

The importance of “INVESTING IN YOURSELF, YOUR FAMILY & YOUR COMMUNITY”



Jo Drayton
Wheatbelt Suicide Prevention Coordinator

Question?

Why is investing in ourselves and undertaking self care always last on our **'To Do List'**

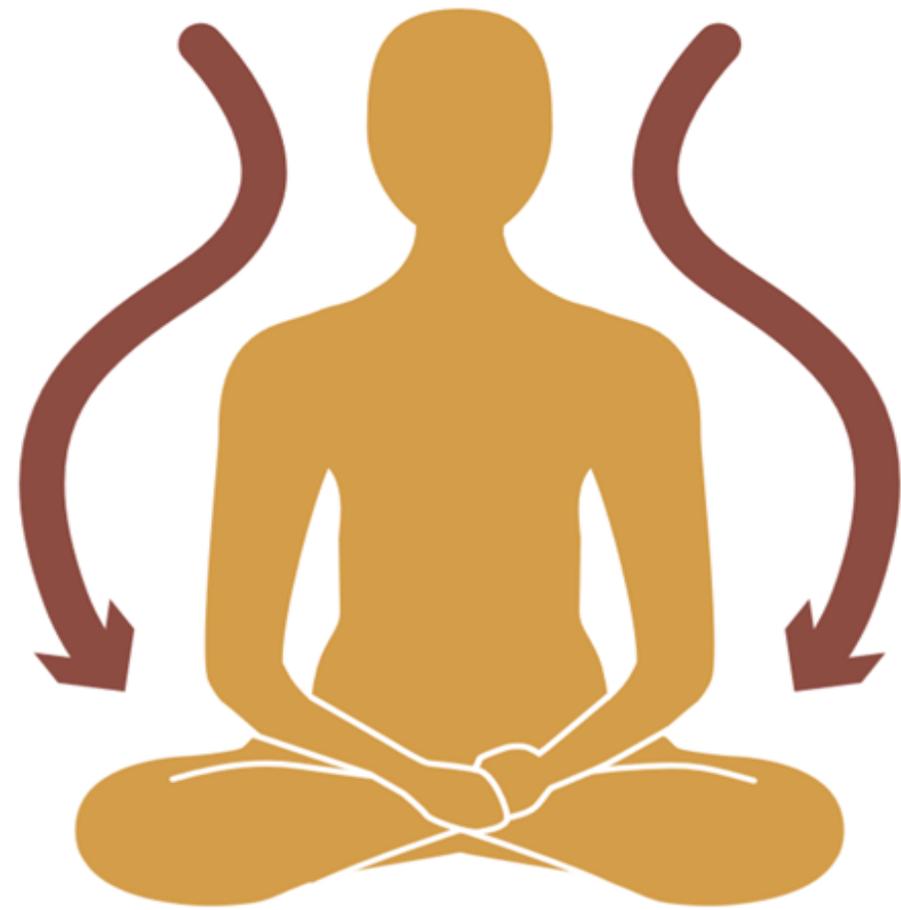


Don't put yourself at the end of your priority list!!

We find ourselves putting off moments of self care for later in the week, later in the month, and then finally realising you have yet to enjoy a new book or listen to your favorite podcast in quite some time.

In our society, women often feel obligated to be caretakers. They tend to put others first – children, spouses, parents, friends, even pets. So it may feel awkward (and even selfish) for a woman to suddenly shift the balance from **everyone-else-care to self-care.**





Mindfulness

Let's start with taking 5 minutes to invest in ourselves

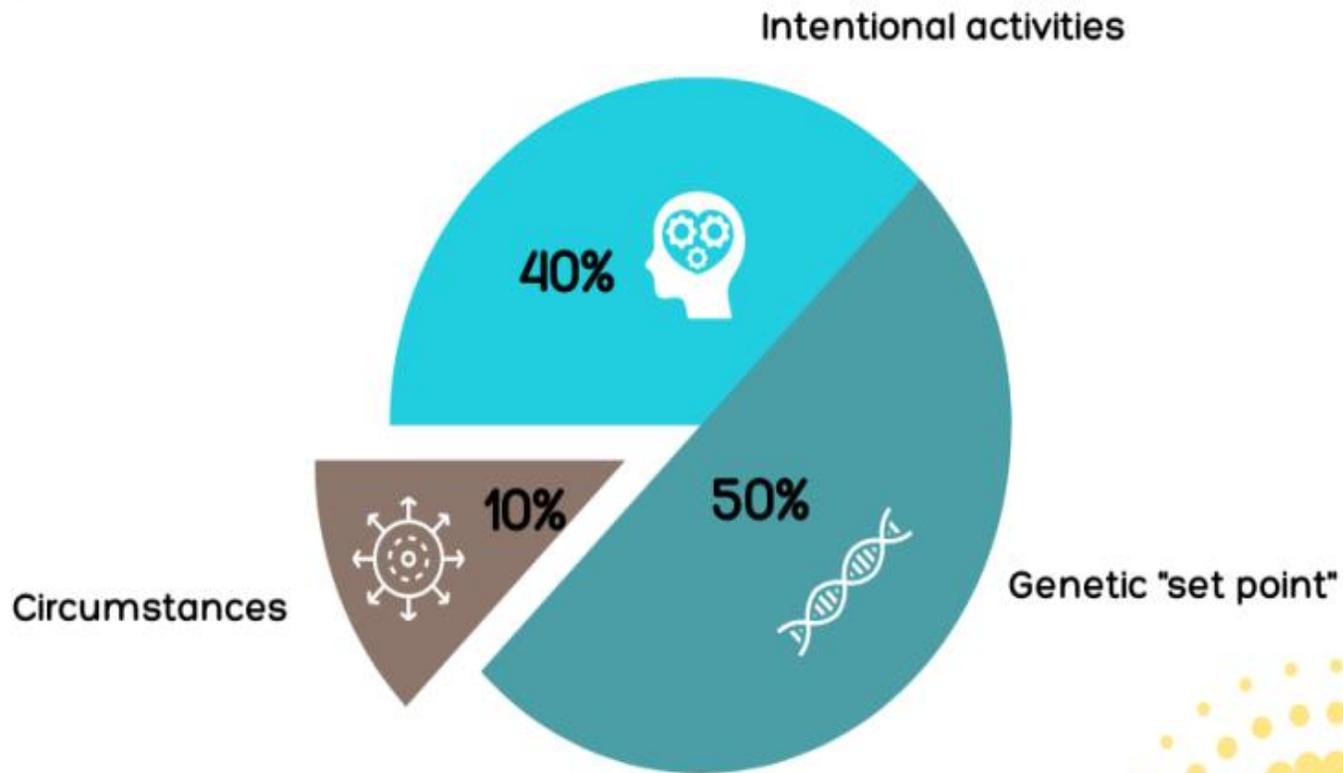


Definition:

Happiness is positive or pleasant emotions ranging from contentment to intense joy. It also includes feelings of awe, love, satisfaction, hope, serenity and fulfillment.

The importance of Happiness

What determines happiness?

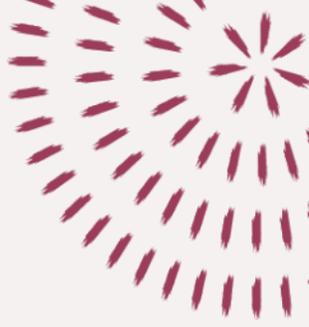


What determines Happiness?

Let's talk about Happy Hormones and how we can 'hack them' (especially in the winter months)

<p>DOPAMINE THE REWARD CHEMICAL</p> <ul style="list-style-type: none">• Completing a task• Doing self-care activities• Eating food• Celebrating little wins 	<p>OXYTOCIN THE LOVE HORMONE</p> <ul style="list-style-type: none">• Playing with a dog• Playing with a baby• Holding hand• Hugging your family• Give compliment 
<p>SEROTONIN THE MOOD STABILIZER</p> <ul style="list-style-type: none">• Meditating• Running• Sun exposure• Walk in nature• Swimming• Cycling 	<p>ENDORPHIN THE PAIN KILLER</p> <ul style="list-style-type: none">• Laughter exercise• Essential oils• Watch a comedy• Dark chocolate• Exercising 

Embedding self-care - Start with creating a “pause” in your day



Find an activity that promotes inner peace and calm. This will allow you to unwind from stress and get in touch with your needs.

Stress-relieving practices quiet the mind, balance hormones, including cortisol (the stress hormone), lower blood pressure and improve brain health.

Here are a few simple self-care ideas for beginners:

- **Spend time in nature, like gardening or walking barefoot in the grass or sand, a practice called grounding.**
- **If you're especially tired, make an effort to go to bed early.**
- **Spend 10 to 15 minutes a day on a few simple yoga poses or stretches.**
- **Try an Epsom salts bath.**
- **Use a guided meditation app.**
- **Read a book in your favourite chair before bed.**
- **Take a walk around your neighborhood without a goal.**
- **Do a craft.**
- **Take a nap.**
- **Unplug from technology - dedicate periods of your day when you have a “No phone” zone.**



Self Care Checklist

IDEAS TO SPARK THE IMAGINATION

Basic

- Stay hydrated
- Wash face & put on a face mask
- Eat a healthy meal
- Good nights sleep
- Shower

Physical

- Get some fresh air
- Rest - take a nap
- Dance!
- Eat nutritious food
- Move your body & exercise

Emotional

- Unwind & unplug
- Talk to a friend
- Tell someone you love them
- Write your journal
- Be grateful
- Remember you are amazing

Spiritual

- Go outdoors
- Smell the grass
- Say a prayer
- Meditate
- Listen to your heart
- Watch a sunset or the sunrise
- And breathe...

Professional

- Wake up earlier
- Say yes to an opportunity
- Create a vision board
- Remember what you are good at
- Take some time off

Intellectual

- Read a few pages of a book
- Learn a new word
- Think of a new skill to learn
- Read one article

5 MINUTES

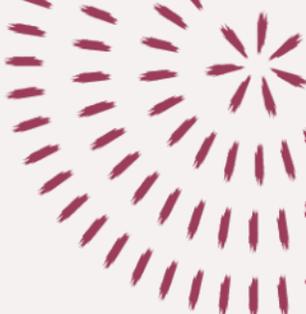
- Brush your hair
- Make yourself a warm drink
- Light a candle
- Listen to an upbeat song
- Drink a glass of water
- Give yourself a foot massage
- Step outside in the fresh air
- Txt someone you love
- 5 Minutes of focused breathing
- Write down 10 things you are grateful for
- Dance like crazy
- Smile!
- Buy yourself flowers

15 MINUTES

- Have a shower
- put on a face mask
- go for a walk
- Make a smoothie
- stretch
- have a cat nap
- Call someone you love
- Pamper yourself
- Do a short meditation
- Spend time in nature
- journaling
- Watch a funny youtube clip
- Soak in a bubble bath
- Write down positive affirmations

AN HOUR OR MORE

- Binge watch a funny show
- Spend time with friends
- Create a vision board
- Do an intense workout
- Get a massage
- Read a book
- Go on a hike
- unplug from technology
- Try yoga
- Organise your wardrobe
- Cook a new meal
- Paint a picture



More ways to embed a little 'self care' in your life

**JO'S
101 OF
SELF CARE &
SELF LOVE**



REMEMBER YOUR VALUE DOESN'T LIE IN HOW YOUR BODY LOOKS

SO MANY THINGS IN THE WORLD WANT TO
DISTRACT YOU FROM THIS POWERFUL TRUTH.

YOU ARE VALUABLE BECAUSE YOU ARE YOU, NOT BECAUSE OF YOUR BODY.
SO, WEAR WHAT MAKES YOU FEEL GOOD. IF IT'S A LOT OR IF IT'S A LITTLE,
WEAR WHAT MAKES YOU FEEL CONFIDENT, COMFORTABLE, AND HAPPY.



START A COMPLIMENTS FILE

DOCUMENT ALL THE NICE THINGS PEOPLE SAY TO YOU –
IT REMINDS YOU OF YOUR SELF-WORTH
AND WILL MAKE FOR AN
ENCOURAGING AND HEARTWARMING READ
ON YOUR ‘NOT SO CONFIDENT’ DAYS.



EMBRACE YOUR STRENGTHS

ACKNOWLEDGE AND HONOUR

THE THINGS THAT YOU ARE GOOD AT

(DANCING, SINGING, COOKING, GARDENING, WRITING, PAINTING.....)

AND FIND AN OPPORTUNITY TO THIS EVERY DAY.



EMBRACE YOUR UNIQUENESS

STOP COMPARING YOURSELF TO OTHERS.

YOU NEED TO FOCUS ON YOU & ALL THAT YOU BRING TO THE WORLD
AND THOSE THAT YOU LOVE !!!!

THANKFULLY, THERE IS ONLY ONE MAGNIFICENT & GLORIOUS “YOU”.



DO AN OCCASIONAL 'FRIENDSHIP PRUNE'

THERE ARE TIMES IN YOUR LIFE THAT YOU MAY HAVE TO DISTANCE
YOURSELF FROM TOXIC PEOPLE –
THOSE THAT DON'T HAVE YOUR BEST INTEREST AT HEART, THOSE THAT
MAY CRITICISE OR JUDGE YOU.
DON'T BE AFRAID TO DO THIS – IT'S IMPORTANT
AND IT IS ALSO VERY LIBERATING!



TREAT YOURSELF

INDULGE IN SMALL LUXURIES OFTEN!

IT DOESN'T NEED TO BE EXTRAVAGANT OR EXPENSIVE –

IT COULD BE AS SIMPLE AS TAKING A LONG SHOWER, RE-READING YOUR

FAVOURITE BOOK OR RE-WATCHING YOUR FAVOURITE MOVIE,

'ME TIME' IN THE EVENING OR

EATING A DECADENT TREAT.



ALLOW YOURSELF TO MAKE MISTAKES

WE TELL OUR CHILDREN

“NOBODY’S PERFECT, EVERYONE MAKES MISTAKES.”

BUT THE OLDER WE GET, THE MORE PRESSURE WE FEEL NEVER TO FAIL.

CUT YOURSELF SOME SLACK!

A MISTAKE IS NOT A MISTAKE IF YOU LEARN FROM IT !



CHECK IN WITH YOURSELF

IF YOU'RE FEELING PARTICULARLY OVERWHELMED, SAD OR STRESSED,

TAKE A MOMENT TO SIT SOMEWHERE QUIET

AND NAME WITHOUT JUDGEMENT WHAT YOU'RE FEELING.

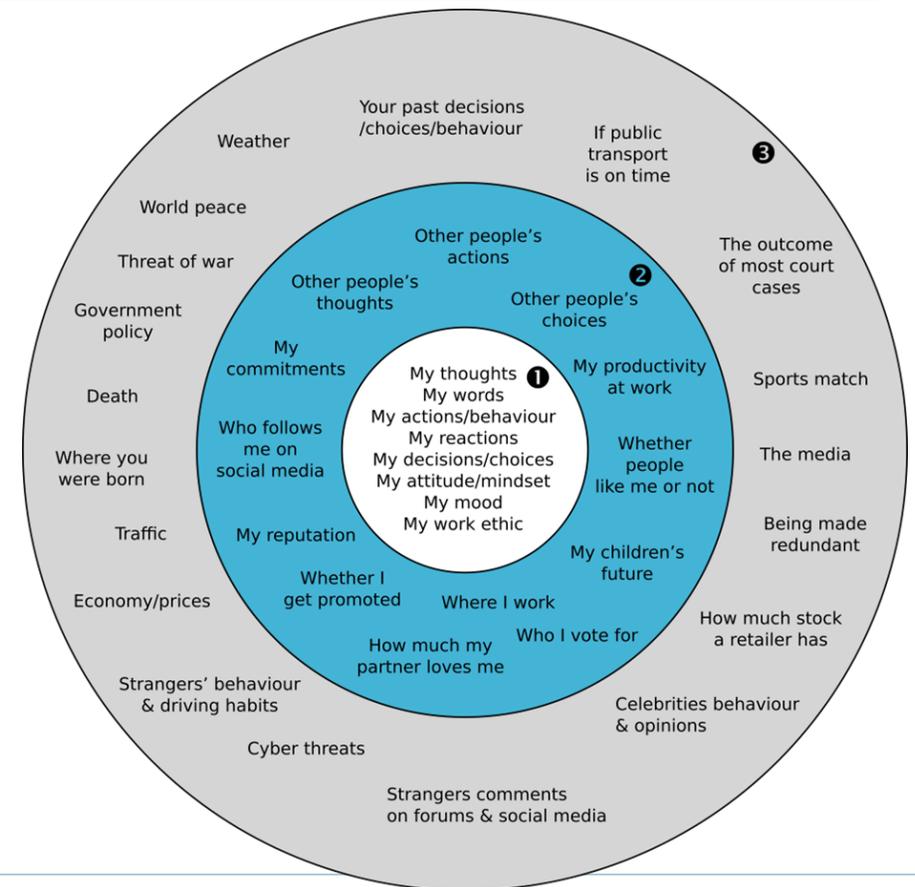
GET INTO THE HABIT OF WRITING DOWN YOUR FEELINGS, TRACKING

YOUR MOODS AND THEIR CAUSES.

ALSO REMEMBER IT IS OK TO NOT BE OK !

LEARN WHAT IS WITHIN YOUR CIRCLE OF INFLUENCE & WHAT'S NOT !!

3. Circle of Concern - majority of things you have no control over but often cause you concern (learn to let these go).
2. Circle of Influence - More control but not full control - we can have 'influence' here (by changing our attitudes or actions).
1. Circle of Control - these are the things that you have full control over and should be the focus of your attention





LAUGH & EMBRACE YOUR INNER CHILD

THE WORLD IS OFTEN A SERIOUS AND STRESSFUL PLACE,
TRY TO EMBED LAUGHTER AND LIGHTNESS INTO EVERY DAY – RELEASE
THOSE ENDORPHINS.

AFTER ALL LAUGHTER TRULY IS THE BEST MEDICINE.



FIND YOUR PYJAMA FRIEND

ON THE DAYS THAT NOTHING IS GOING RIGHT
AND YOU CAN'T GET OUT OF YOUR PYJAMAS,
FIND THE PERSON THAT YOU CAN RING, WILL COME OVER IN THEIR
PYJAMAS WITHOUT JUDGEMENT
AND EAT CHOCOLATE CAKE WITH YOU FOR BREAKFAST !!!



BE KIND TO YOURSELF

THE WORLD UNFORTUNATELY
IS FULL OF HARSH WORDS AND CRITIQUES
— DON'T ADD YOUR NEGATIVE SELF TALK TO THE MIX.
SPEAK KINDLY TO YOURSELF & PRACTICE AFFIRMATION EVERYDAY.
LEARN TO CELEBRATE YOURSELF REGULARLY
— (NOT ONLY ON YOUR BIRTHDAY)!

I am proud of individuals and communities
who value ambition and
“giving it your all”
above superficial experiences and
fabricated needs.

I am proud of women who hold each other
up, approach life with determination and
will not let anything stand in the way of
accomplishing their dreams.



I'M A
WOMAN
AND I'M
PROUD

I am proud of the women
who judge on peoples work ethic rather
than their work clothes.

I am proud of the feeling shared through
closeness and the support and love felt
through shared experiences and hardships.

I am proud of the women who find
creative solutions,
use their bodies and brains in unison,
and courageously break the mould.



I'M A
WOMAN
AND I'M
PROUD

I am proud of the women who have
‘become’
because of the women who have come
before them.

I am proud of the women that know how
to both give and take compliments,
support and respect other women.

I am proud of the inner strength they
have found, and the outward strength
they produce.



I'M A
WOMAN
AND I'M
PROUD

I am proud of every woman
who finds it in herself to try new things,
push herself,
and move outside of her 'comfort zone'.

I am proud of the women
who find inspiring role models
to motivate them,
and women who live their lives in ways
where they can fill that role for others.



I'M A
WOMAN
AND I'M
PROUD

Mental health

I make time to take care of myself, even when I'm dealing with difficult feelings or situations

I know that I can start working to solve problems

I can handle disappointments or difficult feelings, and I know they don't reflect my worth

Things may not be 100% perfect all the time, and that's okay

Body image

I'm comfortable with the way I look

I'm in tune with what my body needs

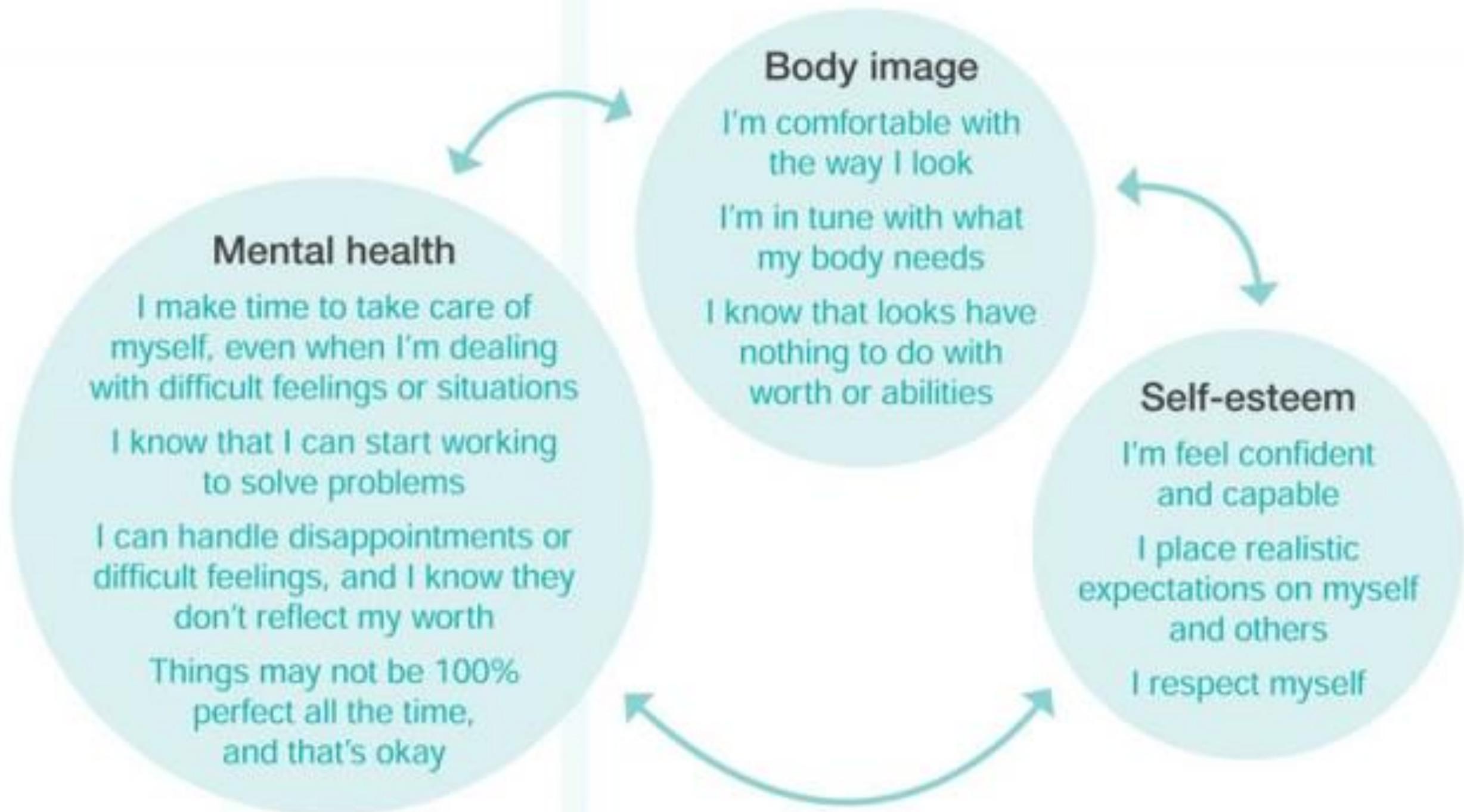
I know that looks have nothing to do with worth or abilities

Self-esteem

I'm feel confident and capable

I place realistic expectations on myself and others

I respect myself



WELLBEING PODCASTS

[The Self Love Fix](#)

[The SelfWork Podcast](#)

[Feeling Good Podcast](#)

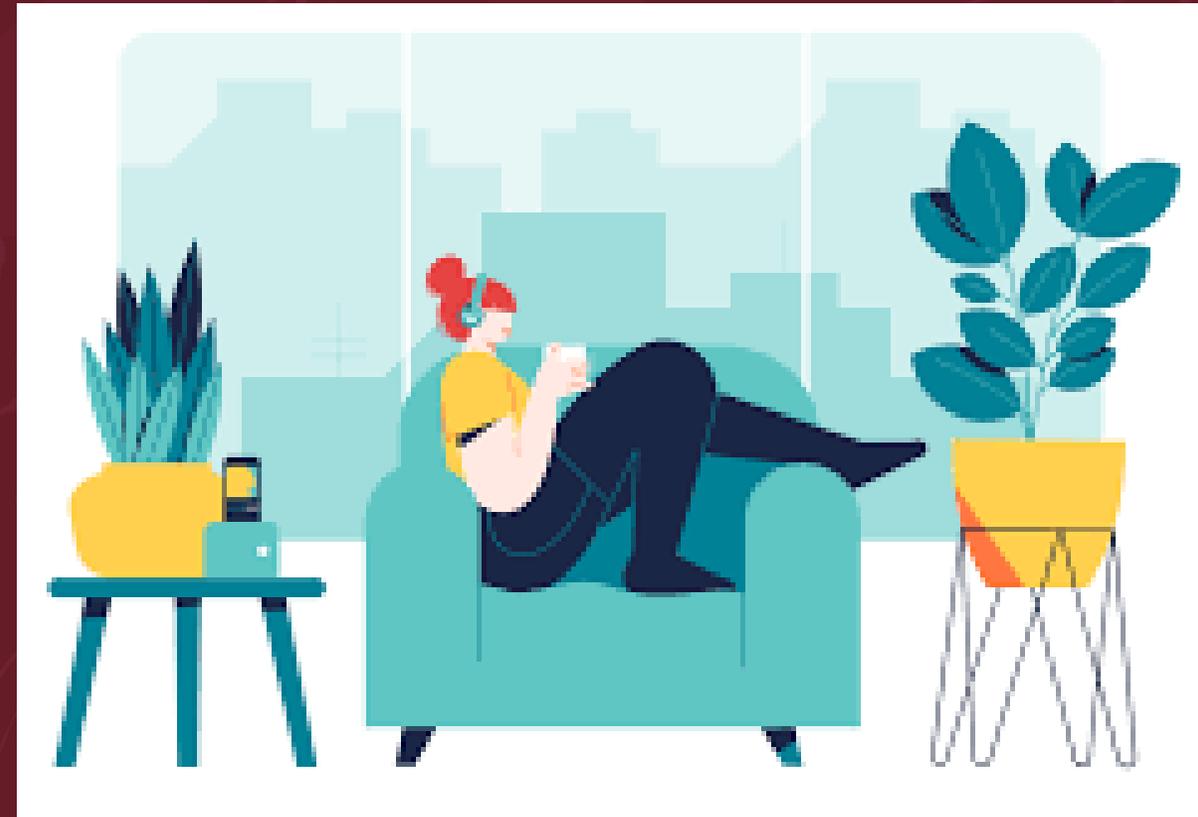
[Tiny Leaps - Big Changes](#)

[Simple Self Care Podcast](#)

[Shiny Healthy You](#)

[The Mindful Kind](#)

[Additional health & wellbeing podcasts](#)





In Closing ...

**Self-care is NOT BEING
self-indulgence
or being selfish.**

Self-care means taking care of yourself so that you can be healthy, you can be well, you can do your job, you can help and care for others, and you can do all the things you need to and want to accomplish everyday.

**Self-care is part of the answer to
how we can all better cope with
daily stressors**



In Closing ...

Self-care is anything that you do for yourself that feels nourishing.

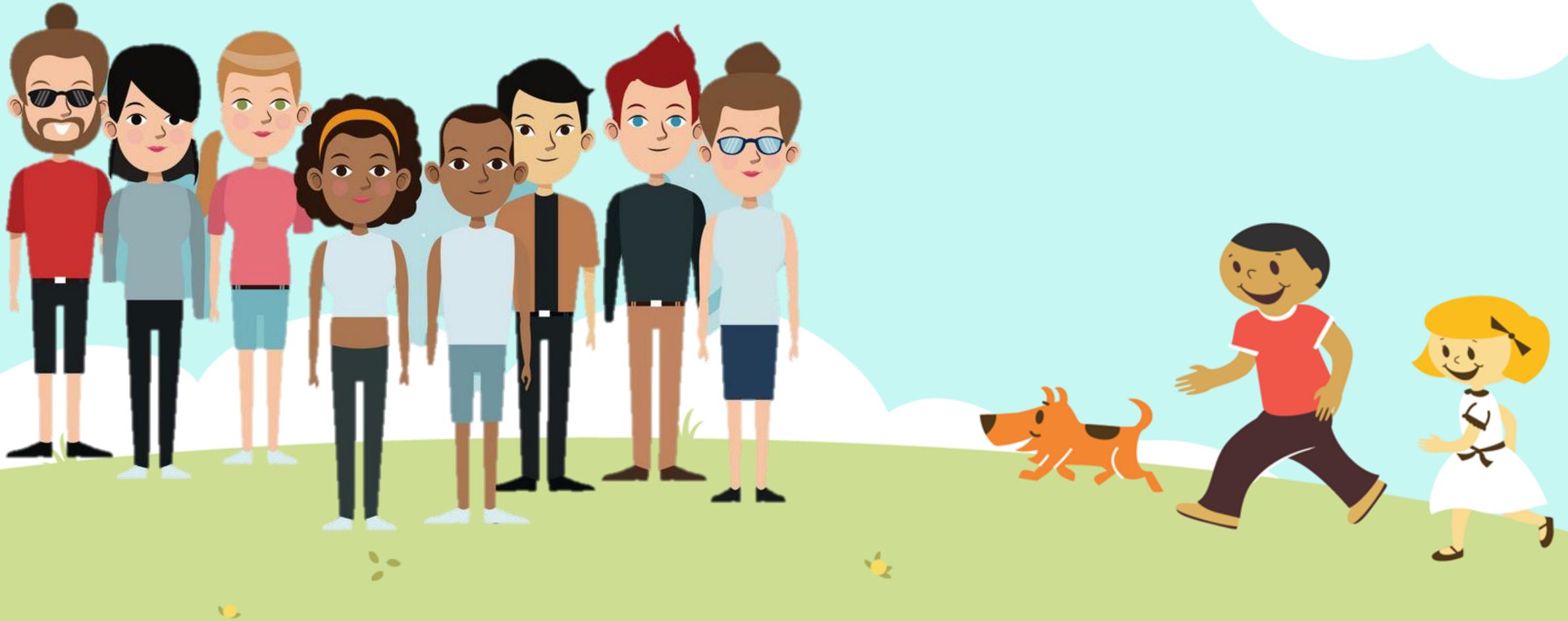
It can be something that's relaxing or calming, or it can be something that is intellectual or spiritual or physical or practical ...

It is the thing that you do when you loose track of time, your eyes shine and you smile subconsciously

I recommended that it is done everyday

There are 1,440 minutes in a day and you need to INVEST at least 15 of those minutes in YOU !!!!!

BUILDING HAPPY, HEALTHY, RESILIENT FAMILIES AND COMMUNITIES



THE BUILDING BLOCKS TO HAPPY, HEALTHY & RESILIENT COMMUNITIES



RAISING HAPPY, HEALTHY & RESILIENT

Children

- Encourage problem solving & coping strategies– don't accommodate every need and provide all the answers – teach self soothing and self management
- Avoid eliminating all risks (appropriate and safe risk taking)
- Avoid 'why' questions and ask 'how' questions
- Let your children make 'mistakes' – it's how they learn
- Talk about feelings and teach children to recognise their feelings– there is more than sad, mad and glad
- Help them to manage their emotions – look past the 'tantrum' and find the cause – triggers v's reactions
- Model behaviours such as laughter, happiness, problem solving, resiliency – remember children are sponges and they learn by what they witness
- Presence NOT Presents & Quality OVER Quantity – value & invest in one-on-one quality time
- Teach delayed gratitude – reward and pleasure
- Dinner table conversations
 - What made you happy today?
 - What did you do that made somebody else happy?
 - What did you learn today?
 - What did you do today that you might do differently tomorrow?
- Fill your homes with love, forgiveness and laughter

RAISING HAPPY, HEALTHY & RESILIENT

- Provide a safe and non-judgmental space to talk about ‘anything’ – stay connected
 - Honour their feelings – it mightn’t be big to you but it may well be big to them
 - Problem solve together – don’t problem solve for them
 - Model healthy behaviours – resilience, relationships, conflict & anger management, and respect
 - Teach them to set goals – sometimes they need a Plan B, C, D or even E
 - Teach emotional regulation – self soothing and self management
 - Teach them to positively move through their anger
 - Model self-care & self-love (body image, kindness and managing stress and emotions)
 - Reframe negative self talk (yours and theirs)
 - Teach them why they can never keep an ‘unsafe secret’
 - Ensure there is laughter and lightness in our home
 - Be a safe place for their friends and peers – it takes a village to raise a child
 - Help them to find their ‘SPARK’
 - Help them to find their ‘LIGHTHOUSE’
 - Teach them to be a GREAT friend, not just a good friend
 - Talk about loss, grief & death – teach them about the Grief & Loss Cycle – they can move on from grief and loss
- 

RAISING HAPPY, HEALTHY & RESILIENT

Parents

Families

- Make quality time for YOU.....
you are more than just a Mother, Carer, Father, Grandparent – don't lose who YOU are !
- Learn the 'triggers' in your life that create stress and embed strategies to manage these
- Find the members of your family LOVE LANGUAGES
- Embed self care & self love – these aren't selfish – they are necessities
- Surround yourself with good people – radiators not drainers - don't be afraid to prune your social circles from time to time
- Don't compare your family to others – every family has their 'public persona' which might be very different from 'homelife'
- Schedule rest and don't feel guilty about it
- Find your PJ friend/s
- Honour traditions and your family values
- Forgive quickly – children, partners and families
- Communicate, communicate, communicate
- Learn how to say 'NO FOR NOW' – know your limits and remember it's not 'NO FOREVER'
- Allow yourself to make mistakes and stop punishing yourself if you do
- Embed mindfulness, meditation and reflective practice into your family routines
- Be the change you want to see in the world

RAISING HAPPY, HEALTHY & RESILIENT

Communities

- Honour those that have walked before us
- Ensure your community is INCLUSIVE OF ALL
- Embrace diversity
- Everybody in your community has a voice that should be heard and valued
- Find your communities strengths and focus on what works well – community knows community
- Be adaptable – the only constant in this world is change
- Be courageous – don't be afraid to stand alone
- Value volunteering and mentors – it's the gift that keeps on giving and is your communities 'glue'
- Be well prepared for a crisis, disaster or emergency – but don't become risk averse
- Be a learning Community
- Create your Community Footprint / Profile and promote it

- **I ACCEPT MYSELF UNCONDITIONALLY**
- **I AM GLOW BECAUSE OF MY UNIQUENESS**
- **I AM BEAUTIFUL JUST THE WAY I AM**
- **I AM CLEVER, COMPETENT AND CAPABLE**
- **I AM HAPPY, VALUED AND LOVED**
- **I AM STRONG & POWERFUL**
- **I CAN RECOVER FROM A SETBACK**
- **I CAN DO AMAZING THINGS IN THIS WORLD**
- **I HAVE WHAT IT TAKES & I WILL FIND A WAY**
- **I LOVE WHO I HAVE BECOME**
- **I AM ENOUGH**

**POSITIVITY
IS A
SUPERPOWER**





<https://www.youtube.com/watch?v=T7qTxbPv7tE>



“Take time to do what
makes your soul happy.”

Jo Drayton

JDrayton@Holyoake.org.au

0436 000 514