

## Supporting Self-Care



### Focus/Content Description

This content is designed to help members become more mindful about their personal health and take steps to care for themselves on an everyday basis through use of a self-care assessment tool and interactive discussions. A relaxation activity is included as part of the session. This program can be used at any point in the year with all members, but may be particularly helpful during stressful times of the year (finals, midterms, recruitment, etc.).

The program should last **approximately 50-60** minutes.

This program **does not** have pre-requisites.

### Learning Outcomes

At the end of the session, participants should be able to:

- Recognize the importance of self-care and mental well-being.
- Be prepared with strategies to prioritize their self-care and mental well-being.
- Feel more relaxed.

### Supplies

1. Flip chart paper, whiteboard or something similar
2. Markers, if using flip chart paper
3. Any necessary supplies needed for the self-care activity of your choice
4. Self-care assessments

### Preparation

1. Prepare a 10-minute self-care activity for the end of the program. Options can include but are not limited to:
  - a. Take a 5-10 minute walk
  - b. Guide the group through some yoga poses or guided meditation

- c. Complete a crafting project
  - d. Prepare a healthy meal or snack together
2. Print the self-care assessment worksheet for each participant

**Space Set-Up**

1. A large, open space is useful for the self-care assessment activity. If ample room is not available, an alternative option is described in the program

**Resources Utilized**

1. N/A

**Facilitate**

Introduction		Total Time: 5 Minutes
5 Minutes	<p><b>Talking Points</b></p> <ul style="list-style-type: none"> <li>• Greet everyone and thank them for joining.</li> <li>• Introduce yourself as the facilitator. Include the following:               <ul style="list-style-type: none"> <li>○ Your name</li> <li>○ Where you come from and/or currently live</li> <li>○ Your role</li> <li>○ Your connection to Sigma Kappa</li> <li>○ Why this topic is important to you</li> <li>○ An interesting short story about yourself or fun fact related to the topic</li> </ul> </li> <li>• Review the learning outcomes and the return on participant investment.</li> <li>• SAY: College can be a very stressful time in our lives: we are worrying about our classes, we are involved in activities and leadership roles, we are members of families (not just our sorority families), some of us have jobs to help pay for school; the list goes on and on and it's different for everyone.</li> <li>• Many times, these stressors may take their toll on our academic performance and sorority involvement.</li> <li>• SAY: As members of Sigma Kappa, we have a special opportunity to work with each other one-on-one or in group settings to help develop healthy self-care strategies so that we can all work towards our academic and professional goals.</li> <li>• You might not realize that a supportive conversation with a fellow chapter member is helping with wellness, but it's a major part of being in a sisterhood that values friendship and personal growth.</li> <li>• This is the concept attendees will explore during the session!</li> </ul>	

Resources		Total Time: 8 Minutes
	<b>Directions</b>	

	<ul style="list-style-type: none"> <li>• Have flip chart paper, a whiteboard or something similar available to record answers during the discussion.</li> </ul>
<b>Discussion</b>	
8 Minutes	<p><b>Talking Points</b></p> <ul style="list-style-type: none"> <li>• ASK: What are some signs that a member might be struggling with self-care and personal wellness?</li> <li>• Allow responses. Ensure the following points are brought up: <ul style="list-style-type: none"> <li>○ They are not sleeping</li> <li>○ They are irritable</li> <li>○ They drink excessively</li> <li>○ They overcommit and then miss meetings/appointments consistently</li> </ul> </li> <li>• ASK: What can we do when a member is struggling?</li> <li>• Allow responses. Ensure that the following points are brought up: <ul style="list-style-type: none"> <li>○ Talk to them; let them know you care</li> <li>○ Tell a trusted advisor or faculty/staff member</li> <li>○ Arrange a relaxing activity for you to do together</li> </ul> </li> <li>• ASK: Most importantly, we want to direct a struggling member to available resources on campus and in the community. What are some resources that you would suggest?</li> <li>• Write responses on the flip chart paper, whiteboard or something similar. Ensure that the following resources are discussed: <ul style="list-style-type: none"> <li>○ Academic advising center</li> <li>○ Academic support offices</li> <li>○ Counseling center</li> <li>○ Health center</li> <li>○ Dean of Students office</li> </ul> </li> <li>• The most important thing to remember is that you may not be able to be all of these resources. You are not a counselor, but you can help be a connector to resources.</li> </ul>

<b>Self-Care Assessment</b>		<b>Total Time: 18 Minutes</b>
	<p><b>Directions</b></p> <ul style="list-style-type: none"> <li>• Distribute copies of the self-care assessment tool to attendees.</li> <li>• Identify the space in which to use for the interactive piece of the activity in this section of the facilitation.</li> </ul>	
<b>Activity</b>		
18 Minutes	<p><b>Talking Points</b></p> <ul style="list-style-type: none"> <li>• Self-care is an important element of mental and physical wellness. Self-care helps to build resiliency and helps one cope with stressful situations. To better understand this idea of self-care, use the self-care assessment to help members see where they are engaging in self-care activities.</li> <li>• Pass out the self-care assessment worksheets, and give everyone about 5 minutes to complete it on their own.</li> </ul>	

- SAY: Please note that this list is not all-inclusive and does not represent all self-care activities you might engage in. The list just represents a wide range of activities that an individual could engage in as a strategy to self-care.
- The next activity is designed to help members to see what types of self-care methods their fellow chapter members utilize, and to get members moving for an interactive element of the session.
- Have everyone line up starting at the same place in the room and facing forward. As each statement is read, instruct them to take a step forward if it describes them.
  - Note: If space is limited, you can alternatively have members stand up in their places if the statement applies to them.
- SAY: Please be honest; this should represent what you currently do, not what you would like to be doing. We do not expect that anyone is doing all the things on the list. Let's get started!
- Read each statement below, pausing briefly after each one so participants can take a step (or stand up) if it applies to them.
  - The first set of questions is about physical self-care:
    - I eat regular meals (at least three meals each day).
    - I make healthy choices during meals.
    - I exercise or go to the gym.
    - I get regular, preventative medical care.
    - I seek medical care when needed.
    - I take time off when sick.
    - I engage in physical activity that is fun for me.
    - I get enough sleep (7-9 hours per night).
    - I wear clothing that I feel good in.
    - I take vacations.
    - I occasionally take a break from stressful technology.
  - The next set of questions is about psychological self-care.
    - I make time for self-reflection.
    - I see a counselor or therapist.
    - I write in a journal.
    - I read books unrelated to classwork.
    - I let others get to know me.
    - I engage my intelligence in a new area – such as going to a museum, sporting event, performance or other cultural event.
    - I say "no" to extra responsibilities.
  - The next set of questions is about emotional self-care.
    - I spend time with others whose company I enjoy.
    - I stay in contact with important people in my life.
    - I treat myself kindly.
    - I am proud of myself.
    - I seek out comforting activities, people and places.
    - I allow myself to cry.
    - I express anger in a constructive way.

	<ul style="list-style-type: none"> <li>○ The next set of questions is about spiritual self-care. <ul style="list-style-type: none"> <li>▪ I make time for prayer, meditation or reflection.</li> <li>▪ I spend time in nature.</li> <li>▪ I participate in a spiritual group or community.</li> <li>▪ I sing.</li> <li>▪ I express gratitude.</li> <li>▪ I celebrate milestones with rituals that are meaningful.</li> <li>▪ I nurture others.</li> <li>▪ I participate in causes that I believe in.</li> <li>▪ I listen to inspiring music.</li> </ul> </li>   <li>○ The next set of questions is about professional self-care. <ul style="list-style-type: none"> <li>▪ I take time to eat lunch with classmates or co-workers.</li> <li>▪ I take time to chat with classmates or co-workers.</li> <li>▪ I make time to complete long-term assignments or tasks without rushing.</li> <li>▪ I set limits with peers, classmates, and co-workers.</li> <li>▪ I balance my workload so that no particular day is “too much.”</li> <li>▪ I arrange my workspace to be calming and comforting.</li> <li>▪ I get regular performance feedback.</li> <li>▪ I ask for help when I need it.</li> </ul> </li>   <li>● If you utilized the option where members take a step forward if the statement applies to them, read the following statement: Now take a moment to look around. Notice how dispersed our group now is.</li>   <li>● Regardless of which option you utilized, continue with this statement: Some of us may be better at physical self-care while others are better at emotional self-care. However, by supporting each area we are taking better care of ourselves.</li>   <li>● Have the group return to their seats.</li>   <li>● Debrief the activity with the following discussion questions: <ul style="list-style-type: none"> <li>○ Were any of the activities something you had never thought of before?</li> <li>○ What are you already doing to practice self-care? Are there one or two areas where you are paying a lot of attention right now, or maybe one or two areas where you are not?</li> <li>○ Can you think of any activities that were not on the list? What could be added in each section?</li> <li>○ Of the activities you are not currently practicing, are there any that might be interesting to try?</li> </ul> </li> </ul>
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<b>Promoting Chapter-Care</b>	<b>Total Time: 15 Minutes</b>
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	<p><b>Directions</b></p> <ul style="list-style-type: none"> <li>• Prepare to separate into small groups – based off of committees or randomized.</li> </ul>
<b>Discussion</b>	
15 Minutes	<p><b>Talking Points</b></p> <ul style="list-style-type: none"> <li>• SAY: So far, we have thought of self-care on an individual level. Let’s break up into our smaller groups and shift our brainstorming to some chapter applications. If your committees are set-up, let’s use these as our small groups. If not, let’s count off. <ul style="list-style-type: none"> <li>○ Have the committees sit together in preparation for the final activity in this section. If the chapter indicates that their committee system is not ideal for this, count off to a number to create small groups that makes sense for the size of the chapter.</li> </ul> </li> <li>• Continue the large group discussion with the following questions: <ul style="list-style-type: none"> <li>○ How could these sorts of activities be integrated into chapter programming?</li> <li>○ Is there anyone outside the chapter we could partner with – other organizations, campus departments, museums, etc.?</li> <li>○ How could we use some of these activities in conjunction with some of our more stressful activities, like recruitment? Ensure the following ideas are brought up: <ul style="list-style-type: none"> <li>▪ Invite PNMs and turn these activities into informal recruitment events</li> <li>▪ Add them onto sisterhood retreats</li> <li>▪ Add them onto recruitment workshops, as a way to get to know each other and prepare mentally for recruitment.</li> </ul> </li> <li>○ In your committees, I’d like you to discuss how you can promote self-care for the chapter – this can be incorporating it into an event you have planned, a social media campaign, or even a random act of kindness. Spend the next 5-7 minutes brainstorming how your committee can encourage self-care for the chapter and its members.</li> </ul> </li> <li>• After 5-7 minutes, allow each committee to share 1-2 ways they can promote chapter or individual self-care this year.</li> </ul>

<b>Practicing Self-Care</b>		<b>Total Time: 10 Minutes</b>
	<p><b>Directions</b></p> <ul style="list-style-type: none"> <li>• Facilitate the self-care activity that you planned for the session.</li> </ul>	
<b>Activity</b>		
10 Minutes	<p><b>Talking Points</b></p> <ul style="list-style-type: none"> <li>• SAY: That’s enough talking about it! Let’s practice!</li> <li>• Lead the group through the self-care activity you have planned. If you did not plan a self-care activity, consider one of the following: <ul style="list-style-type: none"> <li>○ Take a 5-10 minute walk</li> </ul> </li> </ul>	

	<ul style="list-style-type: none"> <li>○ Guide the group through some yoga poses or guided meditation</li> <li>○ Complete a crafting project</li> </ul>
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<b>Wrap Up/Debrief</b>	<b>Total Time: 5 Minutes</b>
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<b>Reflection/Final Takeaways</b>	
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5 Minutes	<p><b>Talking Points</b></p> <ul style="list-style-type: none"> <li>● Debrief the program by asking the following discussion questions: <ul style="list-style-type: none"> <li>○ What is your biggest takeaway from this session?</li> <li>○ What is one thing you will start doing or stop doing as a result of what you learned today?</li> </ul> </li> <li>● Ask for any final questions before you wrap up.</li> <li>● Thank the attendees for their participation.</li> </ul>
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## Self-Care Assessment Tool

Self-care is often overlooked, especially during busy and stressful times. Complete the following self-assessment tool using the numerical scale below:

5 = Frequently 4 = Occasionally 3 = Sometimes 2 = Rarely 1 = It never occurred to me to do this

### How often do you do the following activities?

#### Physical Self-Care:

Eat food that fuels my body (breakfast, lunch and dinner)	5	4	3	2	1
Make healthy choices during meals	5	4	3	2	1
Exercise or participate in at least 30 minutes of physical activity	5	4	3	2	1
Lift weights or other strenuous physical activity	5	4	3	2	1
Get regular, preventative medical care	5	4	3	2	1
Seek medical care when needed	5	4	3	2	1
Take time off when you are sick	5	4	3	2	1
Get massages or other body work	5	4	3	2	1
Engage in physical activity that is fun for you	5	4	3	2	1
Get enough sleep (7-9 hours)	5	4	3	2	1
Wear clothes you like and feel good in	5	4	3	2	1
Take vacations	5	4	3	2	1
Take day trips or mini-vacations	5	4	3	2	1
Take a break from stressful technology, such as your phone or email	5	4	3	2	1
Other:	5	4	3	2	1
Other:	5	4	3	2	1

#### Psychological Self-Care:

Make time for self-reflection	5	4	3	2	1
Go to see a counselor or therapist	5	4	3	2	1
Write in a journal	5	4	3	2	1
Read a book unrelated to your class work	5	4	3	2	1
Do something at which you are a beginner	5	4	3	2	1
Take a step to decrease stress in your life	5	4	3	2	1
Notice your inner experience – your dreams, thoughts, and feelings	5	4	3	2	1
Let others know different aspects of you	5	4	3	2	1
Engage your intelligence in a new area – go to a museum, performance, sporting event, exhibit or other cultural event	5	4	3	2	1
Seek feedback from others	5	4	3	2	1
Be curious	5	4	3	2	1
Say “no” to extra responsibilities	5	4	3	2	1



Other:	5	4	3	2	1
Other:	5	4	3	2	1

### Emotional Self-Care:

Spend time with others whose company you enjoy	5	4	3	2	1
Stay in contact with important people in your life	5	4	3	2	1
Treat yourself kindly (for example, by using supportive inner dialogue or self-talk)	5	4	3	2	1
Feel proud of yourself	5	4	3	2	1
Reread favorite books and see favorite movies again	5	4	3	2	1
Identify comforting activities, objects, people and places, and seek them out	5	4	3	2	1
Allow yourself to cry	5	4	3	2	1
Find things that make you laugh	5	4	3	2	1
Express your anger in a constructive way	5	4	3	2	1
Allow yourself to be vulnerable with others	5	4	3	2	1
Spend time with children	5	4	3	2	1
Other:	5	4	3	2	1
Other:	5	4	3	2	1

### Spiritual Self-Care:

Make time for prayer, meditation and/or reflection	5	4	3	2	1
Spend time in nature	5	4	3	2	1
Participate in a spiritual group or community	5	4	3	2	1
Be open to inspiration	5	4	3	2	1
Cherish your optimism and hope	5	4	3	2	1
Spend time thinking about non-material aspects of life	5	4	3	2	1
Be open to mystery and not knowing	5	4	3	2	1
Identify what is meaningful to you and notice its place in your life	5	4	3	2	1
Sing	5	4	3	2	1
Express gratitude	5	4	3	2	1
Celebrate milestones with rituals that are meaningful	5	4	3	2	1
Nurture others	5	4	3	2	1
Have awe-filled experiences	5	4	3	2	1
Contribute or participate in the causes you believe in	5	4	3	2	1
Read inspirational literature	5	4	3	2	1
Listen to inspiring music	5	4	3	2	1
Other:	5	4	3	2	1
Other:	5	4	3	2	1

### Professional Self-Care:

Take time to eat lunch with co-workers or classmates	5	4	3	2	1
Take time to chat with co-workers or classmates	5	4	3	2	1

Make time to complete long-term assignments or tasks	5	4	3	2	1
Identify projects or tasks that are exciting, challenging, and rewarding for you	5	4	3	2	1
Set limits with colleagues and/or clients	5	4	3	2	1
Balance your workload so that no particular day is "too much"	5	4	3	2	1
Arrange your workspace to make it comfortable and comforting	5	4	3	2	1
Get regular performance feedback, supervision or consultation	5	4	3	2	1
Negotiate for your needs, such as benefits or pay raises	5	4	3	2	1
Attend a peer support group	5	4	3	2	1
Ask for help when you need it	5	4	3	2	1
Other:	5	4	3	2	1
Other:	5	4	3	2	1

How can I spend more time promoting my own self-care?

How can the chapter spend more time promoting self-care?