

***Self-care for Changemakers:  
Creating pathways for health,  
wellness and sustainability in service***



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Child Abuse Prevention Conference  
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**Moment of Mindfulness**



## Agenda

- **Laying the Foundation**
- Self-Care Self-Assessment
- Connections – Stress, Trauma, Health and why Being Trauma-Informed Matters
- Key Components of Self Care
- Your Self-Care Action Plan

## Our Mini Retreat

- Stay open
- Notice what works for you, forget what doesn't
- Listen for ONE thing
- Stand or Move
- Avoid side conversations



## Defining Changemaker

- One who desires change in the world and, by gathering knowledge and resources, *makes that change happen.*



## What is Your Intention?

- What has brought you here today?



## Who am I?

- My journey
- Why I do this work



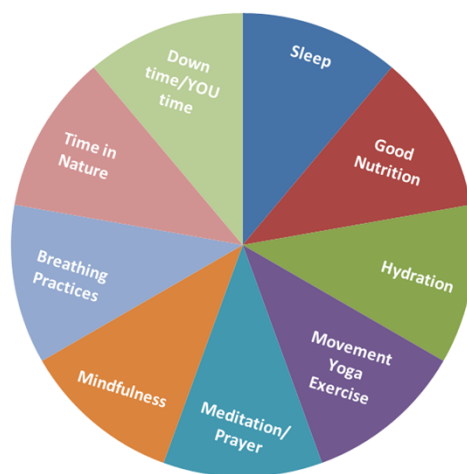
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## What is self-care for you?



## Self-Care Assessment

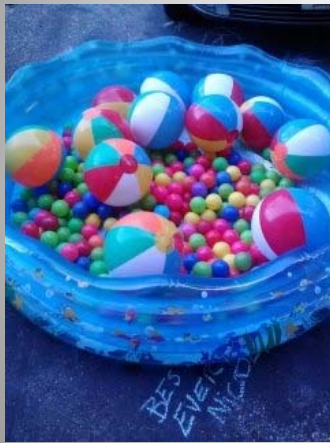




## Stress, Trauma and Health Outcomes

- Brain health and function
- Physical and mental disorders
- Cancer and chronic disease – heart disease, diabetes, asthma
- Physical pain
- Depression and anxiety
- Hormonal disruptions
- Nervous system function
- Life span

## Beach Balls... and Why Being Mindful and Practicing Self-Care Matters



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## Key Components of Self-Care

- Sleep
- Listening to the body
- Mindfulness
- Conscious Breath (Pranayama)
- Movement
- Heart-Brain Coherence



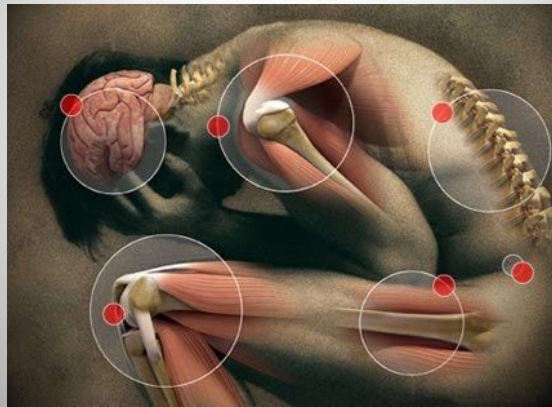
## A Few Words on Sleep Hygiene

- Turn off electronics 1-3 hours before bed
- Cut caffeine after 3 pm
- Create ritual
  - Yoga/ Meditation
  - Bath
  - Gratitude
- Early is better
- Aim for 7-8 hours

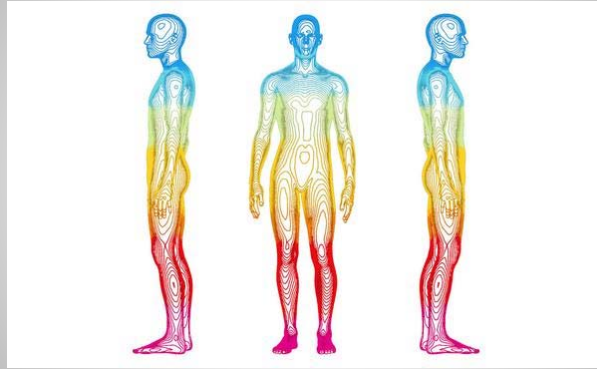


## Listening to the Body

“Don’t ask me to take away your symptoms. The symptoms are merely the messenger.”



## Mindfulness: Wisdom Centers



## Conscious Breath (Pranayama)



## Breathing is Mindfulness



**“Don’t let it fool you. It’s a death trap.”**



## Get up and Move! (movement heals)



## Heart-Brain Coherence



## Heart Brain Coherence

- Rewiring nervous system - 3 steps
  - Touch heart center physically >>awareness shifts
  - Slow breathing – inhale for 5, exhale for 5 >> creates safety
  - Feel the feeling for heart brain coherence:
    - Appreciation
    - Gratitude
    - Care
    - Compassion



## Making it a Habit

- 72 hours to make the neural connections
- Practice every day to strengthen connections
- **THREE** minutes a day or more!



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## Self-Care Action Plan/ Self-Care you Want



## Accountability - Action Plan

- I commit to do (action)\_\_\_\_\_
- By or on (date and time)\_\_\_\_\_
- \_\_\_\_times per \_\_\_\_ (Frequency)

## Be the Change you Wish to See



***Thank you!***

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*I would love to hear about your  
self-care success!*