



Creating Balance and Self-Care in Our Professional and Personal Life

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The importance of self care

“Today, self-care in the workplace is a mandate, not a luxury. In order to be our best selves for our colleagues and peers, we must develop strategies for integrating ‘self-care’ into our workplaces. All too often we find ourselves sacrificing elements of personal care for what we believe to be the betterment of a work product, timeline or other conceived objective. However, the long-term implications of consistent deprioritization of self-care are stress, anxiety, and frustration.” Erica O’Brien (2019)



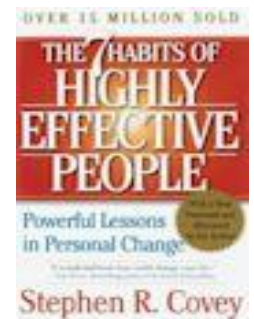
Redefining Self-care

We often think of 'self-care' as a connection to yourself, with special attention to a physical sense of wellbeing. Yet, within the workplace, self-care extends to being attuned to how you can be the most constructive, authentic and effective version of yourself. By reframing this concept of self-care, we are better able to create goals and tactics which align with this new definition or reframe.



7 Habits of Highly Effective People

- Written by Stephen R. Covey
- A self-improvement book.
- Written on Covey's belief that the way we see the world is entirely based on our own perceptions.
- “In order to change a given situation, we must change ourselves, and in order to change ourselves, we must be able to change our perceptions.”





Physical	Emotional/Mental
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
Social	Spiritual
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.



Physical Wellbeing

- The goal of continuous physical improvement is to exercise our body in a way that will enhance our capacity to work, adapt, and enjoy.
- To renew ourselves physically, we must:
 - Eat well
 - Get sufficient rest and relaxation
 - Exercise on a regular basis to build endurance, flexibility, and strength
- Focusing on the physical dimension helps develop muscles of proactivity. We act based on the value of well-being instead of reacting to the forces that keep us from healthy sleep, eat and exercise.



Emotional/ Mental Wellbeing

- The goal of renewing our mental health is to continue expanding our mind.
- To renew yourself mentally, you can:
 - Read good literature
 - Keep a journal of your thoughts, experiences, and insights
 - Limit television watching to only those programs that enrich your life and mind
- Focusing on our mental dimension helps us practice managing ourselves effectively to maximize the use of our time and resources.



Social Wellbeing

- The goal of renewing ourselves socially is to develop meaningful relationships and to tap into our child/fun side.
- To renew yourself emotionally, you can:
 - Seek to deeply understand other people
 - Make contributions to meaningful projects that improve the lives of others (volunteer/clubs)
 - Enhance communication skills (watch approach)
 - What hobbies did you lose or want to learn?
- Renewing our social and emotional dimension helps us practice healthy habits by recognizing that Win-Win solutions do exist, seeking to understand others, and finding mutually beneficial third alternatives through synergy. And we have fun in life....personally and professionally 😊



Spiritual Wellbeing

- The goal of renewing our spiritual self is to provide leadership to our life and reinforce your commitment to our value system. To find inner peace.
- To renew yourself spiritually, you can:
 - Tap into personal faith based practices
 - Practice daily meditation
 - Communicate with nature
 - Immerse yourself in great literature or music
- A focus on our spiritual dimension helps us practice healthy habits, as we continuously revise and commit ourselves to our values, so we can begin with the end in mind.



Namaste—
the Divine
in me
Honors
the Divine
in you

fine art
america



Contact me...

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