



TAKING CARE OF YOURSELF: A DIVINE MANDATE

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**What? Know ye not that your body is the
temple of the Holy Ghost
Which is in you, which ye have of God,
and ye are not your own? 1 Corinthians
6:19 (KJV)**



I CAN DO ALL THINGS THROUGH
CHRIST WHICH STRENGTHENETH
ME. PHILIPPIANS 4:13 (KJV)

**The BIG question is “Why
don’t we take care of
ourselves?”**



**SOCIAL WORKERS ARE OFTEN OVERWORKED,
JUGGLING TOO MANY RESPONSIBILITIES AND
ARE OVER COMMITTED.**



“For social workers balancing work and family, commitments can become even more challenging when work related factors such as case complexities, high work pressures, budget constraints, staff shortages, role ambiguity and role conflict are considered” (Kalliath & Kalliath, 2014, p.112).

**NEGATIVE OUTCOMES CAN
LEAD TO...**

- Health Problems
 - Depression
 - Anxiety
- Relationship Issues
 - Alcohol abuse
- Rise of workplace violence

MINDSET: THE ULTIMATE GAME CHANGER

- For as he thinketh in his heart, so is he. Proverbs 23:7 (KJV)
- Changing Mindset - Dr. Carol Dweck
- Growth vs Fixed Mindset



CONCEPTUAL FRAMEWORK

“Coping is defined simply as a person’s efforts to manage demands, whether or not the efforts are successful” (Folkman et al, 1986, p.993).



Vigilant Anticipatory Coping

“Vigilant anticipatory coping refers to dealing with an ensuing situation attentively through greater alertness and preparation in expectation of what may occur” (LaVeist et al., 2014, p.242).

LITERATURE REVIEW

- Support from co-workers, supervisors, family, and friends can mitigate the connection between job & home emotional tension (Aryee et al., 1999; Viswesvaran et al., 1999).
- Family connection important for assisting loved ones through difficult time (Kelly & Kelly, 1994).
- CBT studies indicate that communicating with someone you can confide in can be helpful (Otte, 2011).
- Social workers are prone to developing stress, exhaustion and compassion fatigue (Mclean & Andrew, 2000; Dollard et al., 2003).
- Kalliath & Kalliath (2014) found that some simple strategies that may appear to be common sense were identified by social workers as effective ways of coping. These included developing hobbies, going for a walk, meeting friends/family, eating healthily and engaging in church activities or other volunteer work (p.123).

WHY IS SELF-CARE IMPORTANT?

IMPORTANCE OF SELF CARE

- Promotes spiritual, mental, and physical health.
- Your spiritual health will spill over to others.
- Helps you have a productive, rewarding, happy life.



NEW START

THE SEVEN LAWS OF HEALTH



NUTRITION
EXERCISE
WATER
SUNSHINE
TEMPERANCE
AIR
REST
TRUST IN GOD



Develop a Plan of Action

C-ontinuous

O-ptimal

P-ower

E-xercise



Cognitive Behavioral Therapy

**“The goal of CBT is to change patterns of thinking or behavior that are behind people’s difficulties, and so change the way they feel”
(Martin, 2016, para. 1).**

Be Proactive

- Stop self sabotaging practices- self blame or negative thinking.
- Change our core beliefs about ourselves.
- Learn to focus on your strengths and those things you do well.



**WHY IS IT IMPORTANT TO
IDENTIFY OUR STRENGTHS?**

Strengths Perspective

“A strengths perspective assumes that when people’s positive capacities are supported, they are more likely to act on their strengths” (Saleebey, 1992, p.25).



Develop a Self-Care Plan



- Spend time with God everyday.
- Develop a support system/Sister Circles.
 - Exercise.
- Get rest so you can be in the right frame of mind.
- Spend time doing what you love.
- Seek professional help.

Life Principles That Foster Resiliency

- ❖ You can't fight every fight!
- ❖ Only you can take care of you.
- ❖ Guard your mind.
- ❖ Don't let people steal your joy.
- ❖ Figure out what makes you happy, then do it!
- ❖ We take on other peoples problems.





1. Pray.

2. Be true to you.

3. Develop your own unique coping style.

4. Develop an attitude of gratitude.

5. Use mindfulness techniques.

6. Learn to say “no”.

EXHIBIT SELF LOVE

Learn to love yourself
and be comfortable with
yourself.



DEVELOP A ROSTER OF SONGS THAT BRING YOU THROUGH TOUGH TIMES



Fall back on texts that encourage you!

Philippians 4:6

Galatians 6:7

Romans 8:28

Isaiah 49:16

Isaiah 40:31

Deuteronomy 33:27



Colossians 4:6

You must do the thing you
think you cannot do.

Eleanor Roosevelt

IMPLICATIONS FOR SOCIAL WORK PRACTICE & POLICY

1. The healthier we are the better social workers we become.
2. Modeling can be the blueprint for our clients.
3. Oxygen is for us first.

IMPLICATIONS FOR SOCIAL WORK PRACTICE & POLICY

- 1. Develop a family friendly work environment.**
- 2. Foster supportive relationships at work and home.**
- 3. Effective and timely communication facilitated in a trusting environment.**
- 4. Set clear expectations and setting aside 'me' time.**

(Kalliath and Kalliath, 2014, p.122).

IMPLICATIONS FOR ORGANIZATIONS

1. Opportunities for employee growth and development (Kalliath, 2014, p.344).

2. Happy workers are loyal workers (Kalliath & Kalliath, 2014).

3. Places of work need to be mindful in decreasing job tension because it benefits the overall health of the employee and their loved ones and the businesses where they work (Khubchandani & Price, 2017).



**THE PATH WHERE
GOD LEADS THE
WAY MAY LIE
THROUGH THE
DESERT OR
THE SEA, BUT IT IS
A SAFE PATH
(WHITE, 1958).**

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