

# Self-Care & Wellness for ALL

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# Acknowledgment

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At the time of this publication, Miriam E. Delphin-Rittmon, Ph.D, served as Assistant Secretary for Mental Health and Substance Use in the U.S. Department of Health and Human Services and the Administrator of the Substance Abuse and Mental Health Services Administration.

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Northeast & Caribbean (HHS Region 2)

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Addiction Technology Transfer Center Network  
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The use of affirming language inspires hope and advances recovery.

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LANGUAGE MATTERS.

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**Words have power.**

**PEOPLE FIRST.**

The ATTC Network uses affirming language to promote the promises of recovery by advancing evidence-based and culturally informed practices.



# Disclaimer

● As the *facilitator* of this conversation, I invite you to consider, assess and explore how self-care activities fit into your life and your conception and experience of wellness.

This conversation can support and affirm your current efforts and also assist a desire to enhance and/or add behaviors that promote wellness.

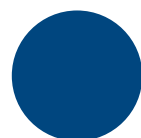


# Goal

- To provide a supportive opportunity to reflect on wellness and selfcare and to engage in selfcare activities and reflect on next steps to professional wellness.



# Learning Objectives

- 
1. Review the Golden Rule.
  2. State the difference between the Stress Cycle and the Modern-Day Stress Cycle.
  3. Describe the impact of taking a “pause”.
  4. Define HALT in the context of selfcare.

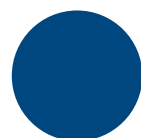


# Golden Rule

*“Do unto others as you would  
have them do unto you.”*



# Expectations

- 
1. Say “Good Morning”
  2. Show Respect
  3. Behave like an adult
  4. Do what they are told to do
  5. Say “Thank You”
  6. Others...





# What's the Problem...

with *expectations* ?

# Why Might Our “Expectations” Be Unrealistic?

- Favorite pair of pants didn't get washed
- Day started with an argument at home
- Didn't sleep well
- Skipped breakfast
- Didn't have access to food
- Slept on the street
- Lost medication at the shelter
- Unmet mental health need
- No money to take the train

• **Ad infinitum**



# Hey!

*“I didn’t sign up for this.”*

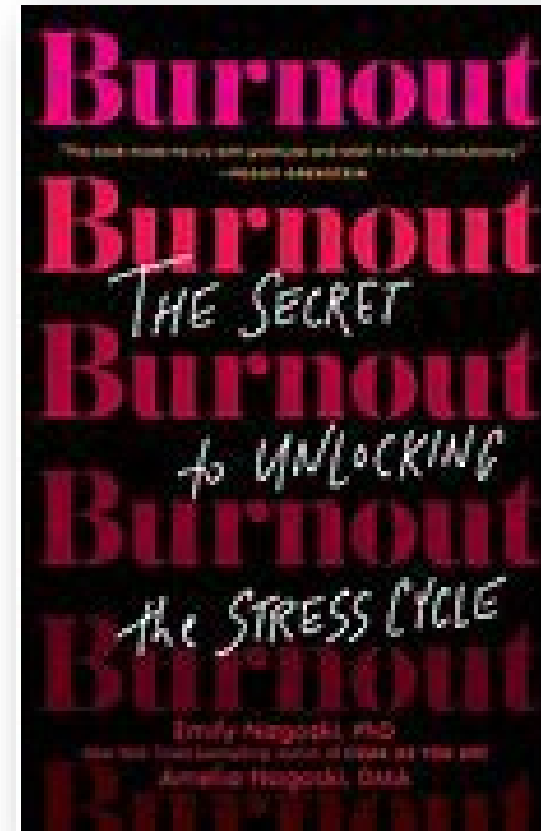
*“Not my job.”*

*“I’m not trained or paid for this.”*

# Burnout: The Secret to Unlocking the Stress Cycle



*Authors:  
Emily Nagoski, Ph.D. & Amelia Nagoski, DMA*



# Stress Cycle



# Modern-Day Stress Cycle



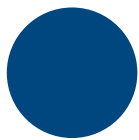
Why do

le?

1.

2.

3.





# Evidence-based Strategies to Manage Stress

- That can complete the stress cycle include...

Burnout, Unlocking the Stress Cycle (2020)





# Physical Activity





# Connection and Positive Social Interactions





**Laughter**

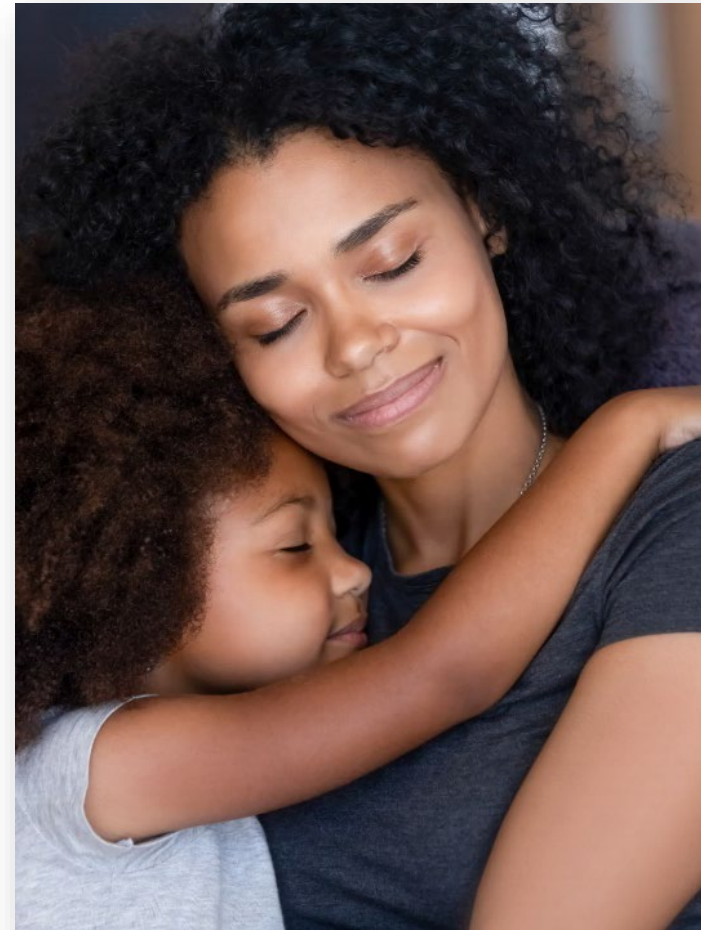


# Sleep, Meditation, Rest



# Creative Expression

# Affection





**A Big Old Cry**

Wellness is not  
a state of  
being, but a  
state of action.



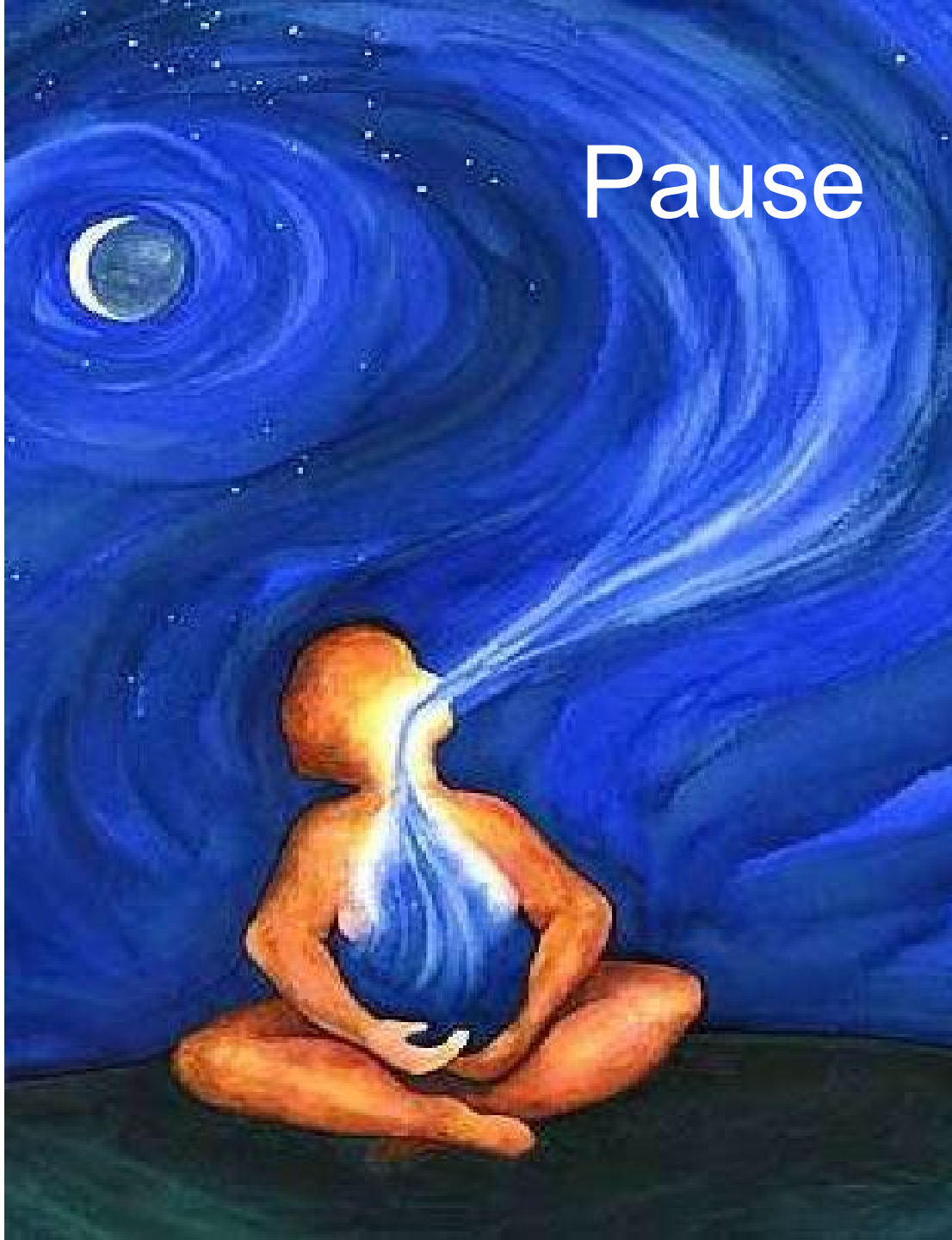
Burnout: Unlocking the Stress Cycle (2020)





Wellness &  
YOU?

Pause



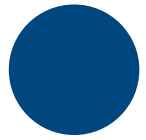


YOU CAN Pause...

- ...and start again at any time.



# Focus Your Attention



Body

Thoughts

Emotions



# Ask “Am I...?”



Hungry

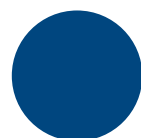
Angry

Lonely

Tired



# NEVER Forget, Self-Care Is Key

- 
1. Acknowledge the impact
  2. Know where/how stress shows in your body & reactions
  3. Don't do this work alone
  4. Talk-it-Through – you + one or more
  5. Take time away (as needed, when possible)
  6. Use Employee Assistance Program & other employer sponsored benefits
  7. Pursue outside-work fulfillment



# Consider

*You can't think your way into a new way of acting.*

*You can act your way into a new way of thinking.*



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## The ATTC Network Mission & Vision

- Accelerate the adoption and implementation of evidence-based and promising addiction treatment and recovery-oriented practices and services;
- Heighten the awareness, knowledge, and skills of the workforce that addresses the needs of people with substance use or other behavioral health disorders; and
- Foster regional and national alliances among culturally diverse practitioners, researchers, policy makers, funders, and the recovery community.



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