

Family Self-care

Webinar
20 May 2021



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connected**

Overview of Session

- What is self-care?
- Why is self-care important?
- Identifying Individual self-care
- Identifying Self-care for your Family
- Making it work for your family, as a family

What is self-care?

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

("SELF-CARE | Definition of SELF-CARE by Oxford Dictionary on Lexico.com also meaning of SELF-CARE", 2021)

"Wherever you are, be all there" - (Jim Elliot)

Why self-care is important

Well-being has many facets, from mental and emotional- to medical and beyond. When we look after our own well-being, we are in a better place to look after our dependents and to support our partners and families. It can lower our heart rate and gain us new perspective. Self-care helps:

- your own well-being
- the well-being of others because you can then "be there" for them
- people deal with medical issues
- lower mental and emotional stress levels
- you keep going for longer



"You can't pour from an empty cup"

There is a limit on how much we each can give, if we keep giving without refilling or refueling ourselves, we will eventually run out!

Identifying individual self-care?

There are 8 main areas of managing self-care

We might think we know what self-care is, but we haven't really given ourselves the opportunity to clearly identify what works for us. By taking the time to do this, we can realise the full benefits of self-care.

- **Physical** e.g. going for a walk, taking a bath, getting enough sleep, eating well
- **Psychological** e.g. reading, practicing mindfulness, learning a new skill, doing a digital detox
- **Emotional** e.g. saying no, journaling, practicing self-compassion, learning your emotional boundaries

Identifying individual self-care? (Continued)

- **Social** e.g. Asking for help, meeting new people, spending time with family and friends.
- **Professional** e.g. negotiating your needs, a nourishing lunch, clear boundaries, professional development.
- **Environmental** e.g. decluttering, monitoring technology time, cleaning up, maintaining a safe home environment.
- **Spiritual** e.g. meditating, reflecting, going on a retreat, walking in nature, , watching the sun rise/set
- **Financial** e.g. knowing your income, knowing when expenses are due and paying them on time, spending and saving wisely.

("8 Areas of Self-Care: Modern Therapy", 2018)

Use this list to identify what self-care you are already doing well and what you might need to look at improving.

Circle one for each type of self-care or write one that would work for you.

....but I don't have time:

Self-care is not to be confused with self-indulgence. It doesn't need to take up a lot of time. And it doesn't need to cost the earth.

For example:

- physical self-care could be as simple as wearing clothes that help you feel good about yourself.
- Spiritual self-care could mean driving home the scenic way.
- Professional self-care could be having a comfortable workspace.
- Emotional self-care would mean turning off the phone and disconnecting.

Think of some other examples that aren't time-consuming...

Family self-care

Family self-care seems like we have our grammar wrong!

What we mean is...things you can do with/for your family that help contribute to the health and wellbeing of the whole family unit. It might range from anything such as a whole family digital detox to a movie night to a "mani pedi session" to a stroll around the neighbourhood.



Benefits of family self-care

Along with the benefits of identifying our individual self-care needs, identifying Family self-care, also has benefits:

- Greater connectedness
- Family rules become clearer
- Children look forward to “Family time”
- It sets boundaries around what your children can say to others without feeling uncomfortable: e.g. “in our family we do and we don’t do”/ “we aren’t allowed on messaging after 8pm”

Identifying family self-care

Use this list to identify what FAMILY self-care you are already doing well and what you might need to look at improving.

- **Physical** eg. going for a walk, eating well, running around the yard, building a cubby, playing catch
- **Psychological** eg. reading, practicing mindfulness together, learning a new skill together, doing a digital detox
- **Emotional** eg. saying “no” to extended family member demands, boundaries such as “in our family we do this”
- **Social** eg. spending time with other family and friends, having sleepovers, camping with other families
- **Environmental** eg, decluttering bedrooms and living areas, monitoring technology time, cleaning up together, maintaining a safe home environment
- **Spiritual** eg. Learning to meditate, listing things we are grateful for, going on a holiday, walking in nature, start a new family tradition such as decorating the house in a particular way for birthdays or anniversaries

Perhaps spend time thinking of some things you’ve wanted to do but haven’t managed to put in place

How to work out family self-care

1. Everyone identifies the methods of self-care that work for them. This may take some time
2. Come together and share these. Parents may need to help children
3. Write down any common self-care methods
4. Have a discussion on what each member thinks should be included and why
5. Decide together – what your family self-care ideas will be
6. Make a list and have it somewhere every one can see

Based on (“How To Define and Discover Your Family Values - Raising Kids With Purpose”, 2020)

Self-care is different for everyone

You might have to work together to figure out the best options for each of you.

Ask everyone to think about these questions:

- What activities make you feel good and recharged
- What would you like to do more of?
- Are there any activities that you look forward to during the week?
- What would your ideal day look like?
- What activities would you do?

If you're struggling to think of specific activities, think about...

- For parents (who may have forgotten!)

What did you love doing before you had kids?

- For children

Remind them of the things you've seen them enjoying.

- Think low budget or free.
- This is about filling hearts with joy, not emptying your bank account.

Visit [Reachout.com](https://reachout.com) to find out what self-care is right for you through an online quiz

References

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Our Services.

CatholicCare is the social services agency of the Catholic Diocese of Wollongong, covering the Illawarra, Shoalhaven, Macarthur and Southern Highlands Regions. We support people to establish and build positive

relationships and connected lives. Our aim is to help people through difficult times to help them achieve self-reliance and realise their full potential. We also advocate for social equality and prioritise the needs of the most vulnerable.

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