Self Management Supports: Creating space for Wellness & Recovery to Co-exist

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They/them/their pronouns
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About California Institute for Behavioral Health Solutions (CIBHS) and Our Presenter

Kellie Spencer, EBP Implementation Specialist, University of Kansas, School of Social Welfare
If we really want to do something about “behavioral health” then we need to change structures that create and reinforce inequity, discrimination, poverty, extreme imbalances of power, and oppression.
Core values of supporting Wellness Management

- Respect for the inherent worth and potential of the person
- Ability to understand another’s frame of reference
- Respect for choice and autonomy
- Acknowledgement of a person’s strengths and efforts
- Actively creating opportunities for a person’s wellbeing and growth potential

According to Oxford Dictionaries...

**Self-Care** is defined as:

- *The practice of taking action to preserve or improve one’s own health.*
- *The practice of taking an active role in protecting one’s own well-being and happiness, in particular during periods of stress.*
This cup represents a person's capacity.

The Stress Vulnerability Model

Trauma + Stress → Wellness Challenges
No matter what role we work within, *self-care* is at the heart of our work with people and a normalization to the variety of the human experience.

Self-Care reminds us that medication is a tool among many. Supporting people in creating a self-care list can be a transformative experience for both people involved in such a dialogue exchange.

There are many things people can do to take care of themselves that ultimately “*change their biochemistry.*”

–Pat Deegan

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**Self-Care List: ways to nurture myself**

- **Reading:** articles online, a book, a magazine, or through reading Apps, etc.
- **Watching:** a funny movie, TV show, cartoon, YouTube rabbit hole...or a hobby you’ve been interested in, but have never tried.
- **Writing or drawing in a daily journal**
- **Listening:** to the sounds of nature outdoors, music, podcasts, books on tape
- **Checking in on someone in your life:** texting, calling, FaceTime, House Party App, Zoom, etc.
- **Calling:** a warm line, crisis line, suicide prevention line, etc.
- **Playing a game:** board, console, mobile, online, etc.
- **Moving your body:** exercise, walks, stretching, yoga, etc.
- **Working your mind:** brain puzzles, crossword puzzles, meditation, mobile trivia games, name that tune, etc.
Creating & holding space for self-care dialogue

**QUESTIONS**
- What brings meaning to your life?
- What are you doing or what have you done in the past to lessen the impact of stress in your life?
- What did you do today that made things better?
- What is one good thing that’s happened since we last spoke or saw each other?
- What is one good thing you can attempt to do for yourself between now and the next time we talk or see each other?
- What are your sources of support right now?
- What are your feel goods?

**ACTIONS**
- Holding the space
- Offer materials if in person: paper, markers, pens, magazines, scissors, glue, etc.
- Staying curious
- Shining the light on strengths
- Sharing ideas or lived experience with permission
- Normalizing the impact of trauma we are all experiencing from COVID-19
- Staying out of judgement
- Helping individuals connect what they are doing to how they are feeling
Relapse Prevention Planning:

Self-Care List & Daily Plan

Triggers

Early Warning Signs

Action Plan

Daily Self-Care Plan

These are the things I need to do everyday to make sure I am nurturing myself and living my best life.

These are the special things I can do for myself should I need extra support or healing beyond my daily plan.
Daily Self-Care Plan

EVERYDAY
• Stay hydrated; drink at least 2 liters of water a day
• Eat 3 meals a day
• Take my multivitamins
• Feed and love on my cat Ivan
• Write in my daily journal
• Talk with my sponsor
• Use my Self-Care App Calm for meditation and better sleep
• Have down time for me: play a game or listen to a Podcast

SPECIAL
• When COVID is over I’d like to go back for more detox acupuncture
• Rent a funny movie
• Buy something special for myself
• Color my hair
• Ask a friend for coffee social distance hangout
• Re-visit my Self-Care list & pick an activity that sounds like it would feel good right now
Triggers

External events or circumstances that may make you feel very uncomfortable.

These are normal reactions to life events - but if you don’t respond to them, they may actually make you feel worse.

Trigger Examples

- Going to the grocery store
- Watching the news
- Being alone so much
- Walking by the liquor store
Trigger Action Plan

Grocery store: Plan my list ahead, go at the least busy time, wear my mask, wash clothes and take a shower immediately after.

The news: No TV from 5:00-7:00 rule, go for walk in my neighborhood in the evening, game.

Feeling alone: Plan times to House Party App my friend Isabel and call my brother Stefan.

Liquor store: FaceTime my sponsor, go the long route around if possible, talk with my online AA group.

Early Warning Signs

Are internal and may be unrelated to reactions to stressful situations.  
They are subtle signs of change that indicate you many need to take some further action.
Early Warning Signs

- Not sleeping or not wanting to sleep
- Ignoring my cat
- Skipping items on my Daily Wellness Plan
- Becoming very irritable

Early Warning Action Plan

- Go back to my self-care list. Pick 3 activities to do for at least 30 minutes.
- Call by brother Stefan.
- Set my alarm to review my Self-Care list daily.
- Make getting sleep a priority. Call my PCP should I need a PRN for a few days to get back on track.
References:


Thank You!!!

For questions or support please contact Kellie at k.spencer@ku.edu.
Questions

Contact information for Our Presenter

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Information

1. What to expect after the webinar

2. The next webinar in our series:
   Wednesday, June 24, 2020, 10:00 am – 11:30 am
   
   *Harm Reduction in a Virtual Environment*
   - Eric Haram, LADC, CEO, Haram Consulting