

Taking Care of You in a Pandemic



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SELF-CARE

- Introductory Activity
- Use balloon to demonstrate stress build up and release.



When you blow in a balloon you can actually feel some of the symptoms of stress.

- * Breathing hard
- * Tension build up
- * Heart racing

SELF-CARE

As individuals who wear many hats as parents, grand parents, spouse, aunts, uncles, ancillary workers etc., so many is expected from you.

Self-care is very important to achieving your individual goals in accomplishing the things you set out to do.

However, if you do not take the best care of you, in preserving your own well-being in all areas of your life, your success will be a challenge.

“You can't really be present for the people in your life if you aren't taking care of yourself.”

KERRY WASHINGTON



WHAT IS SELF-CARE

- ➔ **The practice of taking an active role in protecting one's own well-being and happiness, particular during periods of stress.**



SELF-CARE

- We are living in unprecedented times which can affect our ability to perform at our optimal level.



Pandemic

Family

Health

Finances

Job

SELF-CARE

- ➔ **Stress is a state of mental or emotional strain or tension resulting from demanding life circumstances.**
- * **It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress can also be good in driving productivity.**



Body

Fatigue
Headaches
Taut Muscles
Skin Irritations
Frequent Infections
Constricted Breathing

Worrying
Indecision
Negativity
Foggy Thinking
Hasty Decisions
Impaired Judgement

Mind

Stress

Loss of Confidence
Apprehension
Indifference
Depression
Irritability
Insomnia

Substance Abuse
Loss of Appetite
Accident Prone
Restlessness
Loneliness
Insomnia

Emotions

Behavior

SELF-CARE



SELF-CARE

➔ **Constant Irritability + Angry Confrontations = Stress**

➔ **Life is 10% what happens
to you,
90% how you deal with it.**



SELF-CARE

- ➔ **Stress and Conflict**
- ➔ **Mild or severe, interpersonal conflict is a natural outcome of human interaction.**
- **People have very different personalities, values, expectations, and attitudes toward problem-solving.**

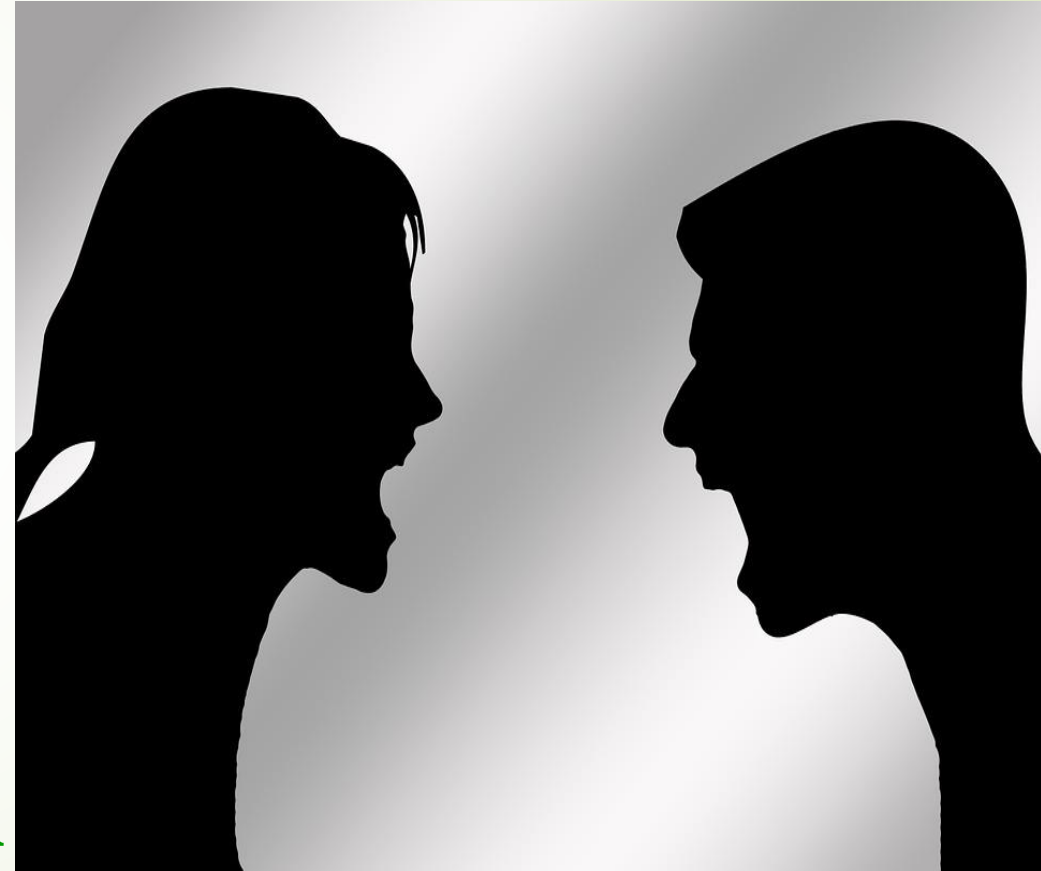


SELF-CARE

- Interpersonal relationships make up every relationship that fulfills a range of physical and emotional needs for you. These are the people who you're closest with in your life.
- Interpersonal relationships are important for your overall physical and emotional happiness. Relationships help fight loneliness while also giving you a sense of purpose in life.

SELF-CARE

- When you work or interact with someone who doesn't share your opinions or goals, conflict can result.
- Learning how to recognize and work through interpersonal conflict in productive, healthy ways is an important skill that can help in improving relationships in day-to-day life.



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➤ Ways to Deal with Conflict

➤ **Withdrawal or avoidance involve:**

➤ ignoring the other people involved

➤ refusing to discuss the issue

➤ shutting down entirely

➤ physically withdrawing from conflict

➤ brushing off the problem

➤ **Competition**

➤ **Competing, or forcing, involves pushing for your own perspective. You want to “win” the conflict, so you try to get the others involved to see things your way.**



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➔ **Compromise**

➔ **When you compromise, you give some ground, but so does the other person. In other words, you both get some of what you want. This can make compromise seem like a great approach to conflict resolution.**

* **Everyone wins, right?**

SELF-CARE

➔ Collaborate

➔ To collaborate successfully, you have to communicate.

You both share your feelings and use active listening to really understand the other person's point of view.

• You use this knowledge to work out a solution that lets you both get what you want.

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➤ **Managing Conflict is Managing Stress**

➤ **When conflict happens, respectful communication is key.**

* **You may not always agree with everyone, and that's just fine.**

* **Polite words and an open mind can help you resolve — or come to terms with — differences more effectively.**



SELF-CARE

- How often do you experience feelings of stress and how long does it last?
- What are some of life circumstances that you may consider to be stressful for you?
- How do you normally cope within the period of stress you experience?
- What do you normally do differently to cope?

SELF-CARE

Make Time
to Unwind

Move Away
from the
Potential
Stressor

Eat Healthy
Balanced
Meals

Exercise
Regularly

How to Manage
Stress

Avoid
Alcohol and
Drugs

Get Plenty of
Sleep

Focus on
What is Most
Important

Connect with
Others who
will Help

REFERENCES

- ▶ [Legg., T. J. https://www.healthline.com/health/interpersonal-conflict](https://www.healthline.com/health/interpersonal-conflict). How to Maintain your Interpersonal Relationship.