

Self-Care and the Home Visitor

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Self-Care

- Self-care refers to activities and practices an individual engages in to promote:
 - Physical
 - Mental
 - Emotional well-being
- Prioritizing needs:
 - Adequate sleep
 - Regular physical exercise
 - Healthy eating habits
 - Relaxation
 - Stress management techniques

Self-Care

In “A Burst of Light” Audre Lorde writes, **“Caring for myself is not self indulgence, it is self preservation and that is an act of political warfare.”**



The Home Visitor is a Hard Worker!

- 56,586 home visits provided, including 44,200 virtual visits
- 4,480 families served
- 4,900 children served





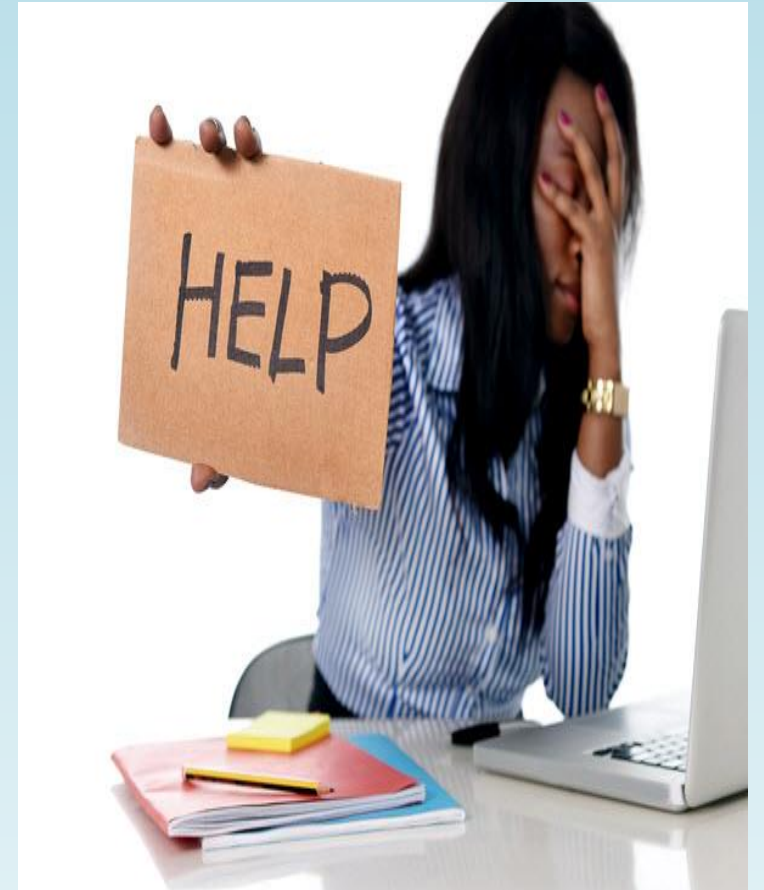




TAKE
CARE OF
YOURSELF

- Look for reasons to smile.
- Congratulate your daily accomplishments.
- Have coffee or tea with a friend or loved one.
- Intentionally get natural light.

Practicing Self-Care prevents



Burnout

Self-care is an act of self-love.





HEALTH

SELF CARE



purpose



8 WAYS

TO TAKE CARE OF YOURSELF

1 Eat well

2 Get physical

3 Get some sleep

4 Learn to prioritise

5 Take a break

6 Maintain your own personal interests

7 Try a mindfulness practice

8 Look out for each other



TO TAKE CARE OF OTHERS YOU NEED
TO FIRST TAKE CARE OF YOURSELF

Karen Hope, Early childhood consultant, Karen Hope Consulting

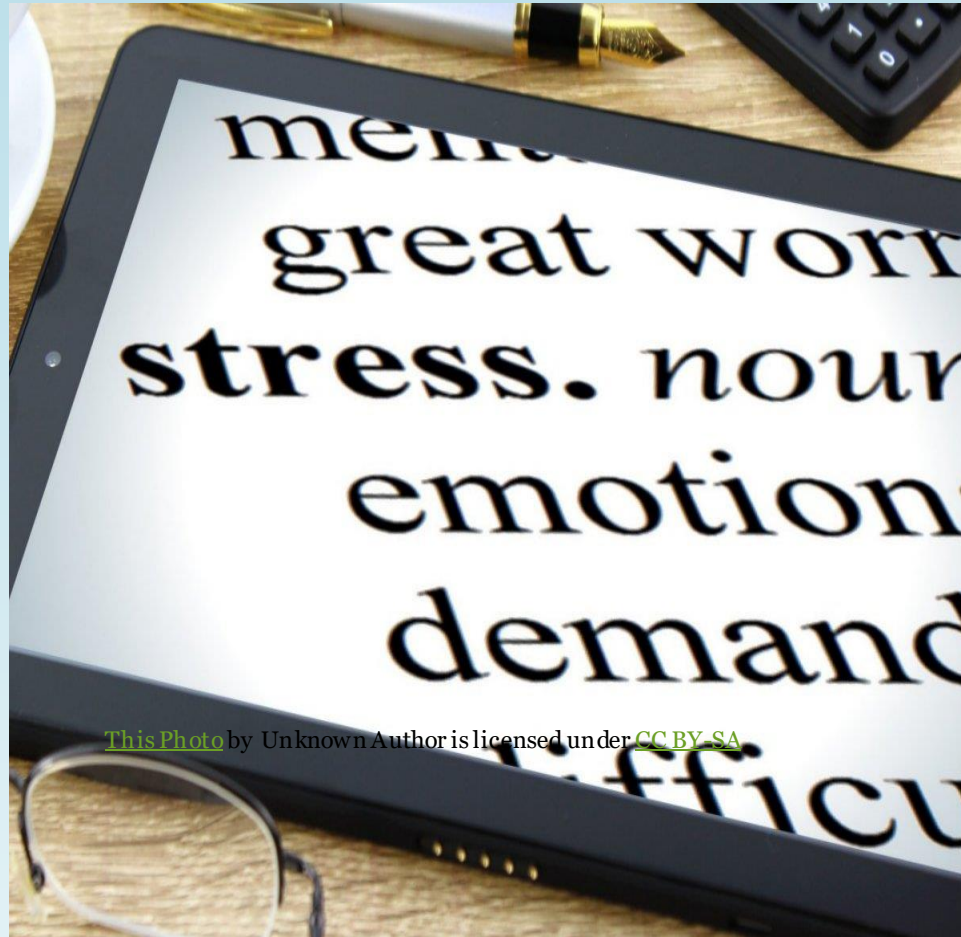


Early Childhood Australia
A voice for young children

This content was taken from ECA's Voice newsletter.



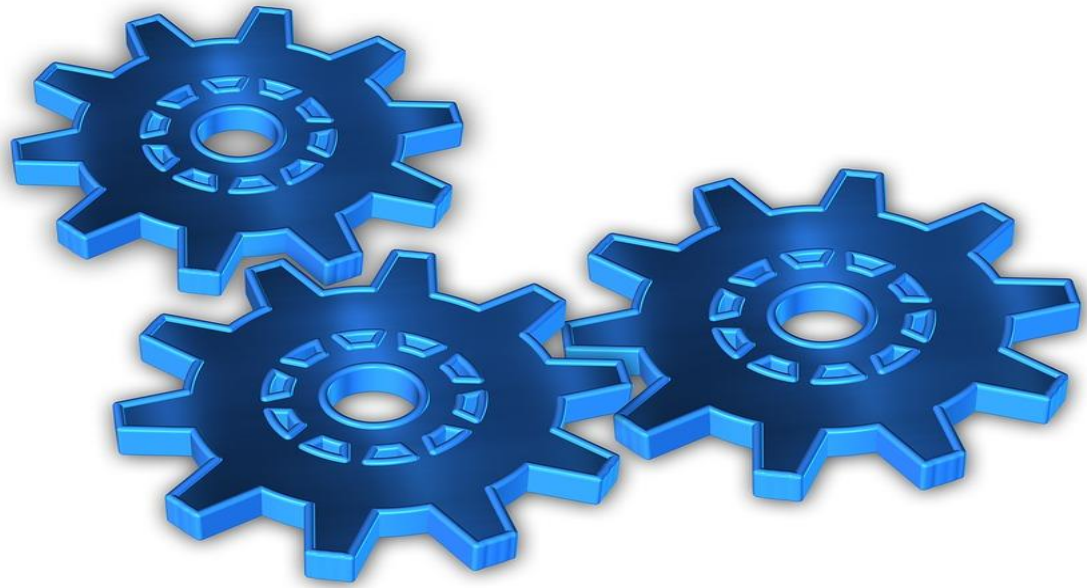
Reduce Stress



Improving Self-Esteem

A word cloud on a light yellow background featuring terms related to self-esteem. The most prominent words are "Self", "self-esteem", and "Esteem". Other significant words include "one's", "one", "others", "oneself", "value", "social", "worthy", "respect", "development", "feedback", "exercise", "family", "significance", "contributes", "characteristics", "more", "challenges", "experience", "evaluations", "personality", "example", "cause", "person", "change", "time", "children", "major", "life", "values", "factor", "other", "cope", "feelings", "global", "success", "well-being", "feeling", "upon", "being", "adults", "definition", "world", "typically", "influence", "most", "first", "sense", "themselves", "two", "self-worth", "practice", "believe", "person's", "social", "between", "worth", "low", "competence", "affective", "different", "integrity", "skills", "dictionary", "important", "criteria", "stable", "Healthy", "degree", "own", "parents", "popular", "mental", "nor", "set", "components", "mental", "nor", "set", "well-being", "feeling", "upon", "Generally", "component", "experiences", "concepts", "goals", "personal", "level", "sense", "themselves", "two", "self-worth", "practice", "believe".





Symptoms

- Headaches
- Fatigue
- Sleep Problems
- Being Overwhelmed
- Having Intense Negative Feelings
- Emotional Numbing
- Negative, Pessimistic Thinking
- Irritability
- Heightened Awareness of Outside Threats



How Do We Incorporate Self-Care?



Connecting Your Senses



Daily Exercise

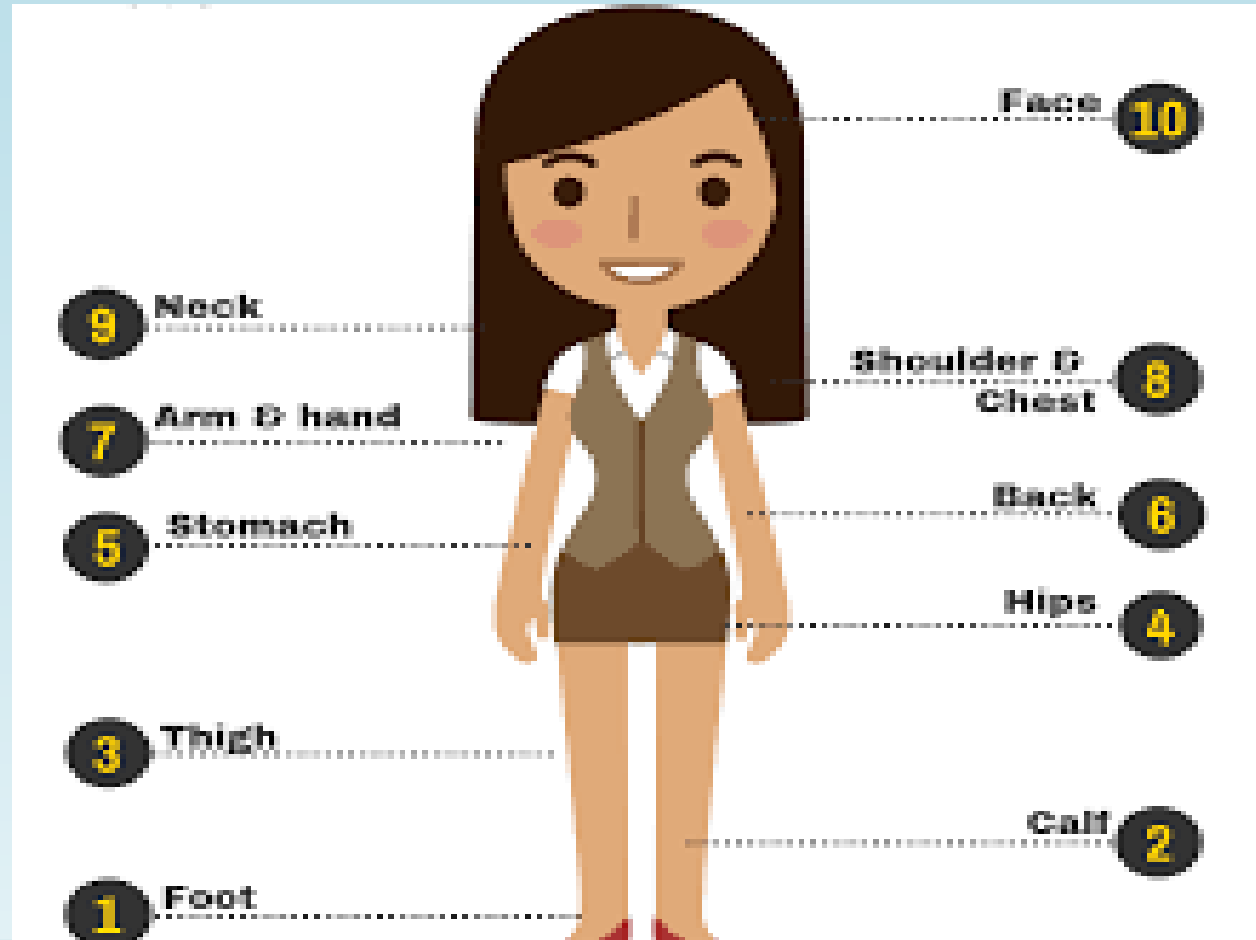


Box Breathing

Breathe • Hold • Breathe • Hold



Progressive Muscle Relaxation



Mindfulness



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Take a Break



Eat Well



Getting Enough Sleep



Stay Hydrated

**Women: 11.5 cups (2.7) liters of fluid
a day**



**Men: 15.5 cups (3.7 liters) of fluid
a day**

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Connection



Self-Compassion & Calmness



Engage in Hobbies



Yoga



Dancing

- Apple Music
- Pandora Music
- Spotify
- Youtube
- Siris



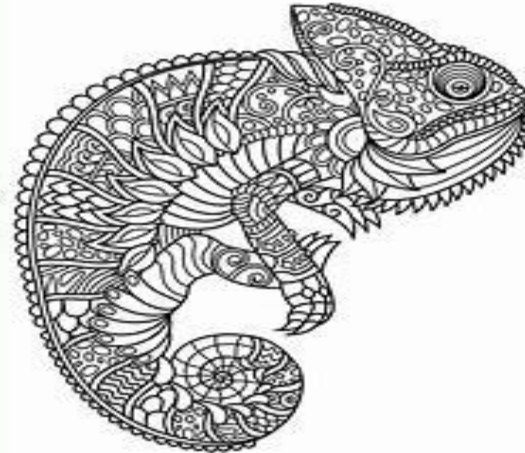
Swimming and/or Walking



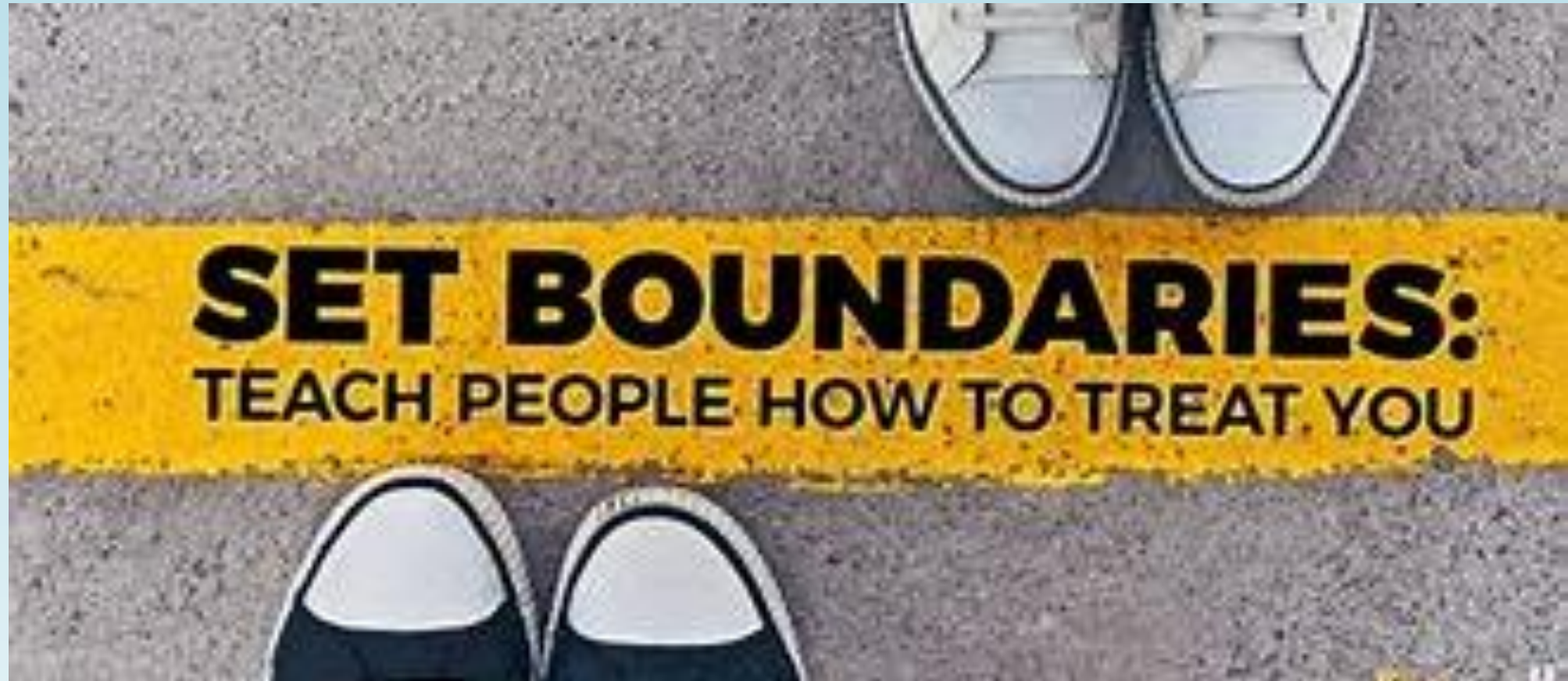
Pilates



Mindful Coloring



Setting Boundaries



Making Appointments



Self-Care & the Home Visitor



Loved Ones



Support Families



Support Children



Children Thrive



Resources

- Bing photos, 2023, www.bing.com
- Caltran, 2023, www.caltran.org
- Google photos, 2023, www.google.com
- National Home Visiting Resource Center, 2023, Virginia 2022 - National Home Visiting Resource Center (www.nhvrc.org)