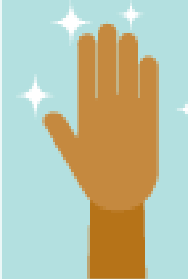
**5**

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

---



## 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



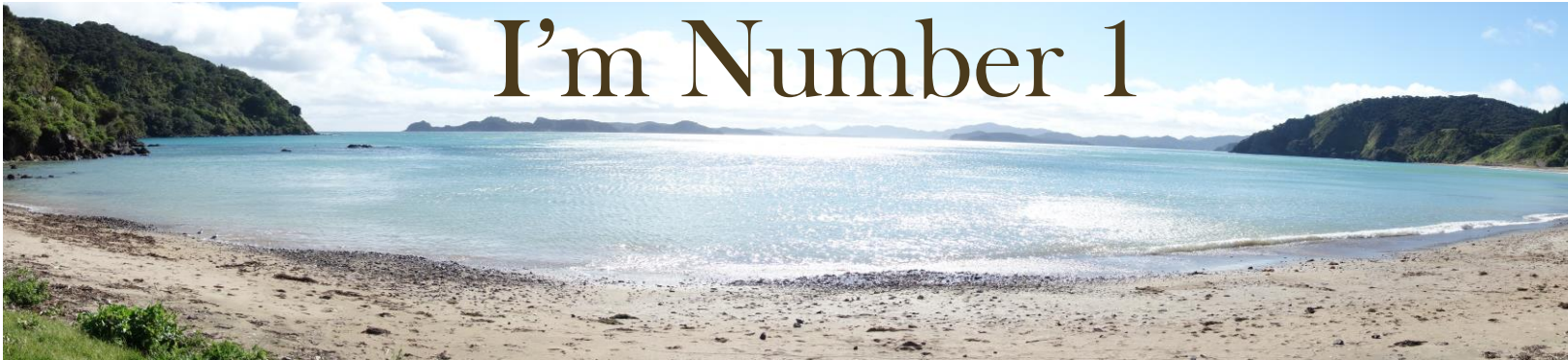
## Agenda:

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**



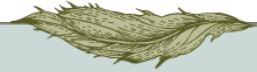
## HOW TO USE OXYGEN MASK ON PLANE



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.

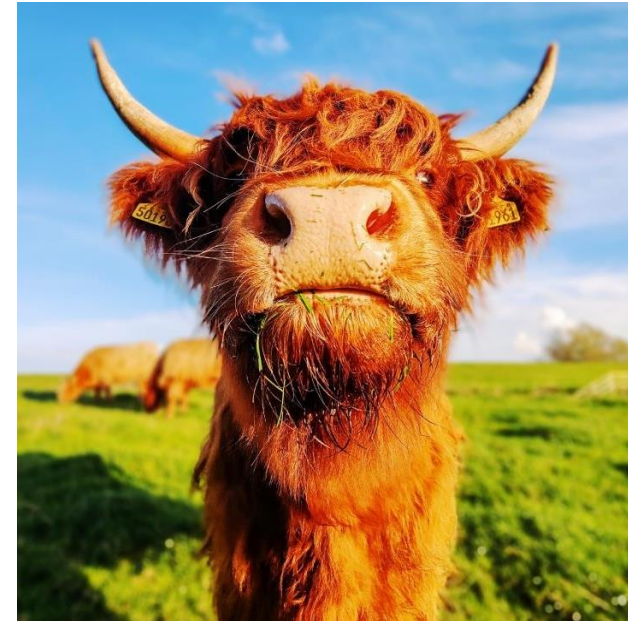
# Why is self-care difficult?



## NATURE



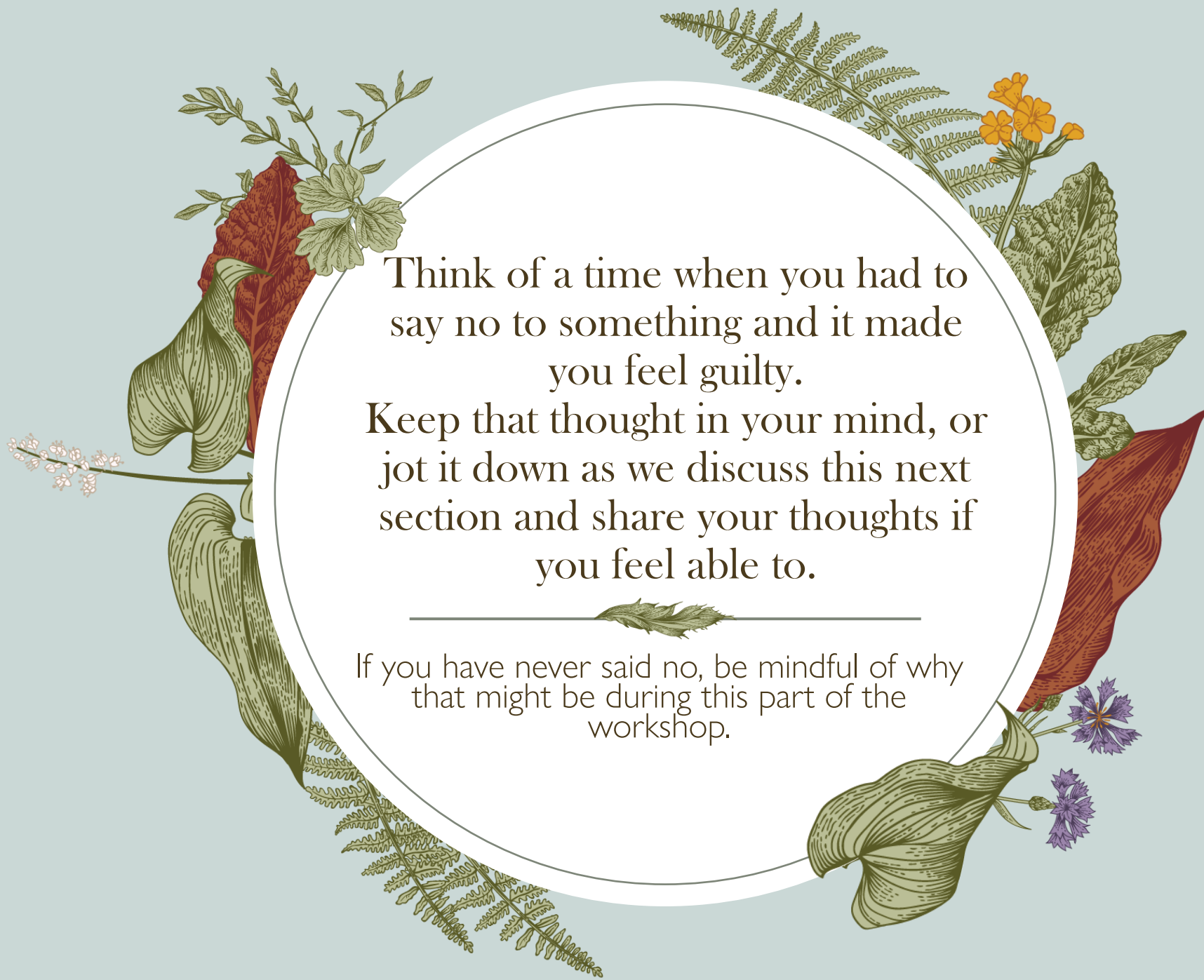
## NURTURE





Say no, guilt free!



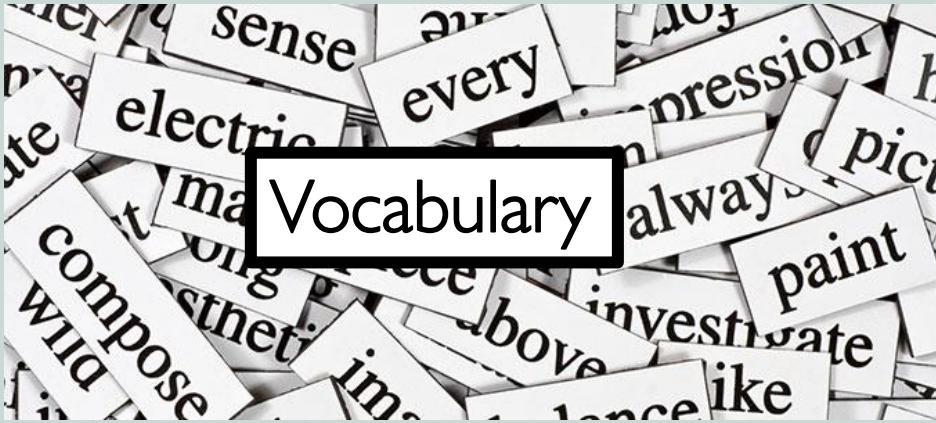


Think of a time when you had to  
say no to something and it made  
you feel guilty.

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.

---

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



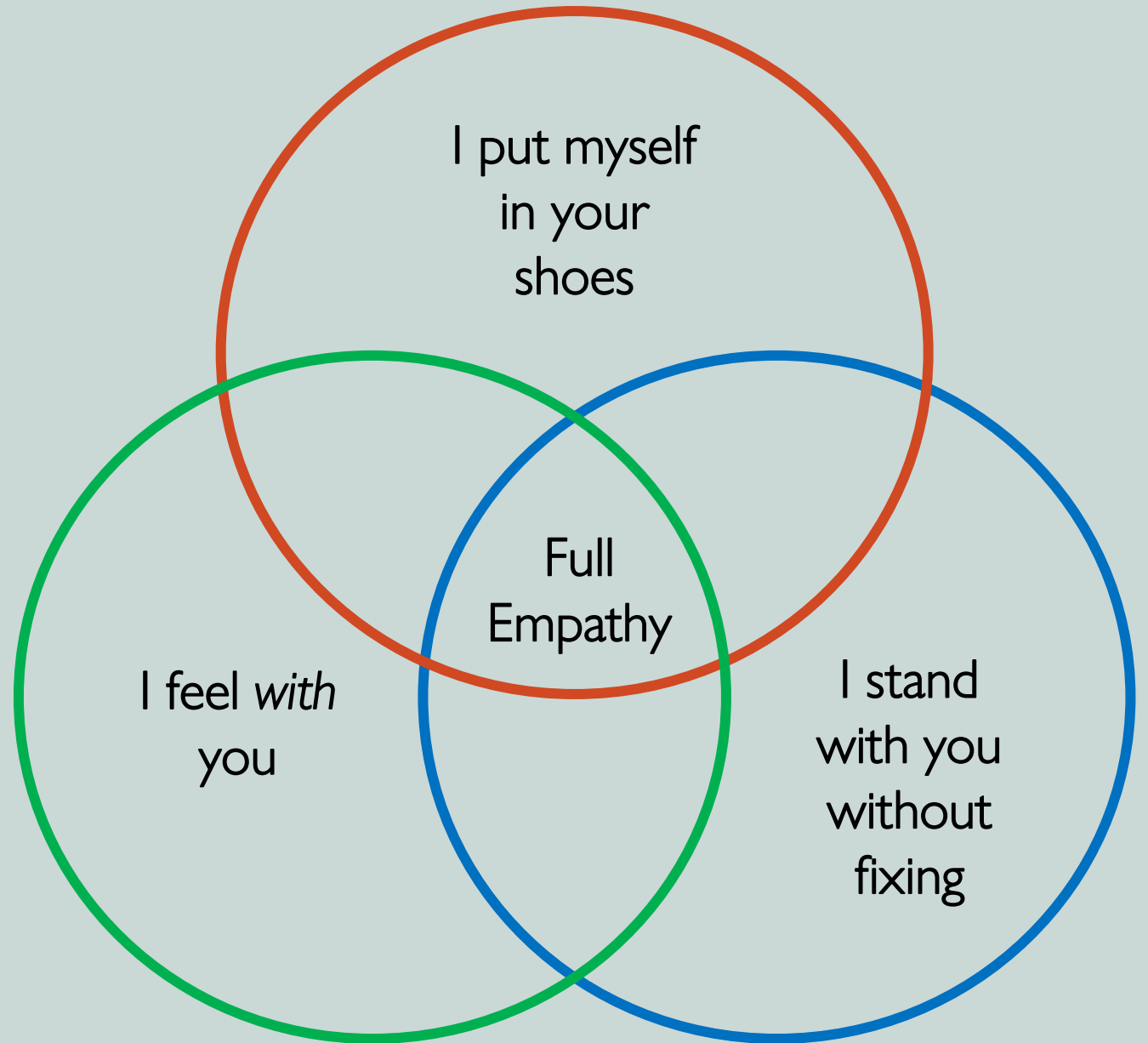
## The three types of empathy

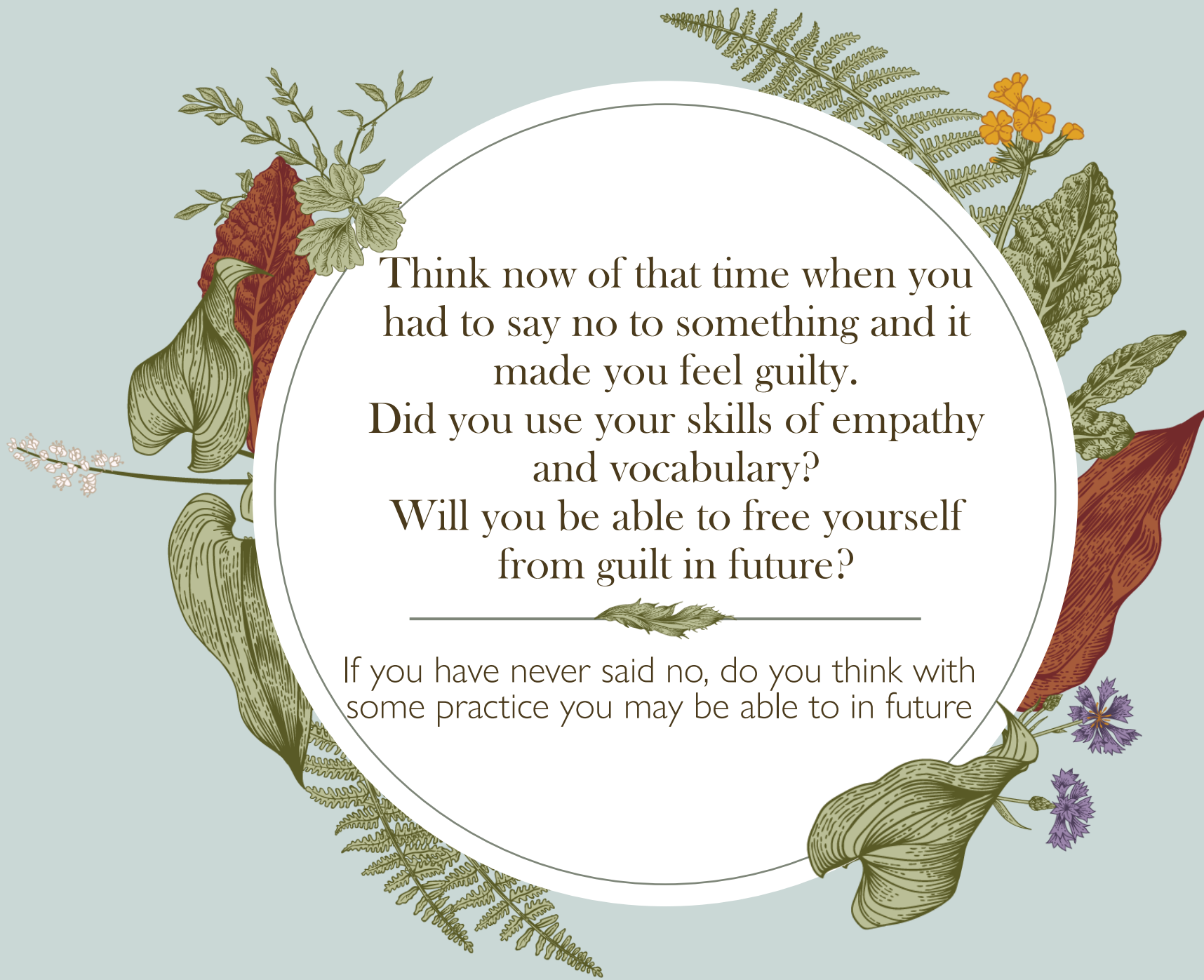
Cognitive

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?

---

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

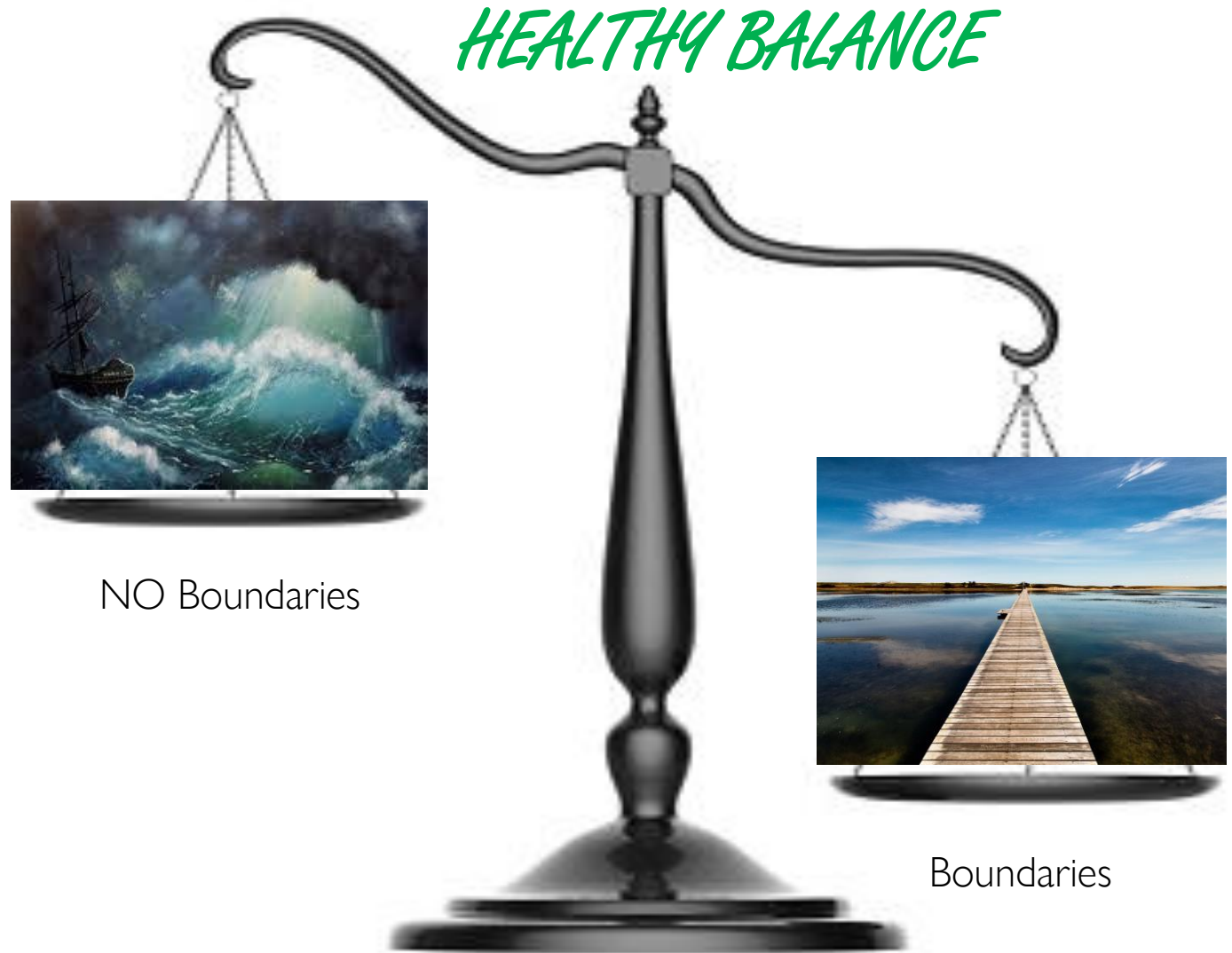
# Setting boundaries





# 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.





Thank you



Dr Elaine Cranenburgh

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