

Mindfulness and Self-Care for the Carers: Creating Pathways for Your Own Health, Wellness and Sustainability as you Serve Special Needs Children & Families



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First Things First

ADE Early Childhood Special Education Summit

February 7-8, 2019

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



Why “Carers”?

- Carers change the world
- To change the world in a sustainable way, we have to practice self-care
- Mindfulness and self-care for carers help us do better



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



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Connections – Stress, Trauma and Health



Stress, Trauma and Poor 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 breathing (Pranayama)
- Movement
- Heart Brain Coherence

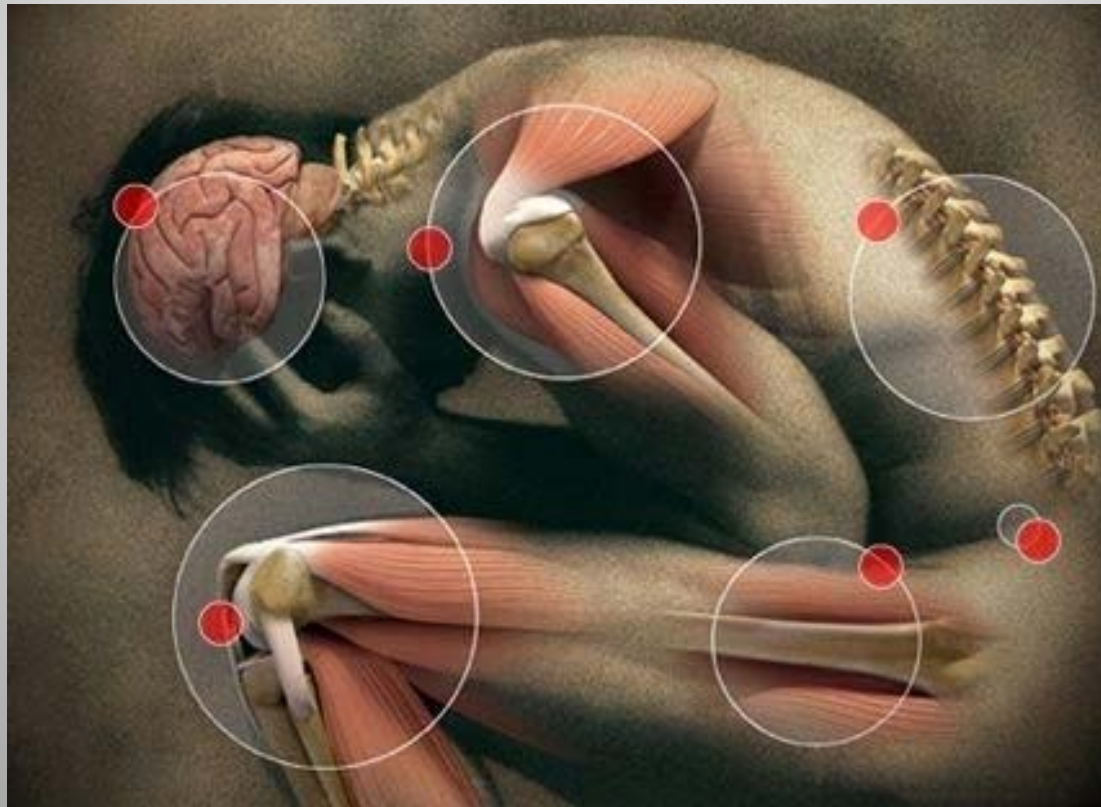
A Few Words on Sleep Hygiene

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

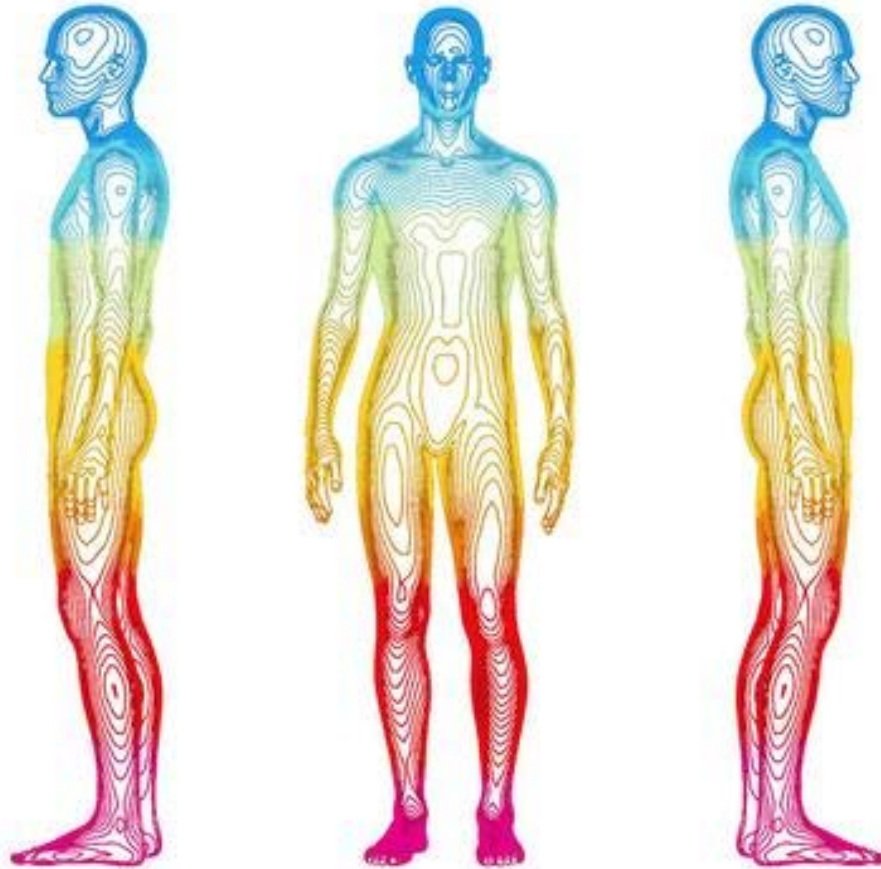


Listening to the Body

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



Wisdom Centers Scan



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/ practice)
- By (date and time)
- _____times per _____(Frequency)
- My Trigger:
- I will hold myself accountable by...

Be the Change you Wish to See



Thank you!

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

Labyrinth

