

SESSION 4

TOPIC: CARING FOR YOURSELF

INTRO

This session focuses on the importance of self-care, and how we're doing with the caring plans we started in week 1.

SCRIPT

1. Last week's unfinished business.
2. Report on phone calls. How did they go?
3. Report on caring plan. How did they go?

DISCUSSION

Grief can make us feel out of control. Self-care helps to restore some of that control through managing our health and well-being. When we feel physically and spiritually stronger, our coping improves.

Physical. How do you physically feel right now? Do you have any aches or pains? Do you feel physically strong or rundown? What measures do you take at home to ensure good health? Is there room for improvement?

Suggestions for tending to your physical self:

- ✓ Exercise: Walking, yoga, swimming, jogging, biking, chop wood. What else can you do?
- ✓ Rest and relaxation. Picking a time to rest and relax your physical self.
- ✓ Nutrition: Regular eating times, balanced meals.
- ✓ Massage, Reiki, acupuncture, etc. Try it; maybe you'll like it.

REMEMBER

- ✓ Start and end on time.
- ✓ Keep conversation moving and productive.
- ✓ Ensure every participant has an opportunity to share or pass during the discussion.
- ✓ Protect the conversation from being monopolized.
- ✓ Stay supportive yet neutral.

MATERIALS

- ☐ Notebook & pen
- ☐ Index cards & pens
- ☐ Refreshments
- ☐ Nametags
- ☐ Tissue

HOMEWORK

- ☐ Life quality inventory
- ☐ Controlling stress with your calm scene
- ☐ Self-care assignment

Emotional. How do you emotionally feel right now? Do you feel strong or fragile? Do you feel alert, engaged, and aware of the world outside your own? Suggestions for tending to your emotional self:

- ✓ Become aware of your emotional being. Keep a journal of your feelings.
- ✓ Give yourself permission to express emotions. Holler, scream, cry, laugh.
- ✓ Find a friend who you can share anything with.

Intellectual. How do you feel intellectually? How do you care for your intellectual self? Suggestions for tending to your intellectual needs:

- ✓ Take a personal enrichment course.
- ✓ Read a book every month, any book. Just read.
- ✓ Browse the community library.
- ✓ Play games.
- ✓ Do puzzles.

Spiritual. How are you feeling spiritually? Not necessarily religious, but spiritual? Suggestions for tending to your spiritual needs:

- ✓ Take a trip to the mountain or beach.
- ✓ Walk a trail.
- ✓ Book a retreat.
- ✓ Take a spiritual workshop.
- ✓ Revisit the religion of your childhood.

ACTIVITY

Split into groups of dyads or triads and share where you are with the caring plan you began in week 1.

1. Share what activities you currently have on your caring plan, and why.
2. Talk about what part of your caring plan is hardest, and how you're managing those obstacles.
3. Write down one thing you are going to change or add to your caring plan during the next week.
4. List one area where you need help from someone else to make the changes you listed.

CONCLUSION

- **Review this session.** Encourage participants to read handouts, journal their thoughts, and try this week's Resilience Rx self-care tip.
- **Phone numbers** for next week's calling. Share your self-care progress with the person you're calling.