

Self-Care for Peers and Caregivers in Community Service Roles

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PRESENTED BY

Shawna Sanchagrin

(Alameda County Network of Mental Health Clients)

Pamela Ward

(Lived Experience Academy, African American Community
Initiative San Mateo, Community Group Facilitator)

LIVED EXPERIENCE 2.0
PEER & FAMILY ACTION SUMMIT



Agenda

- Grounding Exercise with Pam
- Presenter Introductions: Why is self-care in community service important for peers and caregivers?
- Self-care scenarios: small group exercise
- Reflections on inspirational self-care quotations
- Questions, comments, and materials to take home
- Evaluations

Grounding Exercise



Why self-care for peers and caregivers?



Pamela Ward

“Secure your own mask first
and then you can assist others.”

–Neil Garman

Pamela Ward

“Where there is no struggle
there is no strength.”

—Oprah Winfrey

Pamela Ward

“Pain doesn’t show up in our lives for no reason. It’s a sign that something needs to change.”

—Mandy Hale

Pamela Ward

“Success is not final, failure is not fatal. It is the courage to continue that counts.”

—Winston Churchill

Pamela Ward

“The highest power position, the highest thought is I’m just as wounded as everybody else. I’m just as hungry for love as everybody else. That gives you empathy. That gives you compassion.
–Marianne Williamson

Pamela Ward

“At some point you have to let go of what you thought should happen and live in what is happening.”

–Robert Tew

Pamela Ward

“If you don’t get your mind handled its not going to turn out well for you.”

–Iyanla Vanzant

Shawna Sanchagrín



Why self care is important to me as
a peer working in community service

Skills into Practice: Scenarios

We will get into small groups and read through the scenario your group is given.

After small group discussion we will report back to the larger group about your approach to these challenges.



Practice Scenarios

1. You have been feeling down and having a hard time getting out of bed. You know that you did not show up last week and are not even feeling up to calling the office.
2. You deal with chronic physical pain that has been increasing over the past year. Your position is at a desk job that requires very minimal physical activity. Throughout work days you have to leave your desk and lay down on the office couch for 20 – 30 minutes at a time to deal with the pain.
3. The anniversary of a very painful event from your past is approaching. You know that usually during the week of this anniversary you have mood challenges, have a hard time focusing, and often get tearful.
4. As part of your position helping at a peer run mental health agency you do one on one support sessions with peers. You notice more and more after challenging sessions that you feel worn out and exhausted, even into the following day.

How do you take care of yourself and ask for the support you need?

Inspirational Self-Care Quotes



“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.”

— Audre Lorde

“Take care of your body. It’s the only place you have to live.”

— Jim Rohn, author and motivational speaker

“Sometimes asking for help is the most meaningful example of self-reliance.”

— Unknown

“Affirmations are our mental vitamins, providing the supplementary positive thoughts we need to balance the barrage of negative events and thoughts we experience daily.”

— Tia Walker, *The Inspired Caregiver: Finding Joy While Caring for Those You Love*

“When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life.”

–Jean Shinoda Bolen

“Solitude is where I place my chaos to rest and awaken my inner peace.”

— Nikki Rowe

“Love yourself enough to set boundaries. Your time and energy are precious. You get to choose how you use it. You teach people how to treat you by deciding what you will and won’t accept.”

— Anna Taylor

“What you allow inside of you will settle there unless you find an effective way to work it out.”

— Malebo Sephodi, Miss Behave

“Self care is any action you purposefully take to improve your physical, emotional or spiritual well being. Too often, we do not make time for sufficient self care because we’re too busy taking care of others...Self care can be getting more rest, eating healthier food, spending more time in thoughtful reflection, being kinder to yourself, smiling more, playing, or engaging in any activity that renews you...Self care isn’t selfish. You cannot serve from an empty vessel. “

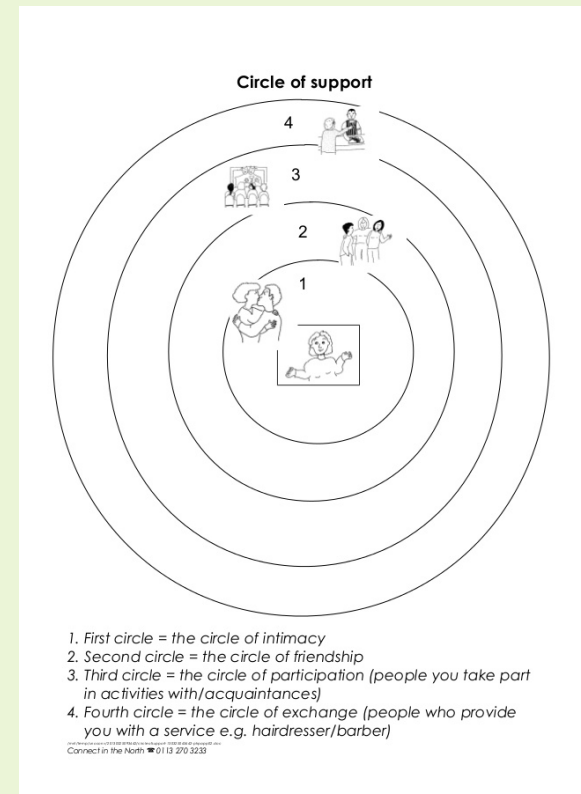
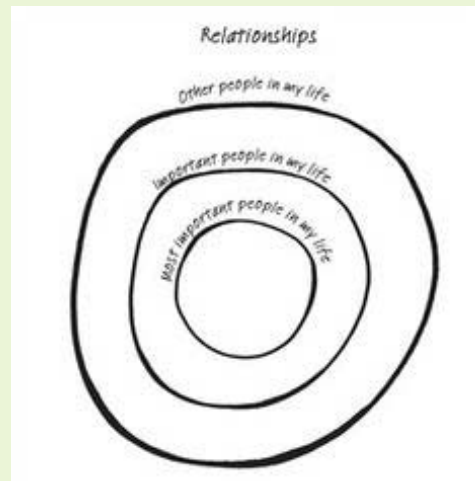
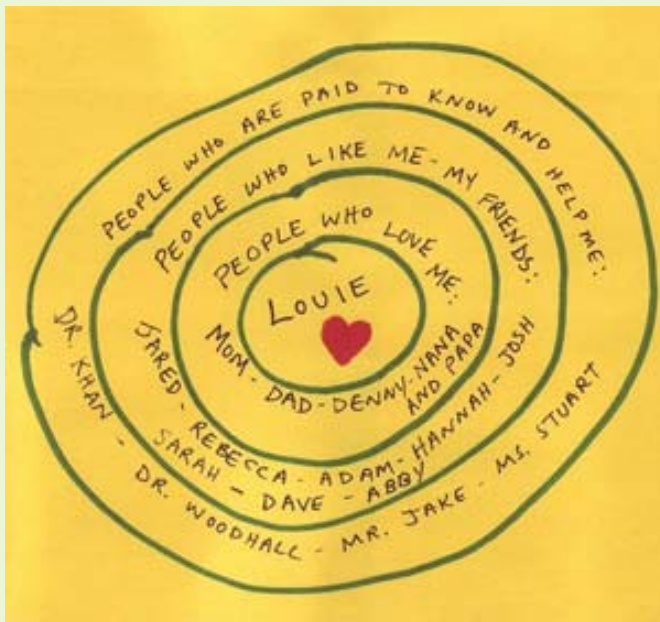
—Eleanor Brownn

“When you recognize and reflect on even one good thing about yourself, you are building a bridge to a place of kindness and caring.”

—Sharon Salzberg, *Real Love: The Art of Mindful Connection*

Support Circles

Who can we turn to when we need support?



Questions and Comments



