BCSIS Provincial Virtual Summit
February 24 & 25, 2021
Self-Care Workshop
Indigenous Land Acknowledgement

As a provincial umbrella association, AMSSA would like to acknowledge that BC is home to 198 First Nations. We would also like to express and recognize the privilege that we have as settlers on this land.

We wish to acknowledge that AMSSA’s operations is on the unceded traditional territories of the xwməθkwəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and Səí Ílwətəʔ/Selilwitulh (Tsleil-Waututh) Nations.
We gratefully acknowledge the financial support of the Province of British Columbia through the Ministry of Municipal Affairs.
Presenter Information

Mona Hassannia
Registered Clinical Counsellor, Nia Counselling
No more excuses: practical tools for self-care

BCSIS Virtual Summit 2021

Mona Hassannia, MA, RCC
Agenda

1) Scare you in the necessity for self-care (and why you really, really, really need it…now!!)

2) Create some awareness as to why you might fight it (despite being in a sector that is all about caring for others)

3) Provide you with techniques to actually practice self-care (on a regular basis without excuses)
Congratulations!
You just practiced self-care.

me looking at myself after I actually take the time to practice self care
Self-care is

Any activity that is taken with the intention of enhancing energy, restoring health and reducing stress.

Can be different for everyone but should be practiced regularly.
When was the last time you were stressed?

A) At some point today
B) In the last few days
C) In the last week
D) I’m currently stressed
Our mental health is very much affected by this pandemic.

People in Canada are feeling the effects of COVID-19.*

- 38% say their mental health has declined due to COVID-19
- 46% feel anxious and worried
- 14% are having trouble coping
- 6% have had suicidal thoughts
- 2% have tried to harm themselves in response to COVID-19

Consistent moderate/severe anxiety (CMHA)

- Whites
- Visible Minorities
- Youth
- Indigenous Populations
- LGBTQ
The science of stress

The fight or flight response

1. The amygdala reacts to threat
2. The hypothalamus activates the sympathetic nervous system, release of adrenaline
3. The adrenal cortex releases cortisol for continued alertness

Good for this

Not this
How do we remedy the stressors in our lives?
What prevents you from doing self-care?

A) I don’t need it I’m fine, its others I worry about.
B) I’m so busy that I don’t have time for it.
C) It doesn’t work for me.
D) Everything would fall apart if I took time for myself.
Obstacles to Self-care

The “Giver”/ “Superhero” mindset
Time constraints/competing priorities
Perceived value
Lack of role models/supports

Take a min and reframe the obstacles that are in your way for self-care
The need for self-care

Our self-care bias

How do we get ourselves to ACTUALY do it?
Six types of self-care:

**Physical**: exercise, sleep, staying hydrated

**Emotional**: journaling, creative art, playing music

**Spiritual**: meditation, yoga, nature

**Mental**: books, puzzles, chess

**Social**: talking with friends, date nights, calling relatives

**Practical**: professional development, organizing, budgeting
How to do it 
regularly...

Change is hard, acknowledge it
Set up realistic goals
Connect it with an already set routine in your day
Have a buddy system or ask for supports/encouragements
Have rituals
Reward yourself
Reframe, reframe, reframe!!
How organizations can better support their staff

Engage teams in workshops and webinars on topics related to mental health wellness.

Set up debriefing sessions for staff to share their stressors.

Encourage/normalize the use of Employee Assistance Program (EAP) services and other mental health supports.
You wouldn’t let this happen to your phone.
Don’t let it happen to you either.
Self care is a priority, not a luxury

Take away message
Thank you