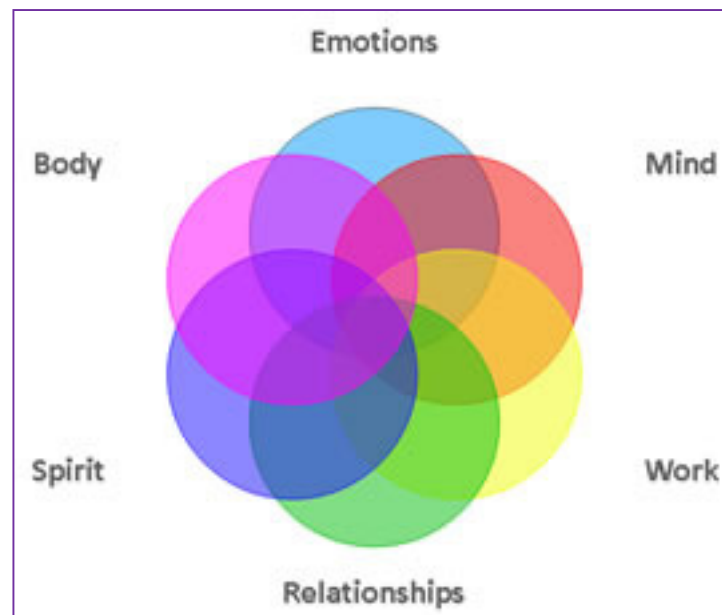


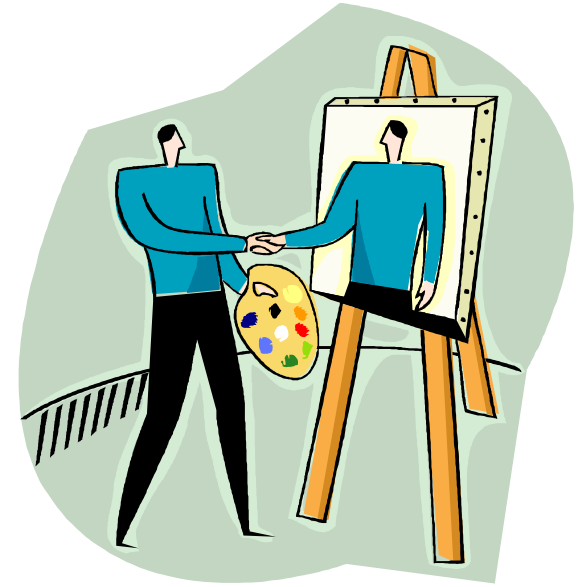
# Self Care is Not Selfish: Strategies Just for You!

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# Agenda

- Assessment
- Goal Setting
- Definition of self care
- What self care is NOT
- Why is self care important for advisors and student service professionals?
- Visualization Strategy



# What is Self Care?

“Self care means ***choosing behaviors*** that balance the effects of emotional and physical stressors.”

(Meinecke, 2010, *Psychology Today*)



**“The name of the game is taking *care* of yourself, because you're going to live long enough to wish you had.”**

----- Grace Mirabella



# Self care is NOT self pampering or self indulgence

*“The greatest revolution of our generation is the discovery that human beings, by changing the **inner attitudes** of their minds, can change the outer aspects of their lives.”*

*---- William James (1842 – 1910)*



# Why is self care especially important for Higher Education Case Managers?

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- Constantly problem solving, but many students not really ready to change
- Active Listening requires a lot of energy
- Strong sense of responsibility to make a difference
- Caseload issues
- Personal stressors



# Creative Visualization

Creative *visualization* is the *technique* of using one's imagination to *visualize* specific behaviors or events occurring in one's life.



# Sample Visualization Exercise

*Goal:*

*I will improve my math exam scores by an average of 10 points.*

- Getting up – take a shower, eating breakfast – cereal in bowl, pouring milk, sitting at the table
- Deciding what to wear – my favorite jeans
- Walking to classroom early, seeing a friend, feeling confident
- Waiting for the test to be handed out, taking three deep breaths, realizing I am well prepared
- Some questions are easy and I know how to solve the problems
- I hit a difficult problem so I take a breath and work through the steps I've been practicing.