

BRINGING PEACE & EASE

DURING CHANGING TIMES

Spring 2025 Faculty Day

Photo by Jacob Campbell

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AGENDA

PLAN FOR BREAKOUT SESSION

Impact of stress and self-care

Developing a self-care plan

Practice with self-care activity

Ideas for self-care implementation

Learning Objectives

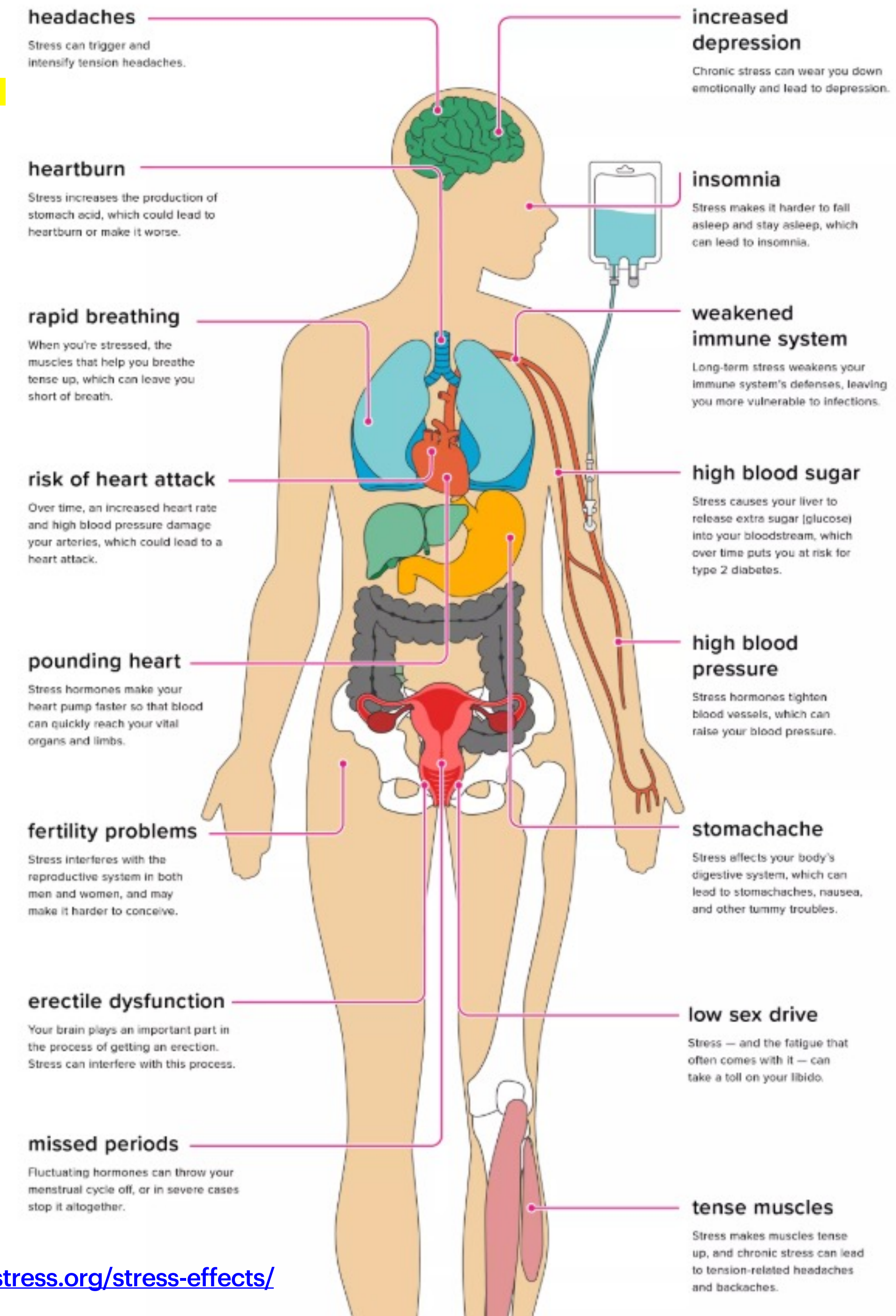
The breakout session participants will:

- *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.)

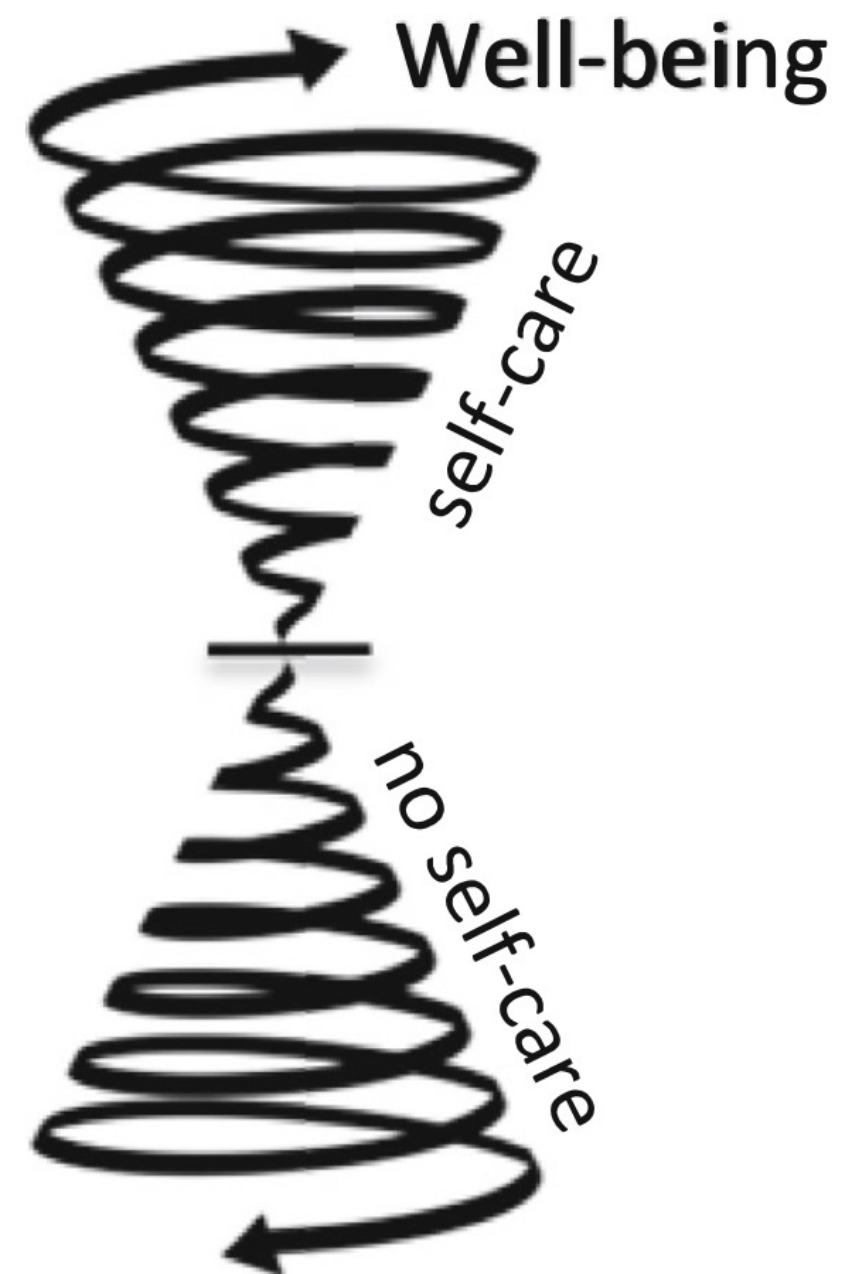
Graphic from: <https://www.stress.org/stress-effects/>

SELF-CARE IMPACT

OUR WELLBEING

Self-care in the promotion of the well-being 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 do you do to take care of yourself and manage your stress?



Whole Group Discussion

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

Style

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 self-care be embedded into Heritage as an organization?

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



REFERENCE

American Institute of Stress (n.d.) Stress affects your body and mind.

<https://www.stress.org/stress-effects/>

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.

<https://doi.org/10.2307/26864119>

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. <https://doi.org/10.1007/s10447-019-09382-w>