

Self-Care Strategies for Small Business Owners, Managers and Employees

Taking Good care of yourself

- The deliberate and self-initiated practice to look after one's personal wellbeing on a regular basis through healthy lifestyle choices and mindful daily habits & routines.
- Your Why
 - Why do you want to take good care of yourself?

The Value of Self-Care

- Know your worth
- A healthy work-life balance
- Stress management
- Better physical, emotional and psychological health

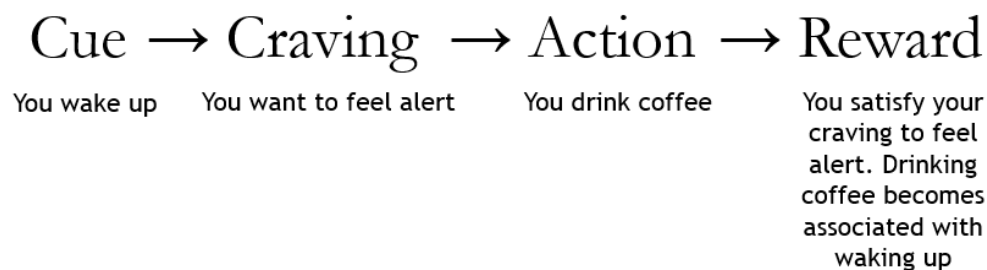
Goal Setting Your Self-Care

- SMART Goals
 - Specific (simple, sensible, significant)
 - Measurable (meaningful, motivating)
 - Achievable (agreed, attainable)
 - Relevant (reasonable, realistic, results-based)
 - Time bound (time-based, time limited, time-sensitive)

What is a Habit?

- Habits are actions that are automatic in response to triggers that have been associated with the reward
- An action repeated consistently in the same way

Understanding Habit Formation



Choose Your Self-Care Habit

- Something so easy you don't say no to doing it
 - Example: Make your bed every morning after you wake up.
 - Your room will look nicer and you'll have already achieved one thing that day, even in the first 5 minutes.
 - The most important part of any task is starting.
- That's why your action needs to be very easy to start.
- Focus on practicing the action repeatedly
- An action that provides a way to for you to begin your routine

Motivation & Self-Care

- Is your general willingness to do something
- At the core of motivation is that the pain of *not* doing it becomes greater than the pain of doing it
 - At some point, it is easier to change than to stay the same
 - Something surprising about motivation: Is that it often comes *after* starting a new behavior, not before.
- Motivation is often the result of action, not the cause of it.
- Getting started, even in very small ways, is a form of active inspiration that naturally produces momentum.
- Once a task has begun, it is easier to continue moving it forward.
- A key to getting motivated is to just start

What is a Routine?

- A routine is a block of time containing an established pattern of activities.
 - Routines serve a key role in helping us to accomplish goals and to tend to priorities in our lives.

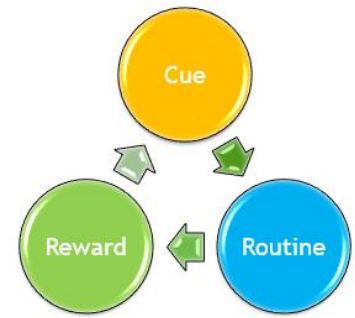
Designing Routines

- In contrast to focusing solely on the intended goal, designing a routine allows us to focus on the steps to achieving the goal
- Routines can be designed into our days to keep us on track with our values and priorities

Notes:

Self-Care Plan: Habits into Routines

- Habits are automatically triggered by cues
- Routines require a conscious effort on your part
- Habit Stacking:
 - Establish a new habit by anchoring it to an already established habit
- Example: in the morning after brushing your teeth, you go and make your bed.



Know Your Self-Care Needs

Daily Self-Care

- Areas of Self Care
 - Physical
 - Emotional
 - Spiritual
 - Career
 - Social
 - Financial
 - Psychological
- What are you currently doing in each area?
- What new practices are you willing to try in each area?

Your Self-Care Plan

- Examining your own habits is an important first step in developing a self-care plan.
- How do you typically deal with life's demands?
- Can you identify when you need to take a break?
- Be honest when evaluating your current behaviours.
 - Deep breathing
 - Stretching
 - Meditation
 - Listening to music
 - Exercising
 - Reading
 - Going for a walk
 - Socializing with friends
 - Engaging in a hobby

