Prioritizing Your Well-Being: Self-Care Isn’t Always Bubble Baths and Yoga
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Well-Being Model from Earl E. Bakken Center for Spirituality & Healing at the University of Minnesota:

➔ Health - affected by the food we eat, how often we exercise, how we manage stress, sleep, and social, environmental and genetic influences
➔ Relationships - authentic connections that are supportive and nurturing (including family, friends, significant others, and pets)
➔ Security - a sense of safety and security in your home, the workplace, and physical, mental, and emotional safety in all relationships
➔ Purpose - a sense of knowing who you are and what you are here to do; this sense grows through all the activities that you participate in.
➔ Community - a sense of belonging to a neighborhood, workplace, interest group, or volunteer organization. Community wellbeing is the combination of social, economic, environmental, cultural, and political conditions identified by individuals and their communities as essential for them to flourish and fulfill their potential (Wiseman and Brasher, 2008).
➔ Environment - a welcoming neighborhood, access to adequate housing, places for reflection and contemplation, and access to nature.

Notes:

*This model and descriptions derived from the handbook Wellbeing 101: Tips and Strategies to Help Your Focus on Wellbeing. Available here:
Reflecting:

☐ 3 signs that I’m not okay:
  ☐
  ☐
  ☐
  ☐
  ☐
  ☐

☐ 3 ways my colleagues can help me:
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  ☐
  ☐
  ☐
  ☐
  ☐

☐ 3 ways I can help others:
  ☐
  ☐
  ☐
  ☐
  ☐
  ☐

☐ 3 things I will do to take a break or seek help:
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  ☐
  ☐
  ☐
  ☐
  ☐
Resources to consider

Books we've loved for the six dimensions:

- **Health:**
  - *Maybe You Should Talk to Someone* by Lori Gottlieb
  - *Burnout* by Amelia Nagoski, PhD & Emily Nagoski, DMA
  - *The Body Is Not An Apology* by Sonya Renee Taylor

- **Relationships:**
  - *Anxious People* by Fredrik Backman
  - *Marley & Me* by John Grogan (also a movie)

- **Security:**
  - *Get Good with Money: Ten Simple Steps to Becoming Financially Whole* by Tiffany Aliche (known as The Budgetnista)
  - *Daring Leadership* by Brené Brown

- **Purpose:**
  - *The Gifts of Imperfection* by Brené Brown

- **Community:**
  - *I’m Still Here* by Austin Channing Brown
  - *Radical Kindness: The Life-Changing Power of Giving and Receiving* by Angela C. Santomero
  - *How to be an Antiracist* by Ibram X. Kendi

- **Environment:**
  - *The Little Book of Hygge: The Danish Way to Live Well* by Meik Wiking
  - *101 Ways to go Zero Waste* by Kathryn Kellogg

Other media we enjoy:

- NPR LifeKit podcast
- *It’s Been a Minute with Sam Sanders* podcast
- Brené Brown’s Unlocking Us & Daring Leadership podcasts
- *Vox: Explained* (available on Netflix, some episodes are on YouTube)
- *Tidying up with Marie Kondo* (also a book) on Netflix
- *The Home Edit* (also a book by the same name) on Netflix

Where we’ve found help:

- Check out your **Employee Assistance Program (EAP).**
  - Some EAP programs offer free sessions (and have increased this during the pandemic). Check your HR/benefits website.
- Check your **campus counseling center/mental health clinic** - do they accept faculty/staff?
- **Ask friends.** Are they seeing a counselor? Could they share a recommendation?
- Try four-square breathing: *Breathe in four counts; hold four counts. Breathe out four counts; hold four counts.*
- Listen to your body - are you entering flight/flight/freeze?