

CNSSNZ CONFERENCE NOVEMBER
2023

PRACTITIONER SELF-CARE



KIA ORA

Tēnā koutou katoa

Ko wharepapa te māunga

Ko te tai o aorere te moana

Ko nga tahu tōku iwi

Nō Whakatū ahāu

Ko Morgan tōku ingoa

Nō reira, tēnā koutou, tēnā koutou,

tēnā koutou katoa



MINDSET

Self-care is a mindset

Intention

Purpose

Mindful

Self-aware

Connect with your values

Whakataukī

He kai kei aku ringa

There is food at the end of my hands



What I **thought**
work-life balance looked like:



What life-work balance
actually looks like:



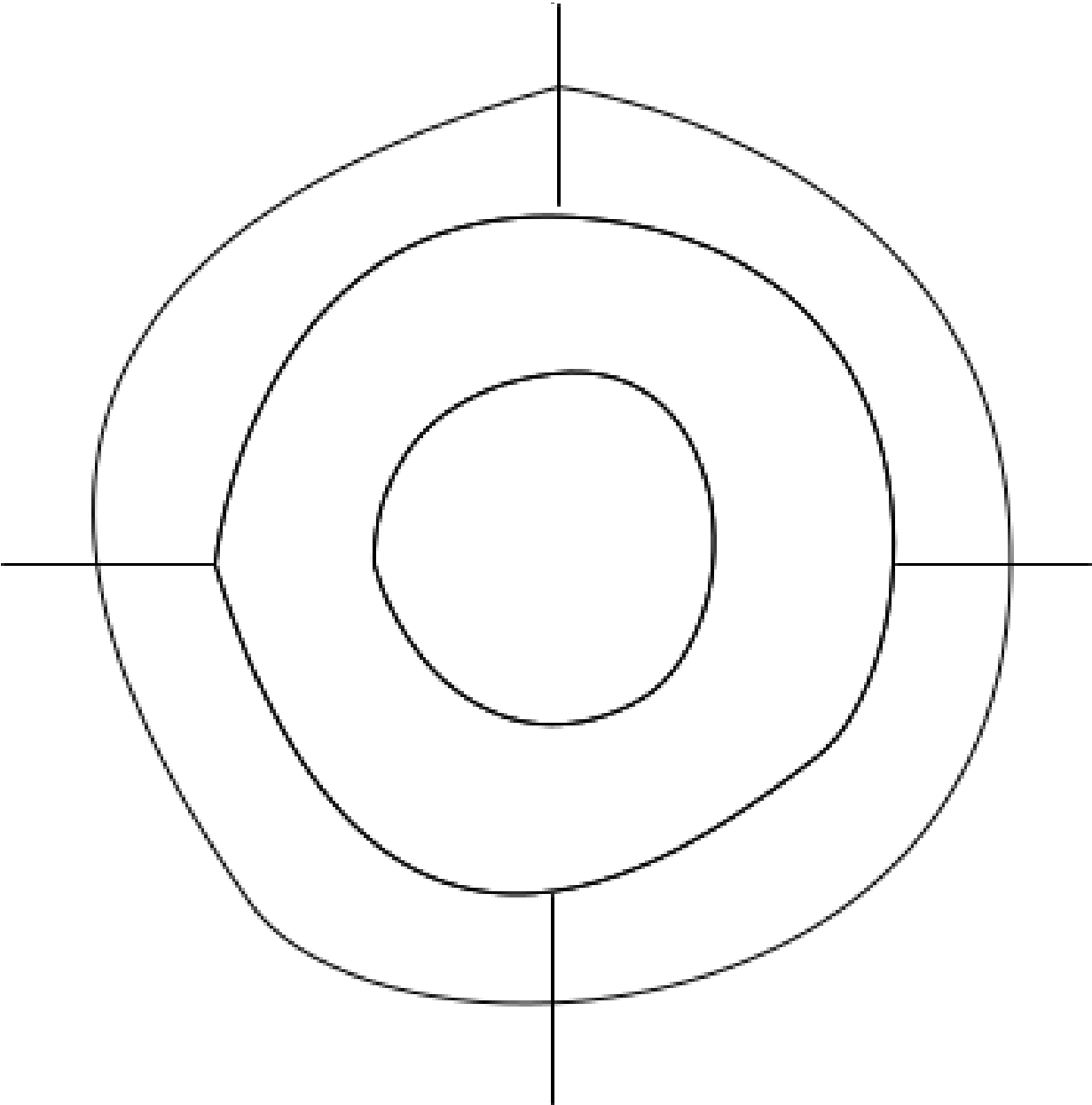
@CHOPRA

WHAT IS
WORK | LIFE
BALANCE?

The Bulls Eye

Work/Education

Leisure



Personal
Growth/Health

Relationships

HOLISTIC WELLNESS

Nutrition
Movement
Stress Reduction
Sleep
Relationships



NUTRITION



"eat real food, not too much and mostly plants"

Eat a variety of wholefoods.

Eat what makes you feel your best!

Soul Foods



Drink mostly water

be mindful of the impact on your own body from:

Caffeine

Alcohol

Sugar sweetened beverages

NUTRITION



Intuitive Eating

A self-care approach to eating

DISCOVER THE SATISFACTION FACTOR

FEEL YOUR FULLNESS

COPE WITH YOUR EMOTIONS WITH KINDNESS

RESPECT YOUR BODY

HONOR YOUR HUNGER



Mindful Eating

Tap into your five senses to approach eating in a more mindful way

MOVEMENT

**LIFE ENHANCING
JOYFUL**

BENEFITS OF REGULAR MOVEMENT

boosts mood & long-term mental health

greater quality of life & independence

increases longevity

social connection

Improved Blood sugar control

enhanced focus & learning

Immune boosting

Improves sleep

maintains & improves bone health

greater muscle strength

supports a healthy gut & microbiome

Improves cardiovascular health



MOVEMENT

“think of movement as an opportunity, not an inconvenience”

Stretching
Yoga
Walking
Running
Cycling
Dance
Resistance training
HIIT
Group fitness
Team sports
Swimming
Gym
NEAT exercise

**"SOMETHING IS BETTER
THAN NOTHING "**



STRESS REDUCTION



RESTORATIVE PRACTICE

This could be any action that encourages you to slow down, be mindful, be still and breathe. These actions activate our parasympathetic nervous system.

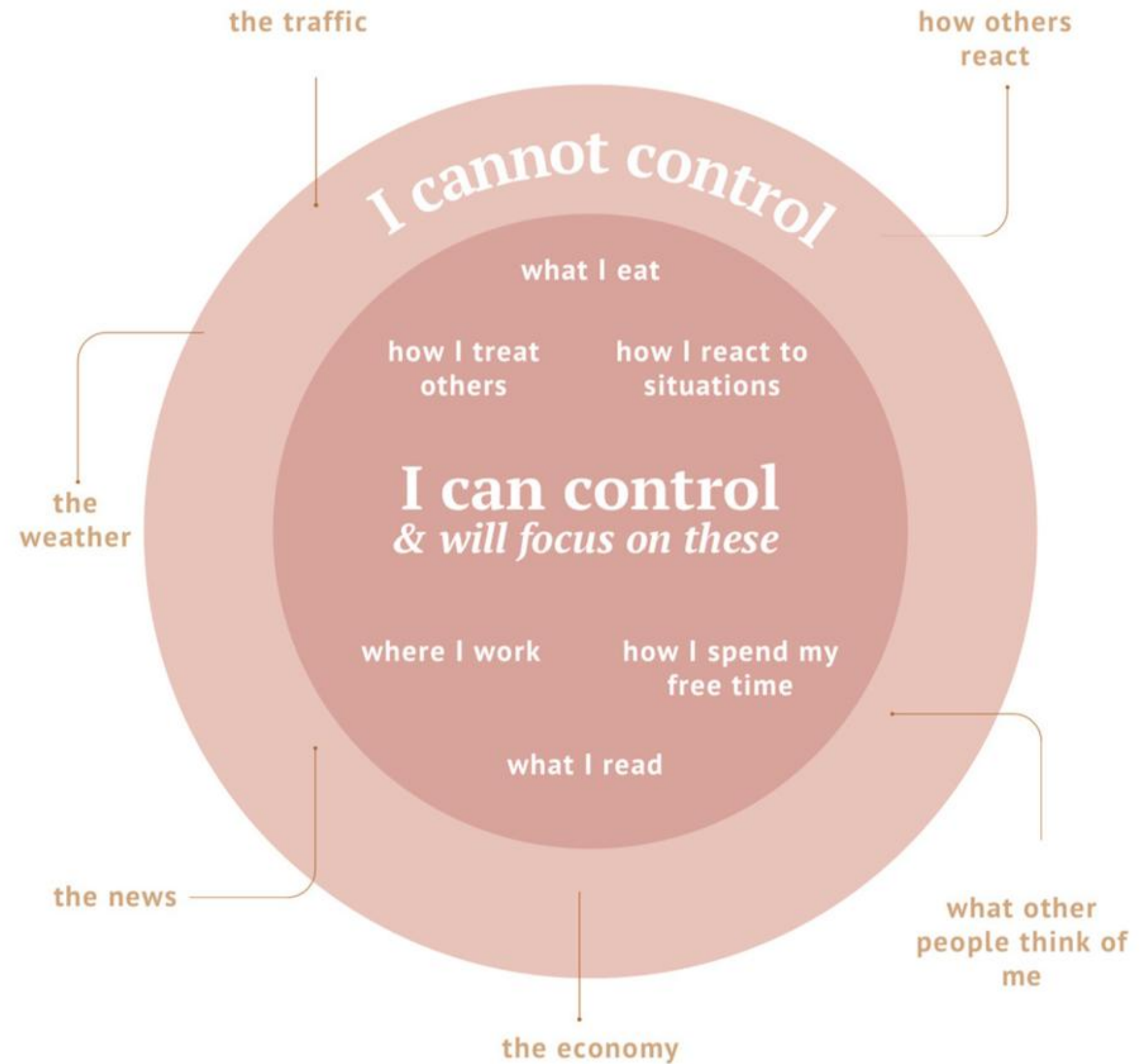
time alone
nature
animals
mindfulness
grounding
meditation
yoga
deep breathing
white space
'naked' walks
singing



STRESS REDUCTION

5 of 12

Circle of control



SLEEP

Healthy sleep is the anchor for a healthy life"

Modern lifestyles are often in direct competition with sleep.

Prioritise Sleep

'Reverse bedtime procrastination'

Use sleep rituals to encourage the body to wind down to allow deep and restorative sleep



SLEEP RITUALS

Sleep environment

Temperature

Exercise

Light

Caffeine

Alcohol

Diet

Your Mind



Kelاهر, M. (2022, June 25). All you need to know for a better night's sleep. Your Lifestyle Medics. <https://www.yourlifestylemedics.com/blog/17q3c9cnj5jc60yokodh5zir577fhk>

RELATIONSHIPS

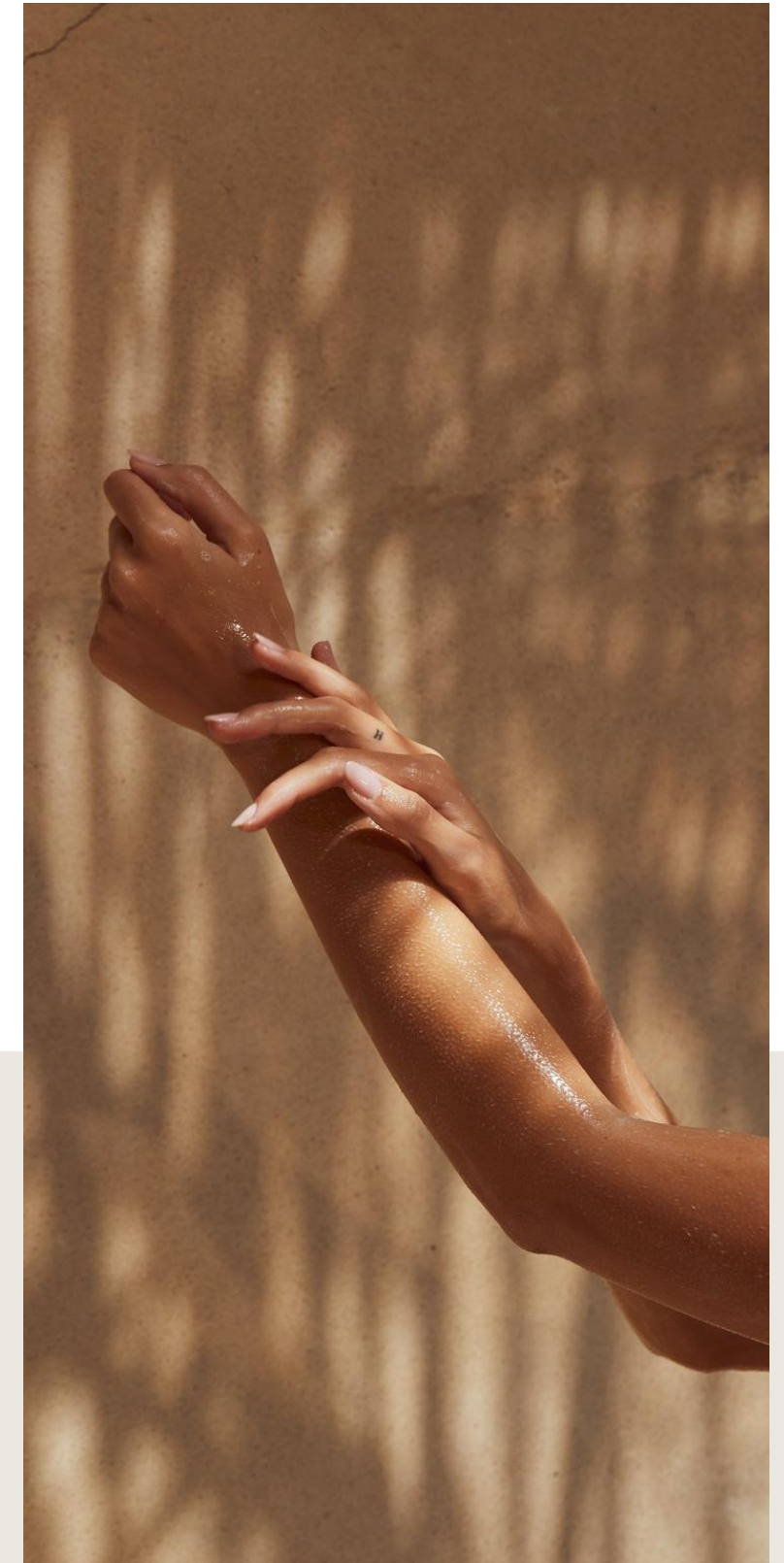
Our relationships can either fuel and nourish us, or be toxic and harmful.

Do we feel connected and engaged?

Self

Our Important People

Work and Colleagues



FOSTERING A MORE HEALTHY RELATIONSHIP WITH WORK

Boundaries

Strengths

Values

Passion and Purpose



BOUNDARIES

BINGO!

BINGO

●	Doing work for free	Doing other people's work
Agreeing to meet unrealistic deadlines	●	Not taking time off
Answering calls and messages during downtime	Taking on more than you can comfortably manage	●

BOUNDARIES

A tool for reducing burnout

"They give you space to respect and love yourself and others at the same time."

If I say yes to this, what/who else am I saying no to?

Say "No"

Speak up when you feel uncomfortable

If you need alone time, say so. You don't have to justify it

Delegate tasks, say "Yes" to help from others

Communicate your needs

"I need more support with my workload"

Say yes in the *right* way

"Yes, I can help you with that but it will have to be on Wednesday - my plate is full today."

Keep your time off sacred

"I don't check my work emails while I'm on holiday"

Avoid over explaining

"I can't work past 6pm today"

Protect your focus

"Can we chat at lunchtime? I'm in the middle of something now and I want to be able to fully focus on our conversation"

Ikigai

(ee-key-guy)

An ancient Japanese philosophy that has enveloped the way Japanese people live.

Use Ikigai as a Method of Finding Alignment in your Career

Includes these four qualities:

- What you love
- What you're good at
- What you can be paid for
- What the world needs

Knowing your ikigai can help you:

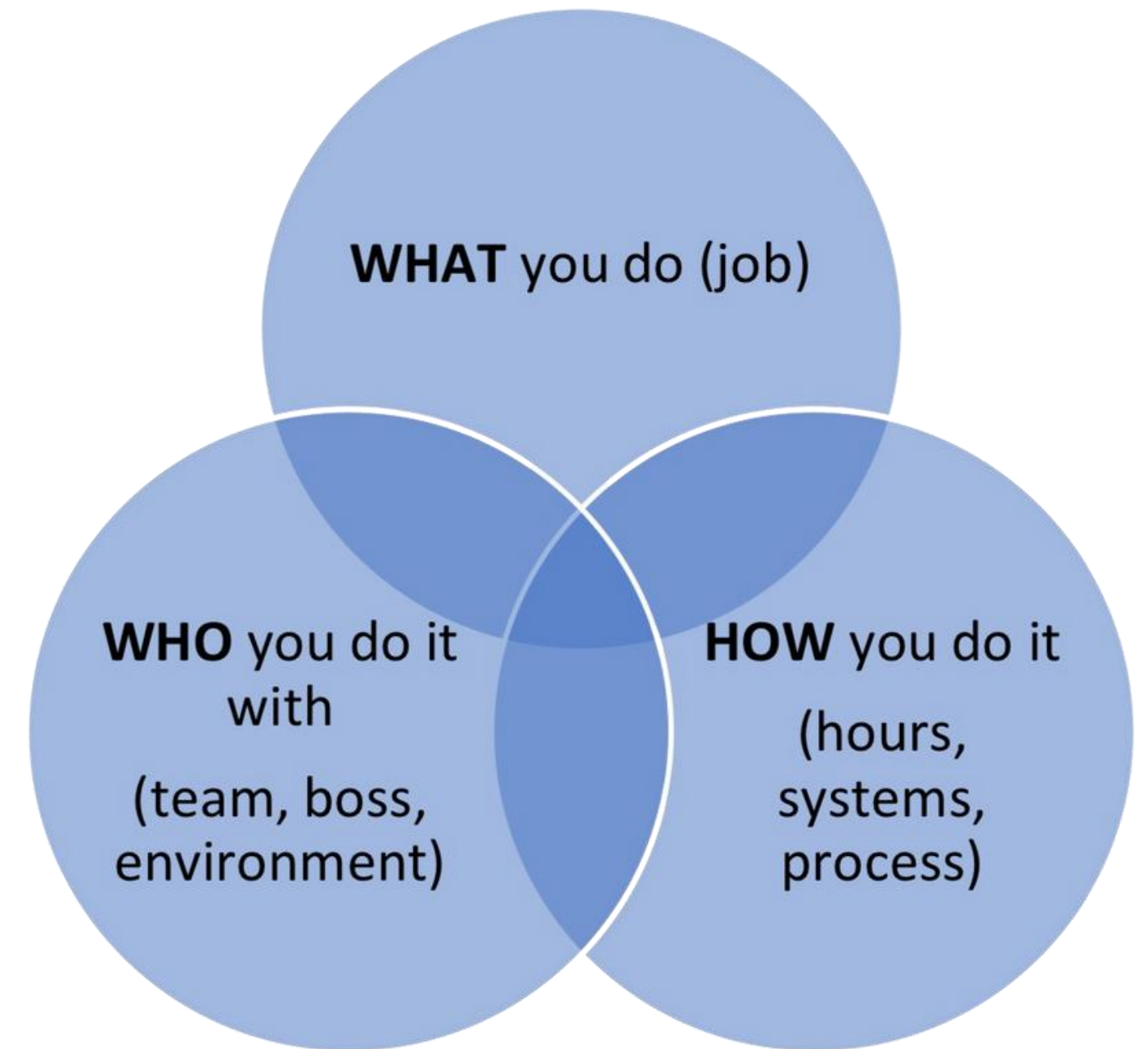
- Design your ideal work lifestyle
- Create strong social connections at work
- Create a healthy work-life balance
- Pursue your career dreams
- Enjoy your work
- Live a longer and happier life



Think about these 3 aspects.

Rate how satisfied you are in each area out of 10.

What can be done to improve your satisfaction in each area?



SELF- REFLECTION

Right now, how would you rate your self-care out of 10.

Where would you like to be?

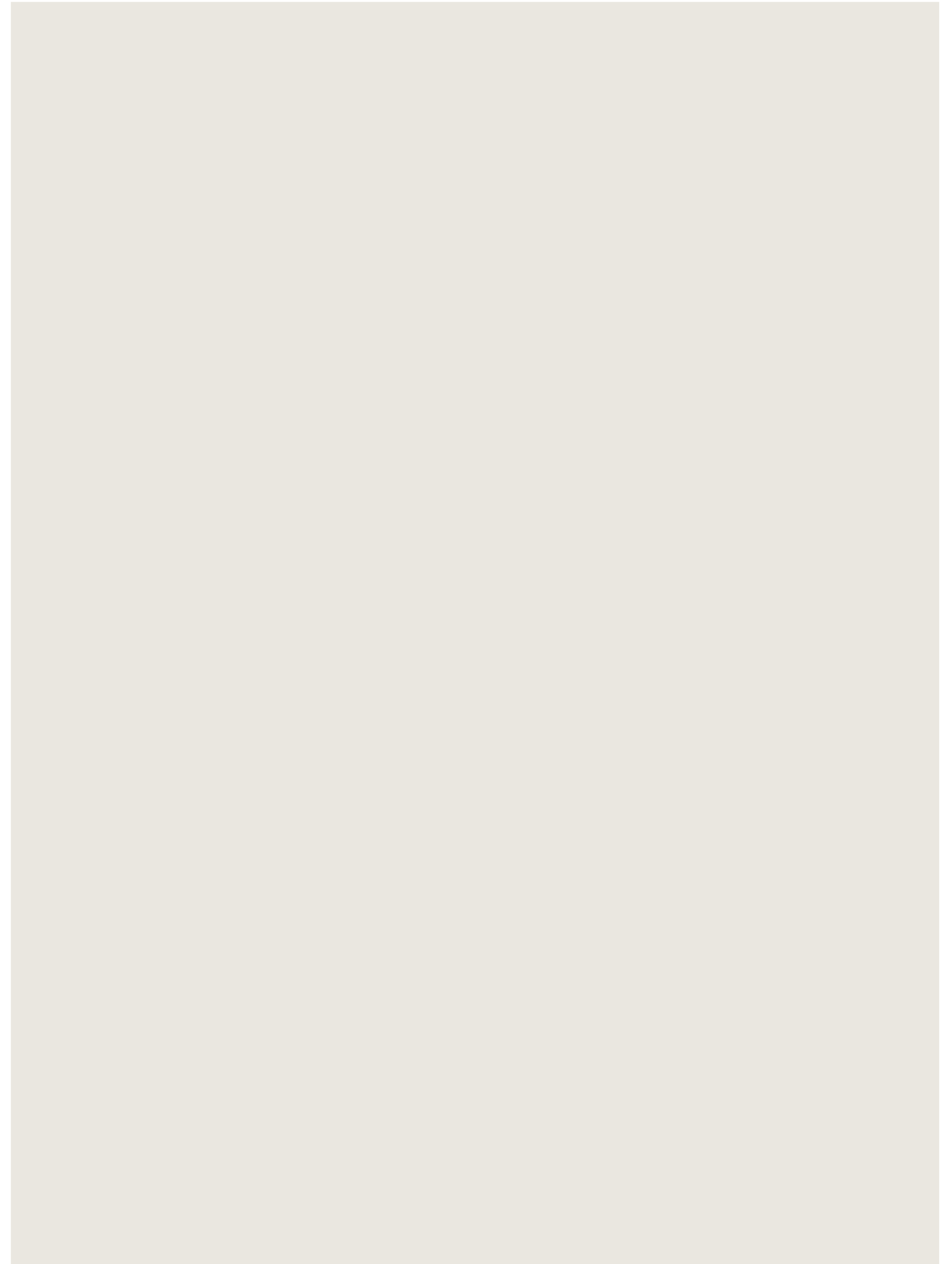
Why is this important to you?

What are the unique and personal challenges you face with your self-care?

What are your early warning signs?

COMMITTED ACTION

**What are you going to take from
this to add to your life?**



NGĀ MIHI NUI



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