

Cultural Considerations in Dimensional Self-Care

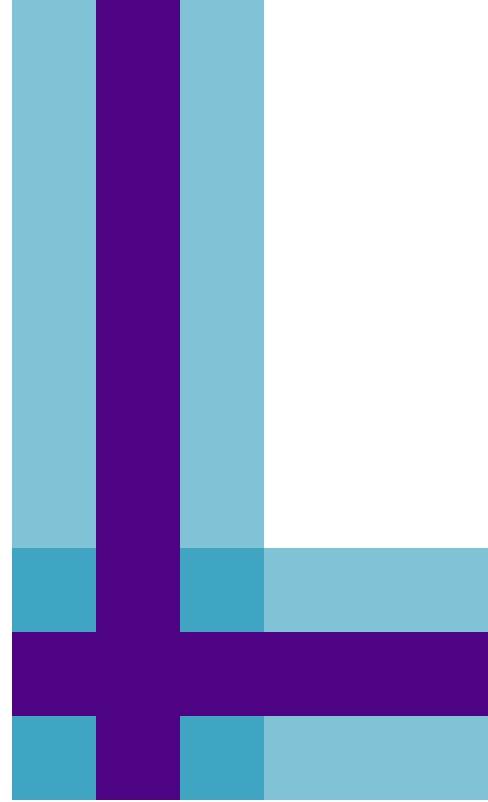


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Agenda

- Stress management reflection
- Intersectionality Wheel
- Authentic happiness scale
- Dimensional self-care with cultural considerations
- Closing



Reflection: How do you handle stress?

Do you:

- Stop Breathing?
- Get irritable? Yell at partners/family/co-workers?
- Separate yourself? Take a walk?
- Go on autopilot?

- How was stress handled in your home when you were growing up?
- How was that noticed? How did you change &/or adapt?

Cultural Considerations:

- Mental Health Stigma

Is your stress maintenance
reactionary or preventative?

What self-care REALLY is

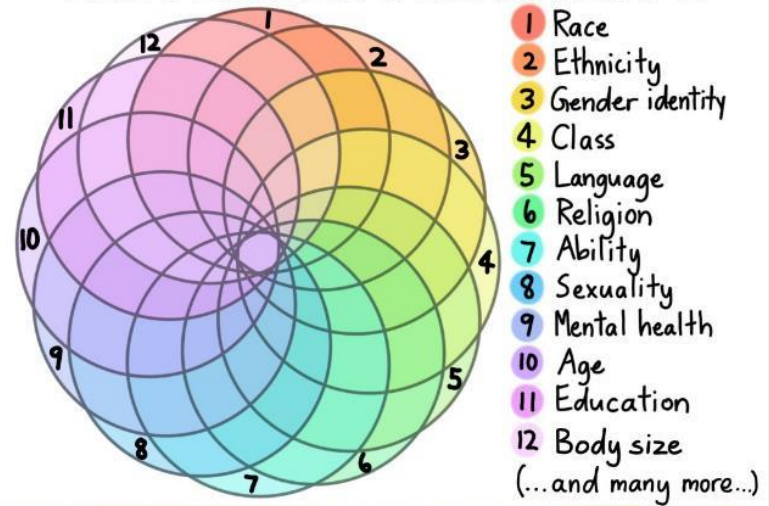
[Self-Care made simple Video](#)

Or

[Cultural Considerations, facing major public health issue](#)



INTERSECTIONALITY



Intersectionality is a lens through which you can see where power comes and collides, where it locks and intersects. It is the acknowledgement that everyone has their own unique experiences of discrimination and privilege.

- Kimberlé Crenshaw -

@sylviaaduckworth

First steps: Self-evaluation and Noticing changes


- **Sleep changes** – more than usual, broken sleep, difficulty getting to sleep
- **Appetite changes** – eating more than usual, loss of
- **Mood changes** – shifts, highs/lows, depression, anxiety
- **Withdrawal** – not finding pleasure in what you used to enjoy
- **Behavior changes** – snapping at people, disengaging
- **Family/friends/co-workers commenting about changes**

Noticing changes cont'd

- **'Escape' methods** – overuse/dependence on drugs, alcohol, gaming, sex, etc
- **Difficulty with day-to-day activities** – ADOL – hygiene, work, caregiving, house/apartment maintenance
- **Suicidal thoughts/actions**

Self-awareness

- How do you know you're slipping?
- How can you feel you're not at your optimum capacity to respond?
- What have you noticed in friends/family members?
- Have you ever had blinders up and not noticed any of these things? (Or maybe once it was too late?)
- Does the stress accumulate? Or are you sloughing it off at regular intervals? (car maintenance)



IF YOU DON'T MAKE TIME
FOR YOUR WELLNESS, YOU
WILL BE FORCED TO MAKE
TIME FOR YOUR ILLNESS.

#WELLPROTOCOL

Activity!

Authentic Happiness Inventory

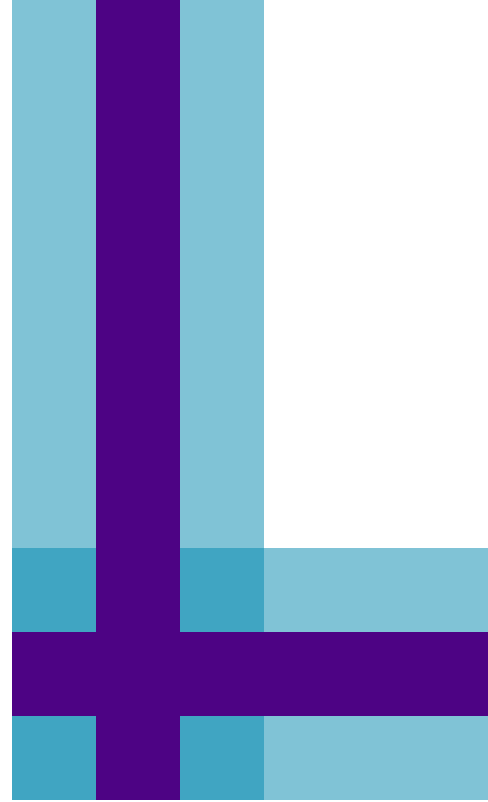
1. Create an account (2 mins)
2. Take the questionnaire (5 mins)
3. Note your score and think about what you need to increase that score over the next day, month, year & maintain authentic happiness for the rest of your life!

Safeguarding Psychological Well-being

Human beings need three basic things in order to be content:

- they need to feel competent at what they do***
- they need to feel authentic in their lives***
- they need to feel connected to others***

Sebastian Junger, Tribe



Dimensional Self Care/Maintenance

Physical care

Boundaries /
Protection Time
for my Self

Treating myself
well

Needs and
duties

Realistic vision
of the Self

Asking for help
and accepting it

Physical Care



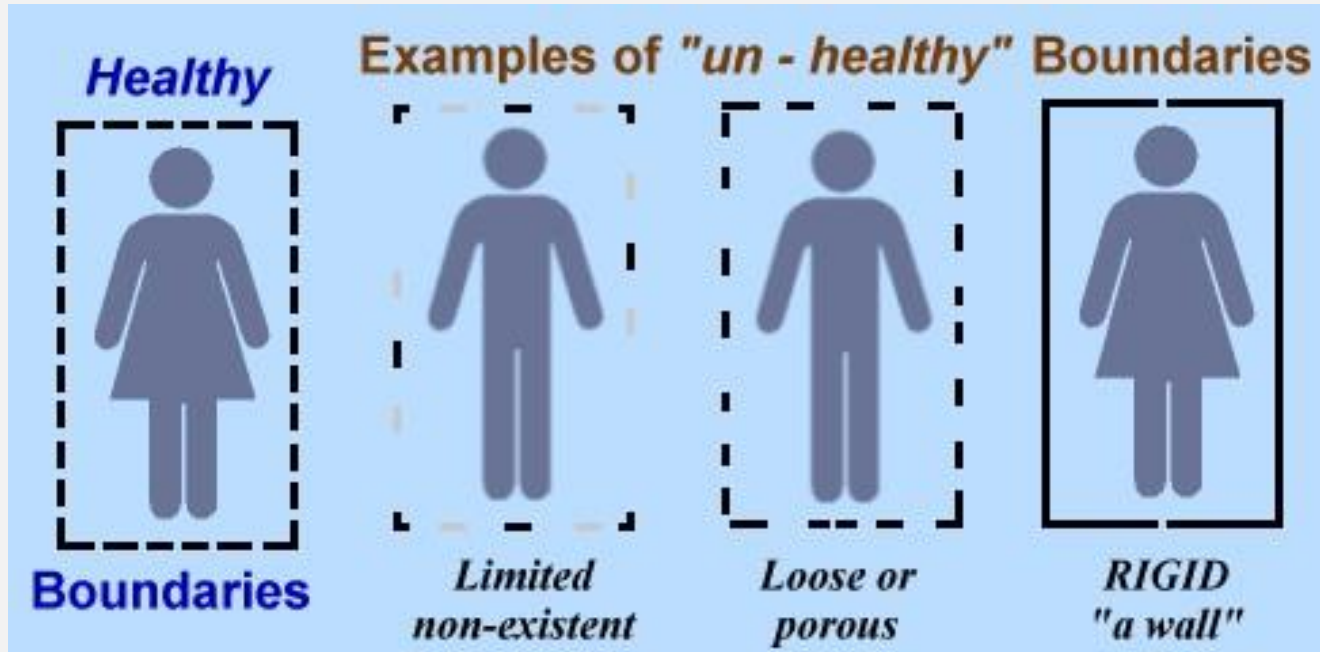
Physical Care

- Maintaining medical appointments
- Engaging in needed services (i.e. therapy) without feeling guilty
- Sexual health
- Daily hygiene
- Diet/Eating habits
- Exercise
- Others?

Boundaries & Protection Time for Self



Boundaries & Protection Time for Self



Boundaries & Protection Time for Self

- Reflecting on your personality and doing what you need –Introverts/solitude, extroverts/social situations
- Work and co-worker relationships
- Where do you get your energy and recharge?
- Spending less time with people who take your energy
- Asking for what you need – time at home can be overwhelming for some, COVID
- Social media
 - "The personal is the political" slogan
- Not having to educate white people
- Others?

Treating Myself Well



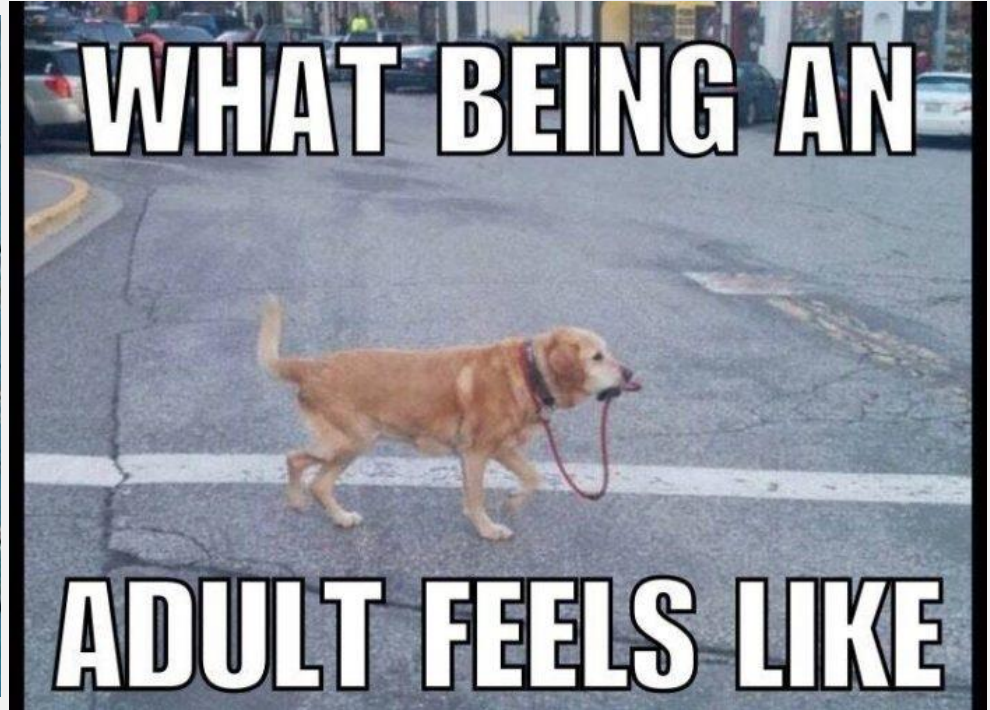
Treating Myself Well



Treating Myself Well

- Accepting compliments
- Sporadic indulgence – special food, drink, activity, etc.
- Internal voice – adding positive element
- Acknowledging doing your best – letting that spur growth and not devolve into ‘I’m not enough’
- Navy Seal training – ‘big 4’ (1) goal setting (2) mental rehearsal (3) self-talk (4) arousal control
- Not letting the micro-aggressions in
- BIPOC safe spaces
- Others?

Needs & Duties



Needs & Duties

- Caretaking responsibilities
- House/apartment maintenance
- Prescription refills
- Work
- Managing relationships
- Others?

Realistic Vision of the Self

me before
self-care

VS

me after
self-care



Realistic Vision of the Self

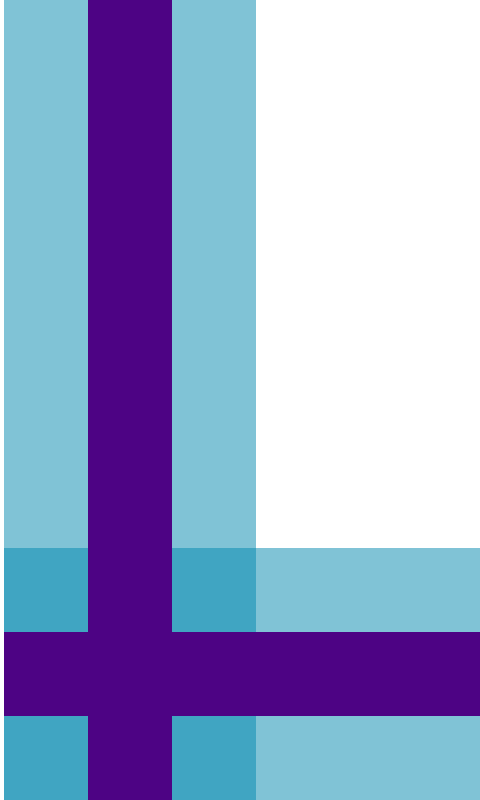
- Doing what you're trained to do and allowing yourself to say that you did everything you could vs. telling yourself you're not enough and that you could have saved this person - reality, underlying conditions, etc.
- Realistic: human, not superman/woman
- Realistic: person who does all they can, not 'not good enough'
- Attainable goals
- Taking on what you can manage, being realistic about capacities
- Not necessarily what people / society projects onto me
- Others?

Asking for Help & Accepting It

Don't be afraid to ask questions. Don't be afraid to ask for help when you need it. I do that every day. Asking for help isn't a sign of weakness, it's a sign of strength. It shows you have the courage to admit when you don't know something, and to learn something new.

— *Barack Obama* —

AZ QUOTES



Asking for Help & Accepting It

- If you notice some of the signs of burnout, asking for time off, switch shifts, etc.
- Knowing your limits (or growth points) and bringing in assistance as needed
- Being comfortable to accept help when offered, if the situation is right and feels safe (i.e. no tit-for-tat or fear of retaliation for accepting help)
- Others?

**“Self-care is not
self-indulgence, it is
self-preservation.”**

AUDRE LORDE

feminist and civil rights leader



Questions/Comments?



It's okay to rest.
Everything and everyone
will be just fine.
Listen to your body.
It is here to help you.
Go ahead, take a nap.
Get an extra hour of sleep.
You are worth it.
You really are.

Thank you!

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