

# **Practice Self-Care Always!**

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# Practice Self-Care Always!

Opening Prayer:

“By the seventh day God had finished the work He had been doing; so on the seventh day He rested from all His work. Then God blessed the seventh day and made it holy, because on it He rested from all the work of creating what He had done” *Genesis 2: 2-3*

- Do Silent Prayer (2 minutes)

# Outline

- Implement Holmes-Rahe Life Stress Inventory to identify stress level due to current world, national and personal experience.
- **Small Group Sharing**
- Talk: “Practice Self Care Always”
- **Small Group Sharing**
- Q&A





# Holmes-Rahe Life Stress Inventory

- Handout to identify stress level due to current world, national and personal experience.



# HOLMES-RAHE LIFE STRESS INVENTORY

## The Social Readjustment Rating Scale

**INSTRUCTIONS:** Mark down the points value of each of these life events that has happened to you during the previous year.

Life Event	Value
1- Death of spouse	100
2- Divorce	73
3- Marital Separation from mate	65
4- Detention in jail or other institution	63
5- Death of a close family member	63
6- Major personal injury or illness	53
7- Marriage	50
8- Being fired at work	47
9- Marital reconciliation with mate	45
10- Retirement from work	45

## Life Event

11- Major change in the health or behavior of a family member

12- Pregnancy

13- Sexual Difficulties

14- Gaining a new family member (birth, adoption, older adult moving in, etc.)

15- Major business readjustment

16- Major change in financial state

17- Death of a close friend

18- Changing to a different line of work

19- Major change in the number of arguments w/spouse (regarding child rearing,

20- Taking on a mortgage (for home, business, etc.)	31
21- Foreclosure on a mortgage or loan	30
22- Major change in responsibilities at work (promotion, demotion, etc.)	29
23- Son or daughter leaving home (marriage, attending college, joined military)	29
24- In-law troubles	29
25- Outstanding personal achievement	28
26- Spouse beginning or ceasing work outside the home	26
27- Beginning or ceasing formal schooling	26
28- Major change in living condition (new home, remodeling, deterioration of neighborhood or home, etc.)	25
29- Revision of personal habits (dress, manners, associations, quitting smoking)	24

Life Event	Value
30- Troubles with the boss	23
31- Major changes in working hours or conditions	20
32- Changes in residence	20
33- Changing to a new school	20
34- Major change in usual type and/or amount of recreation	19
35- Major change in religious activity (a lot more or a lot less than usual)	19
36- Major change in social activities (clubs, movies, visiting, etc.)	18
37- Taking on a loan (car, tv, freezer, etc.)	17
38- Major change in sleeping habits (a lot more or a lot less than usual)	16

Life Event	Value
39- Major change in number of family get-togethers	15
40- Major change in eating habits (a lot more or less food intake, or very different meal hours or surroundings)	15
41- Vacation	13
42- Major holidays	12
43- Minor violations of the law (traffic tickets, jaywalking, disturbing the peace, etc.)	11

## Add the total of these points.

**Low Risk:** Total score of 150 or lower. There has been a relatively low amount of life change and a low susceptibility to stress-induced health breakdown.

**Risky:** Total score of 151 to 300. Implies about an 50% risk of a major health breakdown in the next 2 years according to the Holmes-Rahe statistical prediction model.

**Severe Risk:** Total score of 301 or more. Implies about an 80% risk of a major health breakdown in the next 2 years according to the Holmes-Rahe statistical prediction model.



## Small Group Sharing

**What did you identify as being the most relevant contributor to your current stress level?**



## **4 Means of Exercising Self-Care**

This workshop is geared towards volunteer and paid ministers to help them identify personal life stressors, to avoid burn-out, and increase awareness of how to practice daily physical, emotional, social, and spiritual self-care and self-love.

# 1. PHYSICAL WELL BEING HEALTHY SLEEP

- Self care means getting the SLEEP you need and knowing how to rest.
- Making a serious effort to make that happen as well as knowing how to rest your body and your mind are essential.



# The Cleveland Clinic recommended hours of sleep vary by age:

- **Infants (0-3 months): 14-17 hours**
- **Toddlers (1-2 years): 11-14 hours**
- **Preschool children (3-5 years): 10-13 hours**
- **School-age children (6-13 years): 9-11 hours**
- **Teenagers (14-17 years): 8-10 hours**
- **Most adults (18-64 years): 7-9 hours**
- **Older adults (65 years and older): 7-8 hours**

These recommendations can help ensure optimal health and well being.



# 1. PHYSICAL WELL BEING HEALTHY SLEEP

- Personal Reflection:
- How many hours of sleep do you require to function well during the day?
- Are you sleeping those hours? If not, what can you do to improve?



# 1. PHYSICAL WELL BEING HEALTHY EATING

- Self care means integrating favorite healthy foods into your everyday eating routines and planning ahead to make sure you have adequate nutrition throughout your day.
- Self care means making sure that you're well fed.



# 1. PHYSICAL WELL BEING HEALTHY EATING



## Personal Reflection:

- What foods best nourish your body to provide the nutrition and energy you need to function well?
  - Do you take time to eat meals at work/school without multitasking (eating and being on your phone)?
  - Do you take time to have snacks when your body requires intermittent food during the work/school day?

# 1. PHYSICAL WELL BEING EXERCISE

- Self care means taking care of your body through
- Daily stretching exercises
- Deep breathing exercises
- Other physical activity that you enjoy doing that fits in the physical exercise category



## 2. EMOTIONAL WELL-BEING MINI-BREAKS



- Self care means decompressing *throughout* your day, not just when you leave work.
- Most people don't have the luxury of taking breaks during their workday, but trying to integrate mini breaks throughout the day helps refresh your mind and body.
- For example, try stretching or taking a brief walk even if it's only a few feet away, getting yourself a drink of water, talking to a friend, getting in touch with a loved one even if it's just a text, or purposely looking at photos that have special meaning. The brain needs those pauses.

## 2. EMOTIONAL WELL-BEING MINI-BREAKS

### Personal Reflection:

- What is it you do to rest your mind during and after a workday?
- What helps you tune out the noise?



## 2. EMOTIONAL WELL-BEING MENTAL HEALTH CARE

- Self care means getting mental health services when you need them
- Most common mental health issues for Latinos in the US are:
  - Depression
  - Anxiety
  - Trauma
  - Grief

# Small Group Sharing

- How many hours of sleep do you require to function well during the day?
- Does what you eat provide the energy you need to function?
- Do you take time to eat meals at work/school without multitasking (eating and being on your phone)?
- What is it you do to rest your mind during and after a workday?
- What helps you tune out the noise?



### 3. SOCIAL WELL-BEING SETTING LIMITS



- Self care means knowing who you are and your limits and decreasing toxic and increasing positive influence relationships .
- Self care means recognizing when you are doing more than you are used to handling and trying to figure out what can be done to slow down.
- Self care means knowing when to say no to good things in order to say yes to better things.
- **What area of your life do you need to increase setting limits?**

# 3. SOCIAL WELL-BEING

## IMPROVING WORK ENVIRONMENT

- Self care means giving some thought to changing a difficult work situation. We know best what we need and what we can deal with. It might be a matter of approaching a supervisor with things that you think may make your work more pleasant, such as changing whether you take an earlier lunch or later start time.
- Sometimes supervisors are not even aware of the reality of what the worker experiences in a workday. A frank conversation delineating the things that are most stressful might precipitate the process of improving your working conditions. People see the world through their own lenses and supervisors have their own problems and a sometimes a simple conversation can provide the insight they needed to rethink how things are done.

### 3. SOCIAL WELL-BEING IMPROVING WORK ENVIRONMENT

Personal Reflection:

**Identify one thing you can discuss with your supervisor to make your work less stressful?**

# 4. SPIRITUAL WELL-BEING

Self care means feeding your spiritual life. That might take the form of:

- meditating,
- praying,
- communing with nature by a walk in a park,
- observing a sunset or sunrise,
- attending mass or a religious activity,
- prayer of gratitude,
- reading Scripture or listening to something inspirational.



# 4. SPIRITUAL WELL-BEING

- **Personal Reflection:**
- **Identify one thing you will do to feed your spiritual life?**



# Small Group Sharing

- What area of your life do you need to increase setting limits?
- Identify one thing you can discuss with your supervisor to make your work less stressful?
- Identify one thing you will do to feed your spiritual life?



# QUESTIONS



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**[www. NuevaCreacionDeDios.org](http://www.NuevaCreacionDeDios.org)**



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- Self Care Assessment [www.TherapistAid.com](http://www.TherapistAid.com)