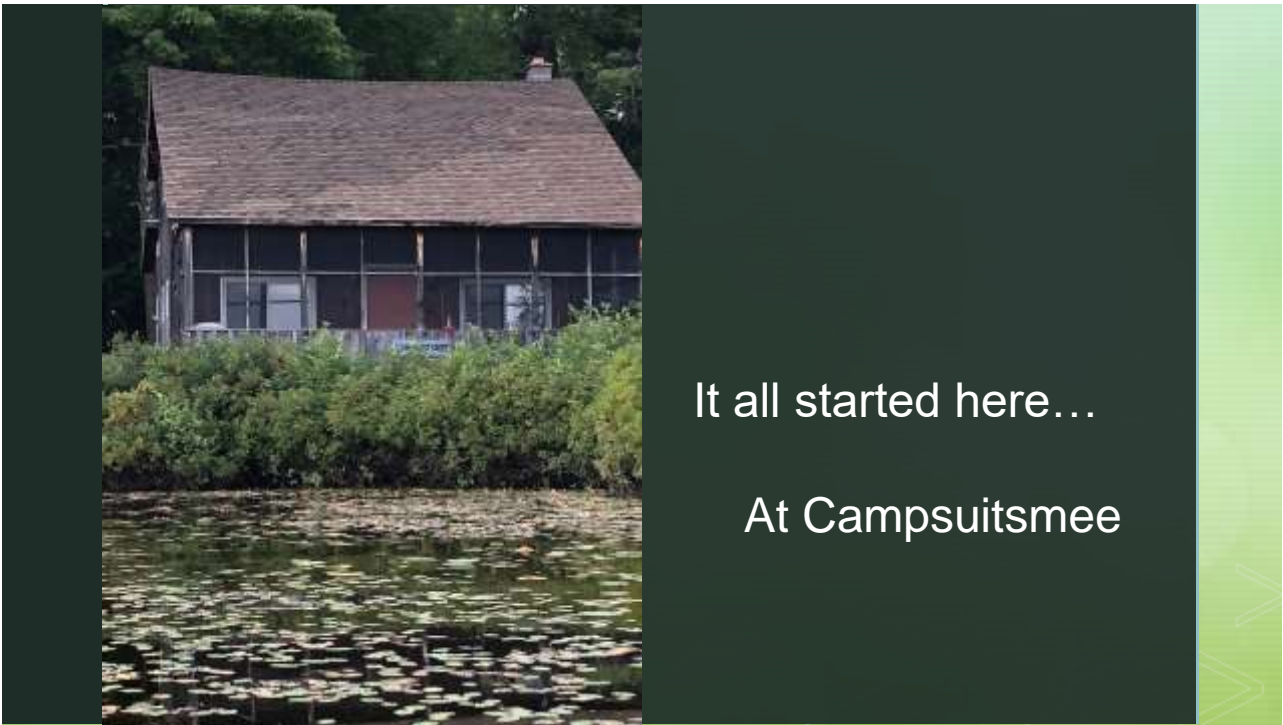




# ***Cultivating a Culture of*** Self-Care

1



2



3



4



5

Self-care and mental health are the priorities for



**72%**

***Of Americans.***

6



7



Underlying Groundrules, Assumptions, Values

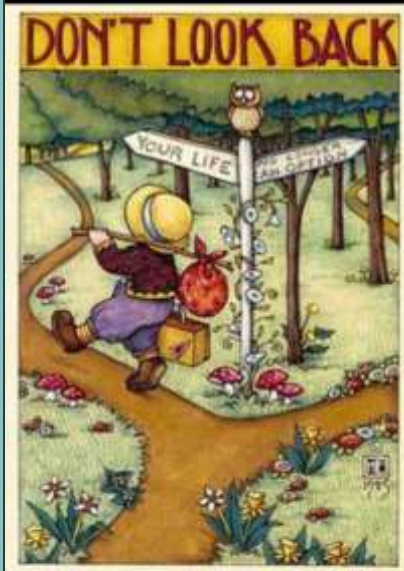
From Self Care to Well Being

8

From the Top Down  
The Scarcity trap  
Pastry Bag



9



Changing Habits  
Change of  
Reference Points

10



**Think about...**

***What are the values underlying your selfcare?***

***What are the values underlying the protocols for selfcare in your school?***

11

*1. Take care of yourself so you can take care of others (if you choose).*

*1. Don't hurt yourself and don't hurt others.*

*1. Use everything for your learning, advancement and growth.*

12

*“If you burnout your body,  
where will you live?”*

13

The quieter you become  
the more you can hear.

- Ram Dass -

TRANSITIONING FROM SELFCARE TO WELLBEING

14

Self-care: care for oneself: health care provided by oneself often without the consultation of a medical professional.

First known use: 1841

15

Well-being: the state of being happy, healthy, or prosperous : WELFARE

First known use: 1561

16





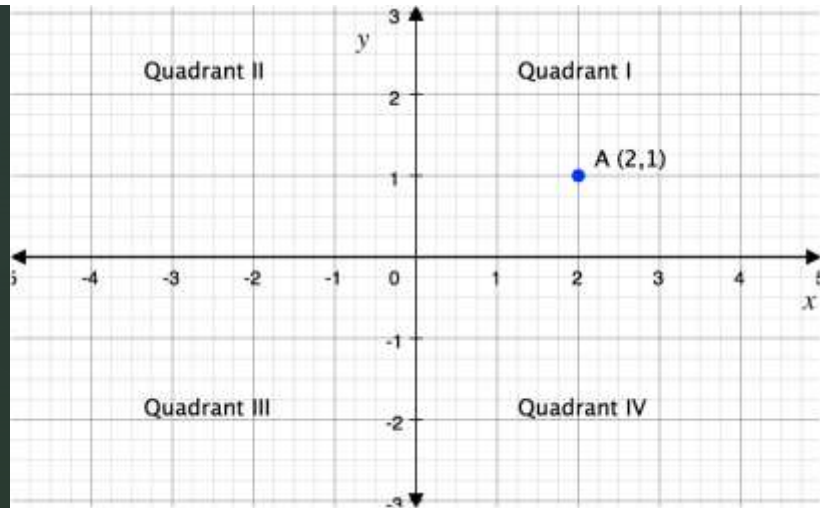
So, what happened  
between the popular use of these two terms?

17



Enter Descartes, 1596-1650

18



The dude liked to separate things...  
Think Cartesian Coordinates.

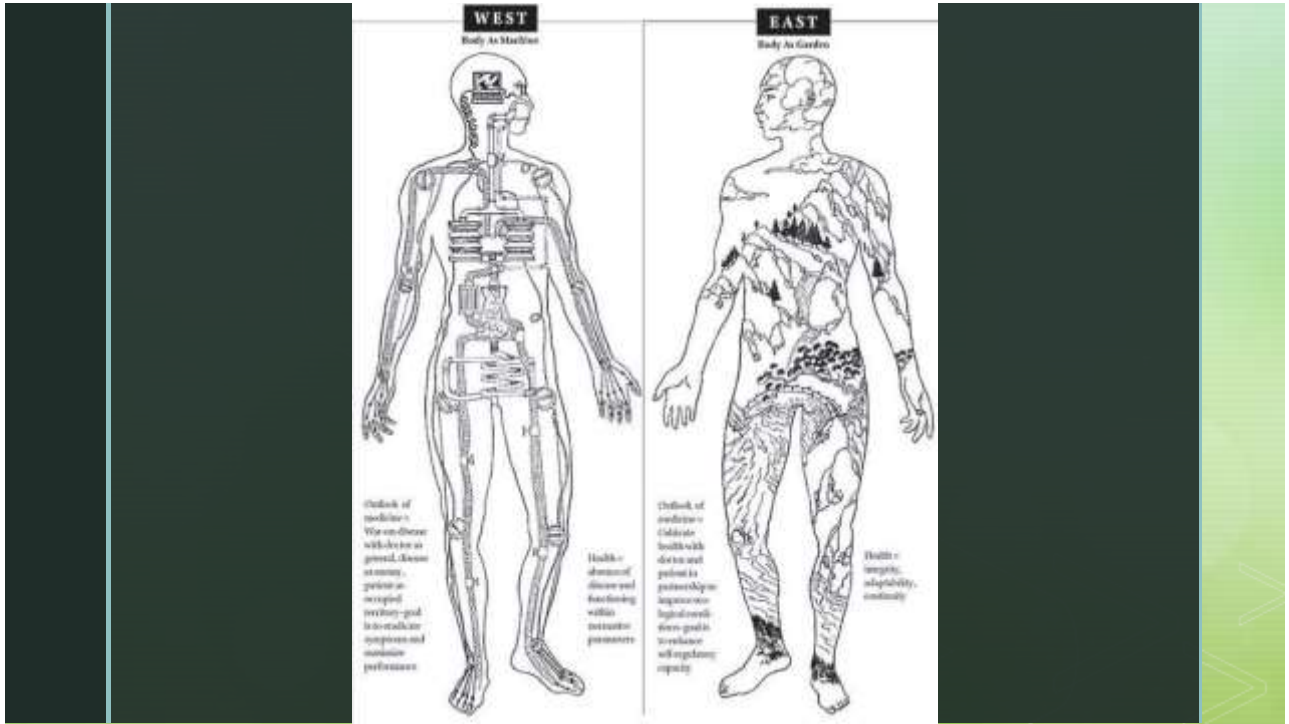
19

Body = Science  
Nonphysical = Church  
Schools = Academia, Science

And, we're the **SCHOOLS** educating the  
Body  
and the Mind (Nonphysical)

The journey of  
Selfcare and Wellbeing  
is courageous.

20



21



“The Stigma of Choosing Trade School Over College”

The Atlantic, March 6, 2019

22

Well-being: the state of being happy, healthy or prosperous. 1561.

Self-care: care for oneself, health care provided by oneself often without the consultation of a medical professional. 1841.

Why Does This Matter  
In My School?  
In My Classroom?  
In My Life?

Thanks for asking.

23

## FROM SELF-CARE TO WELL-BEING

Move away from the checklist to the wholistic consciousness  
From a formula to the transmission of a vision

*“There is no formula...  
It’s the transmission of the vision.”*

– Jean Vanier with Krista Tippett

24



25

Consider No Formula.  
Find It.  
Embrace It.

What works for you?

26

Take a moment to jot down...

Self Care – what does that mean to you?

Well-Being – what does that mean to you?

What do you currently do to bring that forward...

In your life?

In your classroom?

In your school?

27

...NOW, share with the peeps at your table.



28

Share from each table



29



From the Top Down

30



31

What are the values that motivate your culture?

32



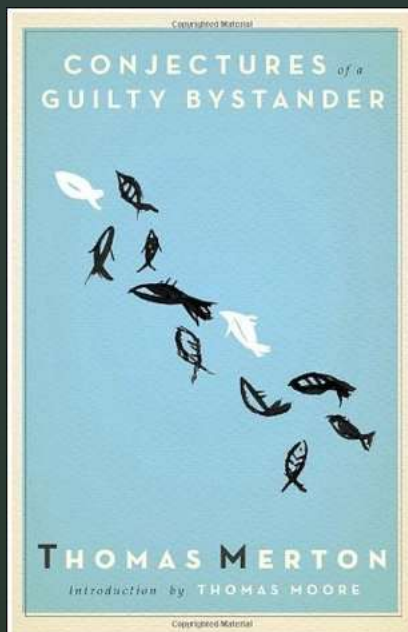
*“The greatest gift  
a leader can  
give his people  
is his health.”*

— Lao Tzu (604-531 BC)

This concept has been  
around for a while, eh?



33



Thomas Merton  
1915-1968

34

“There is a pervasive form of modern violence to which the idealist...most easily succumbs: activism and over-work.

The rush and pressure of modern life are a form, perhaps the most common form, of its innate violence.

To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone in everything is to succumb to violence.

The frenzy of the activist neutralizes his (or her) work... It destroys the fruitfulness of his (or her)...work, because it kills the root of inner wisdom which makes work fruitful.”

35

## Parker Palmer (1939-present)

Memo to Self:

Nurture the inner roots of wisdom  
by stepping aside from the fray several times a day—  
so you can stay engaged in a life-giving way.

Read poetry, walk in the woods, and sit in silence.

Hang out with people who know the difference  
between true and false, right and wrong,  
and use what they know to contribute to the common good.

36



Where do I find the time?

37

Working more than 50 hours  
in a given week produces  
zero productivity gain

$$>50 = 0$$



38



By Sendhil Mullainathan &  
Eldar Shafir  
"Hidden Brain" with Shankir Vedantem

Applies to low resources:  
Money AND Time

39

## The Scarcity Cycle

Scarcity => Worry =>

Reduced bandwidth =>

Tunneling =>

Poor choices =>

Reduced flexibility, juggling =>

Lack of Resources =>

Worry & Scarcity



40



41

worrying won't stop  
the bad stuff from happening  
it just stops you  
from enjoying the good.



42



The Pastry Bag  
We want enough frosting left to be creative.

43



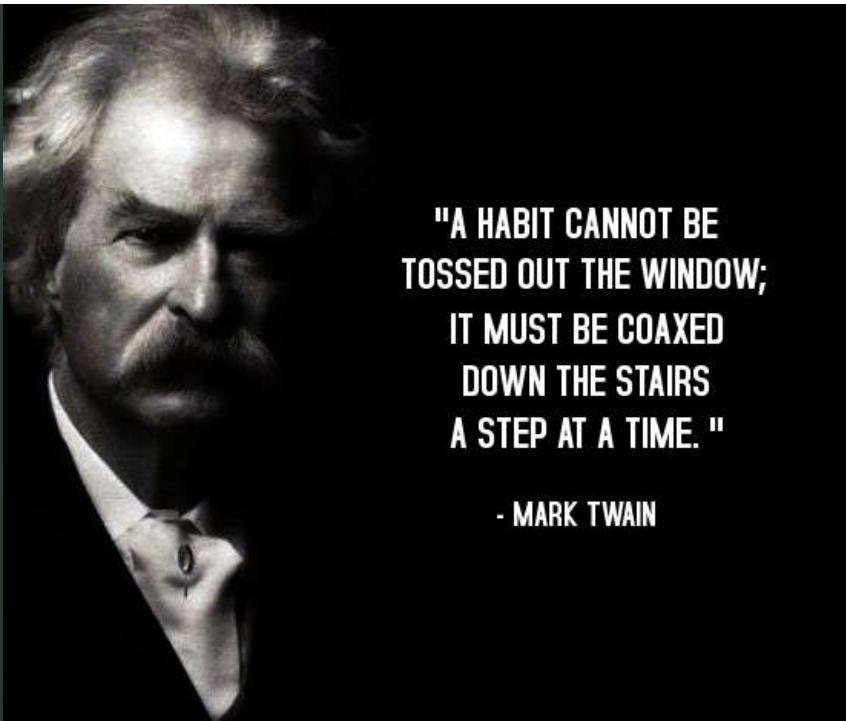
We talk about  
what to put in.  
What about  
where you're leaking?

44



*"Boundaries  
afford  
containment."*

45



**"A HABIT CANNOT BE  
TOSSED OUT THE WINDOW;  
IT MUST BE COAXED  
DOWN THE STAIRS  
A STEP AT A TIME. "**

**- MARK TWAIN**

46

Improving Well Being =>  
Changing Habits

This is NOT a gimme...

Personally,  
in the classroom,  
in the business/administration



47

## Changing Habits

Intention & Values =>

Vision & Planning =>

Execution =>

Assessment =>

Accountability =>

REWARDS =>

Recommit to Intention & Values



48





## Next Steps

Keep in mind that each one needs to be A step.

Where do you want to go?  
What do you want to do?

What's the NEXT STEP?

49

## Rewards



50

Take a moment to jot down...

What would you like to add or change  
in your life and/or in your school  
to enhance Wellbeing?

What's the NEXT STEP to do this?

51

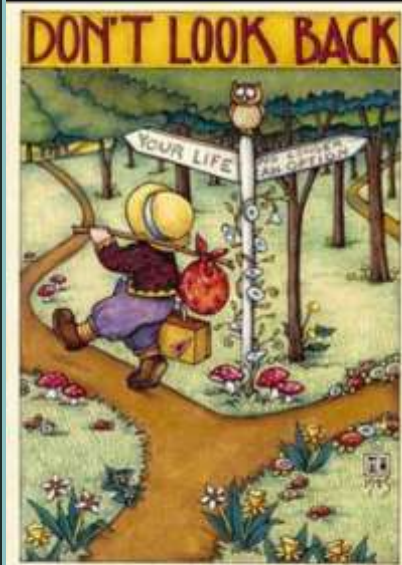
...NOW, share with the peeps at your table.



52

Share from each table

53



REFERENCE POINTS  
CHANGE...

So does well-being...

As well as your needs.

54



Sometimes self care is exercise and eating right. Sometimes it's spending time with loved ones or taking a nap. And sometimes it's watching an entire season of television in one weekend while you lounge around in your pajamas.

**Whatever soothes your soul.**

— Nanea Hoffman

Be Gentle.

55



Be Curious.

56



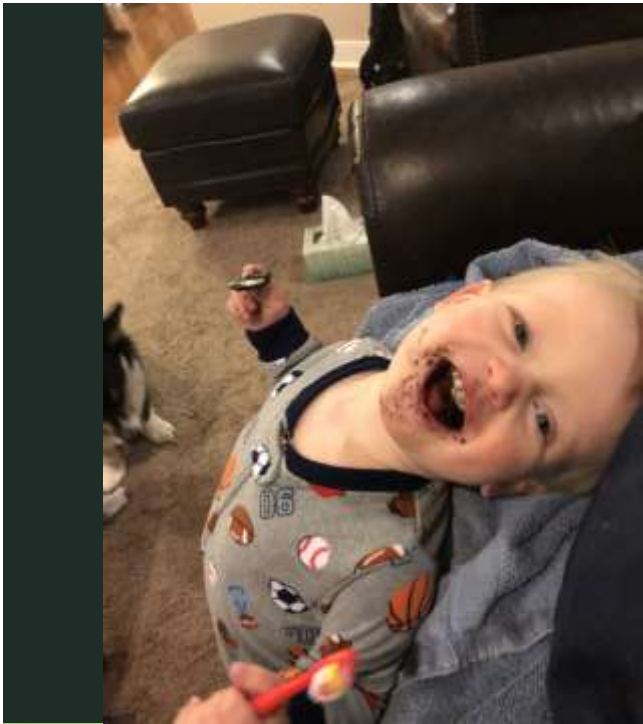
Be Courageous.

57



***Follow Your Passion.***

58



Enjoy Yourself.

59

DON'T FORGET

DRINK WATER.



GET SUNLIGHT.



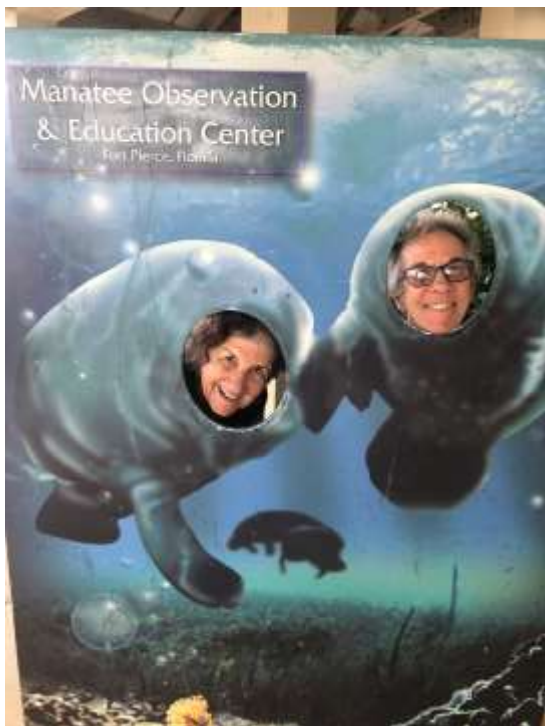
YOU'RE  
BASICALLY A  
HOUSE PLANT  
WITH MORE  
COMPLICATED  
EMOTIONS.



poorlydrawnlines.com

REMEMBER

60



Thanks for  
your attention  
& participation

And

Keep On  
Swimming



61

**BE KIND to YOURSELF**  
*by KRISTIN NEFF*

RESEARCH AND MORE RESEARCH  
↓  
self-compassion → A HAPPY LIFE

**1 SELF KINDNESS**  
WE ARE AS CARING TOWARD OURSELVES AS WE ARE TOWARD OTHERS

**2 RECOGNIZING OUR COMMON HUMANITY**  
PAIN  
SHARED HUMAN EXPERIENCE  
MOMENT of CONNECTION WITH OTHERS


**3 MINDFULNESS**  
BEING OPEN TO THE REALITY OF THE PRESENT MOMENT  
YOU ARE HERE  
ACKNOWLEDGE OUR SUFFERING WITHOUT EXAGGERATING IT

SELF-COMPASSION A SOURCE of STRENGTH and RESILIENCE

see your words.com

62

63



**The Violence of Modern Life**

There is a pervasive form of modern violence to which the idealist...most easily succumbs: activism and over-work. The rush and pressure of modern life are a form, perhaps the most common form, of its innate violence.

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—Thomas Merton

64