Self-Care
Let's not pour out of an empty cup
- Malvika Behl, PhD.
give yourself Time
Self-Care (Filling our cup)

• Deliberate and self-initiated activity to take care of oneself

• Self-care could be in:
  • Workplace or professional
  • Physical
  • Psychological
  • Emotional
  • Spiritual
  • Relationships
Why is Self-Care important? Why fill your cup?

• Avoids burnout
• Help manage stress
• Because you are important.
Maslow’s Hierarchy of Needs

- **Physiological**
- **Safety**
- **Love/Belonging**
- **Esteem**
- **Self-actualization**
THE EMOTIONAL CUP

Imagine that every child has a cup that needs to be filled – with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

Some ways that children deal with having an empty cup:
- steal from other people’s cups
- misbehave to get your attention and show that they need a refill
- seem to have bottomless cups, or need constant ‘topping off’
- can’t sit still for refills or actively refuse them
- bounce off the walls when they approach ‘empty’
- think they have to fight or compete for every refill

What fills a child’s cup:
- play
- friendship
- one-on-one time
- love and affection
- connection
- succeeding
- doing what they love to do or what they choose to do

What empties the cup:
- stress and strain
- rejection by peers
- loneliness and isolation
- yelling and punishment
- failing
- fatigue
- doing what they’re forced to do or they hate to do
What empties our cup?

• Stress
• No time
• Lack of sleep
• Lack of organization/time management
• No personal space
• Inability to say “no”
• Compassion fatigue
• Secondary/Vicarious traumatization
• Social distancing
• Relationship issues
What fills our cup?

• Being able to say No
• Engaging in something that makes feel positive
• Eating healthy
• Exercising/Walking
• Managing time
• Journaling
• A to-do list
• Cooking
• Other
It is easier said than done
<table>
<thead>
<tr>
<th>PHYSICAL</th>
<th>PSYCHOLOGICAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>EMOTIONAL</td>
<td>SPIRITUAL</td>
</tr>
<tr>
<td>RELATIONSHIPS</td>
<td>WORKPLACE</td>
</tr>
<tr>
<td>OVERALL BALANCE</td>
<td></td>
</tr>
<tr>
<td>WHAT MIGHT GET IN THE WAY?</td>
<td></td>
</tr>
<tr>
<td>WHAT NEGATIVE STRATEGIES DO YOU NEED TO AVOID?</td>
<td></td>
</tr>
<tr>
<td>IF YOU IMPLEMENT YOUR PLAN, HOW MIGHT YOU FEEL?</td>
<td></td>
</tr>
</tbody>
</table>
Thank you