DURING CHANGING TIMES

BRINGENCE

Spring 2025 Faculty Day

Photo by Jacob Campbell

PERCEE & EASE

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AGENDA **PLAN FOR BREAKOUT SESSION**

Impact of stress and selfcare

Developing a self-care <u>plan</u>

Practice with self-care <u>activity</u>

Ideas for self-care implementation

Learning Objectives

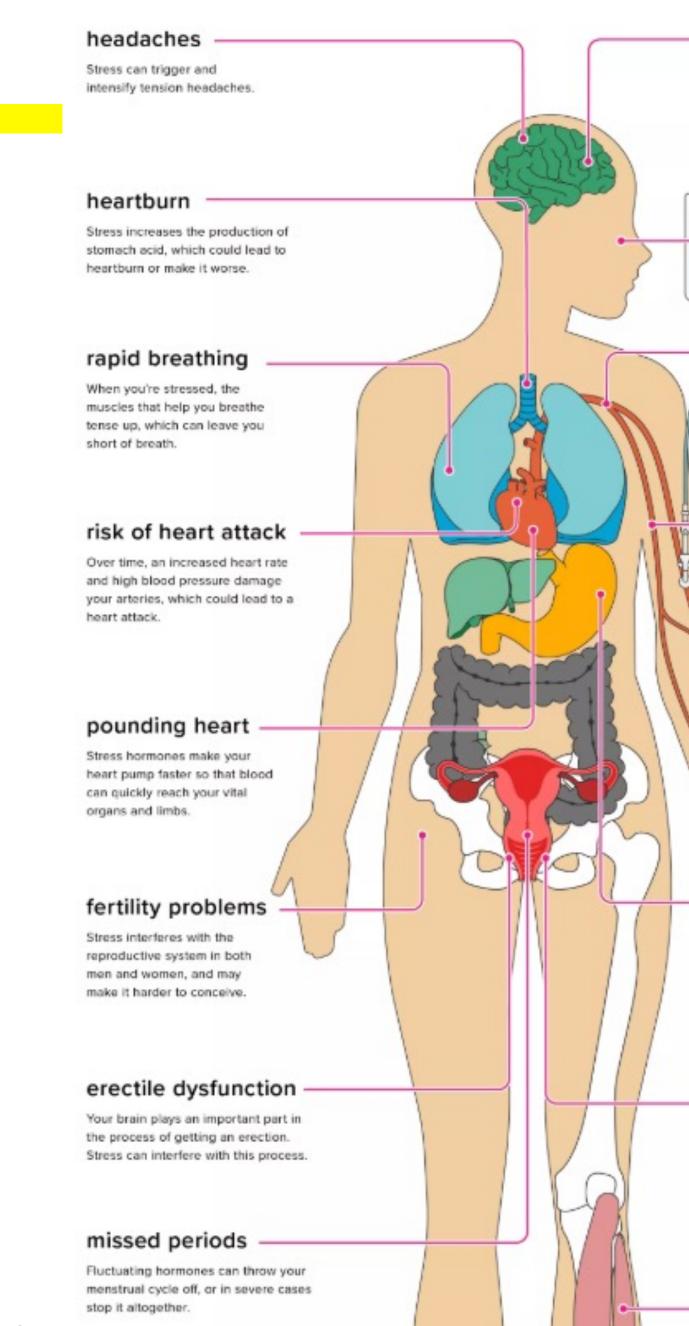
- The breakout session participants will:
- identify the impacts stress and self-care can have
- develop connections with their peers and their experiences
- apply the development of a self-care plan
- apply the skill of positive imagery
- gain ideas for using mindfulness and self-care in the classroom





STRESS IMPACTS OUR MIND AND BODY

- Stress can negatively impact and contribute to many problems in our physical health.
- It can contribute to reducing our overall wellbeing
- It can affect our mental health and increase irritability, anxiety, depression, and sleep problems



American Institute of Stress (n.d.)

Graphic from: https://www.stress.org/stress-effects/

increased depression

Chronic stress can wear you down emotionally and lead to depression.

insomnia

Stress makes it harder to fall asleep and stay asleep, which can lead to insomnia.

weakened immune system

high blood sugar

Stress causes your liver to release extra sugar (glucose) into your bloodstream, which over time puts you at risk for type 2 diabetes.

high blood pressure

Stress hormones tighten blood vessels, which can raise your blood pressure.

stomachache

and other tummy troubles

low sex drive

Stress - and the fatigue that often comes with it - can take a toll on your libido.

tense muscles

and backaches

Long-term stress weakens your

immune system's defenses, leaving you more vulnerable to infections.

Stress affects your body's digestive system, which can lead to stomachaches, nausea

Stress makes muscles tense

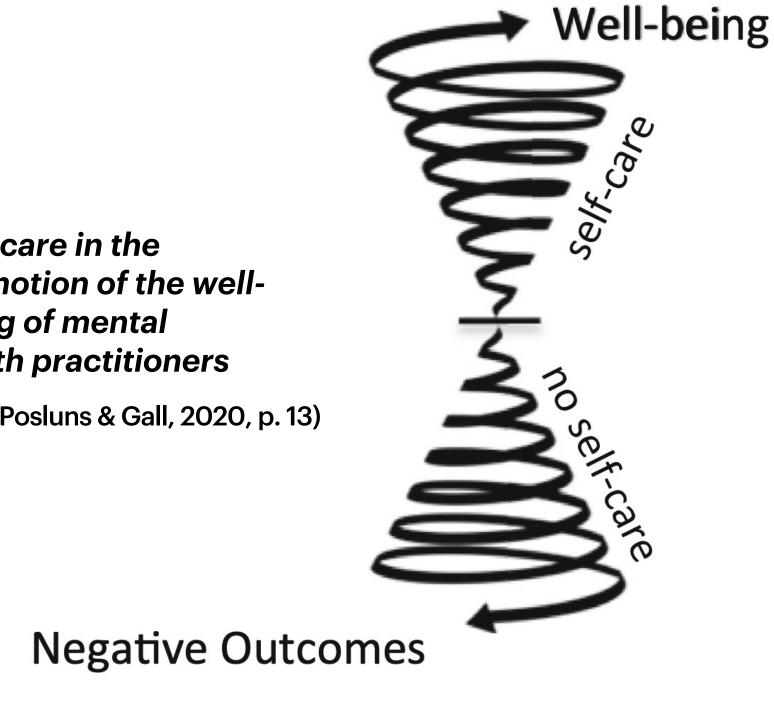
up, and chronic stress can lead

to tension-related headaches

SELF-CAREIMPACT OUR WELLBEING

Self-care in the promotion of the wellbeing of mental health practitioners

(Posluns & Gall, 2020, p. 13)



Domains of Self-Care

(Posluns & Gall, 2020)

- Awareness
- Balance
- Flexibility
- Physical health
- Social support
- Spirituality

What are some of the things that might cause stress in our lives?



What are the barriers that we or students might have in managing our stress?

What do you do to take care of yourself and manage your stress?

> How does stress impact students?





DEVELOPING A SELF-CARE PLAN

Think about a place where your mind can go when you have too many thoughts. The more specific and connected to our senses, the more engaging the space.

Pleasant Imagery Happy Gilmore



IMPLEMENTING MINDFULNESS

INTO THE CLASSROOM

Guided meditations and visualizations

Breathing exercises

Physical activity

Mental techniques

Focusing on senses

SYSTEM-WIDE Self-Care

In what ways can selfcare be embedded into Heritage as an organization?

Consider the example of Jolivette et al. (2019).

Heritage University



REFERENCE

American Institute of Stress (n.d.) Stress affects your body and mind. <u>https://www.stress.org/stress-effects/</u>

Jolivette, K., Swoszowski, N. C., Kumm, S., Sanders, S., & Ansley, B. M. (2019). Embedding staff self-care into the MTSS framework for those working in juvenile correctional facilities. *Journal of Correctional Education*, 70(1), 2-19. <u>https://doi.org/10.2307/26864119</u>

Posluns, K., & Gall, T. L. (2020). Dear mental health practitioners, take care of yourselves: A Literature review on self-care. *International Journal for the Advancement of Counseling, 42* (1), 1-20. <u>https://doi.org/10.1007/s10447-019-09382-w</u>