

Defining Self-Care



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AGENDA

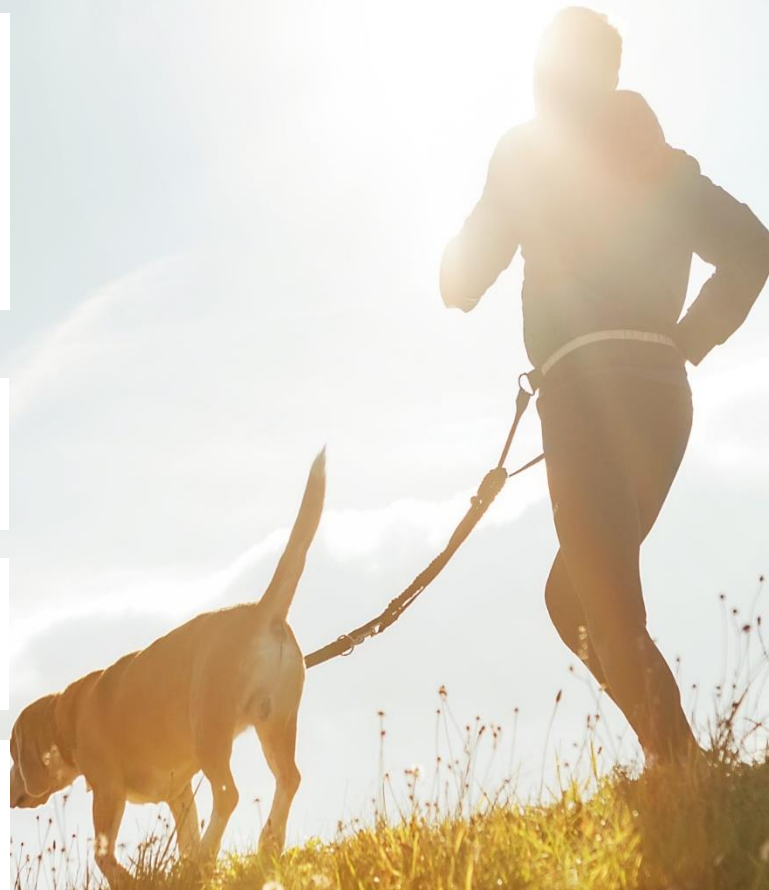
- What is Self-Care?
- Benefits of Self-Care
- Identifying Examples
- Sleep Hygiene
- Creating a Plan for You
- Identifying Your Goal

What is Self-Care?

Activities engaged in to maintain good health and improve well-being.

Taking breaks to relax and unwind through activities you enjoy.

Remain mindful and engaged in the present moment.



Benefits of Self-Care



Reduce stress and negative emotions

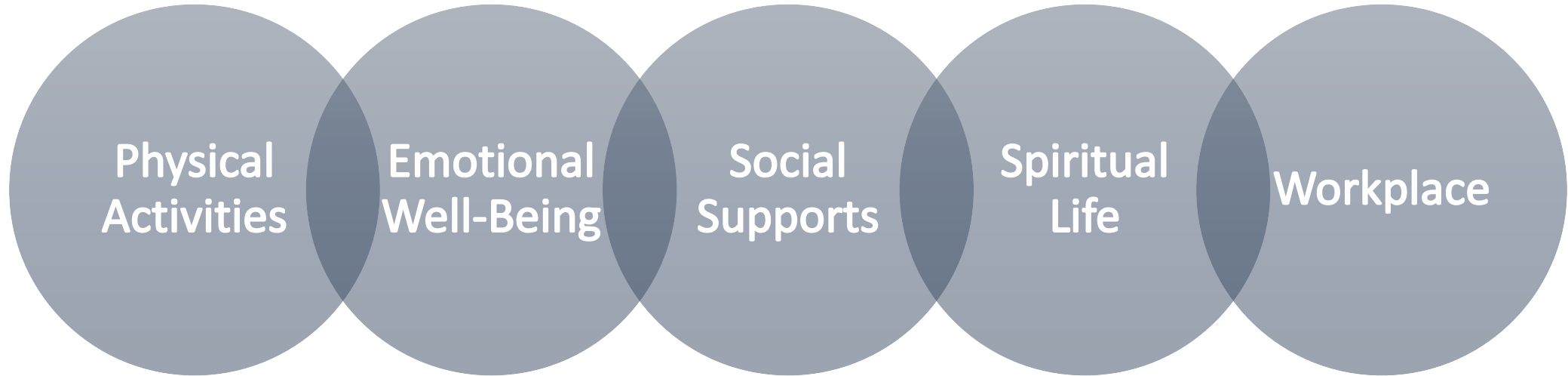
Enhanced cognitive functioning

Improved personal balance

More productive in school or work

Increased sense of well-being and contentment

Identifying Examples of Self-Care





What is Sleep Hygiene?

- Series of healthy sleep habits to improve falling and staying asleep
- Ensuring you are getting the correct amount of sleep
- Assuring you are getting good quality sleep
- Sleep affects your health
- Variety of sleep disorders
- Social consequences of insufficient sleep
- Increased risk for burnout

Benefits of Proper Sleep



Increased immune system

Improved cognitive performance


Decreased risk for accidents

Protective factor against mental health disorders

Improved physical health

Kansas and Missouri

Sleep Statistics



In 2014, **33%** of adults in Missouri reported getting less than 7 hours of sleep.

In 2014, **30%** of adults in Kansas reported getting less than 7 hours of sleep.

A person is sitting on a dark, shaggy rug in a room with light-colored wooden floors. They are wearing a dark hoodie and jeans, and are looking out a large window. To the left of the person is a large potted plant with long, green leaves. The window looks out onto a bright, sunny day with some trees visible. The overall atmosphere is calm and peaceful.

Sleep Habits Matter

Focus on consistency

Set a bedtime to allow for adequate hours of sleep

Prepare bedroom for sleep

Don't force yourself to sleep

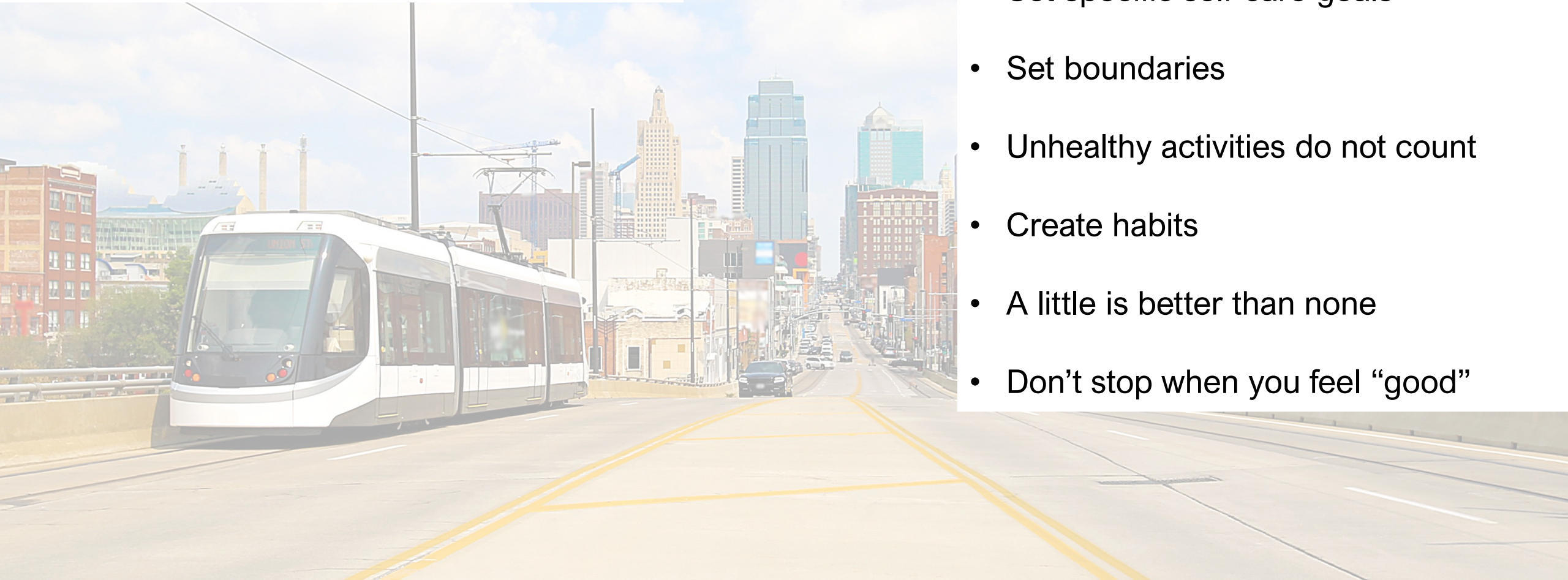
Use bed only for sleep

Engage in physical activity during the day

Avoid napping, caffeine, alcohol, large meals

Creating a Plan

- Make self-care a priority
- Set specific self-care goals
- Set boundaries
- Unhealthy activities do not count
- Create habits
- A little is better than none
- Don't stop when you feel "good"



Identify Your Self-Care Goal

Positive

Specific

Measurable

Achievable

Reasonable

Time-Bound






Lasting Impact

Five Behaviors Found to Help Prevent Chronic Disease

1. Not smoking
2. Regular physical activity
3. Moderate or no alcohol consumption
4. Maintaining a healthy weight
5. Sufficient sleep daily (7+ hours)



No matter why,
no matter when.
We are here.

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833-302-MIND (6463)

Licensed behavioral health clinicians available 24/7 to connect you with behavioral health services as part of your health plan.

Blue KC members have access to enhanced behavioral health services provided in their health plans – for help with things like: **stress, depression, substance use, legal issues, adult and child care resources, personal and professional development** and so much more. Call a Mindful Advocate at 833-302-MIND (6463) or visit [MindfulBlueKC.com](https://www.MindfulBlueKC.com).