**Self-Care and Healing as Change Agents:**

**Time to Renew, Rejuvenate, and Recommit**

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**Facilitated by:**

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**Session Goals**

1. Recognize the depth and breadth of our need for greater self-care and healing as change agents.
2. Understand the critical need to focus on self-care in order to be of service as leaders and change agents.
3. Explore proven approaches and tools for self-care and community care.
4. Commit to a personal action plan for renewal and rejuvenation.

**How Much Do You Need Self-Care?**

 **A Checklist for Change Agents**

**Directions**:
Use the following scale to rate each of the following statements.

 **1 2 3 4 5**

**Never Rarely Sometimes Often Almost always**

1. I feel tired and stressed out all the time.
2. I feel overwhelmed.
3. I drop what I am doing to handle the next crisis that occurs.
4. I keep pushing myself to tackle a seemingly never-ending to-do list.
5. I have little time to be creative or innovative.
6. I interrupt time spent with friends, family, and/or my partner to respond to work demands.
7. I work late several nights during the week to try to catch-up.
8. I work on the weekends and miss out on socializing with friends, family, and/or my partner.
9. I do not get to participate in important family events due to work.
10. I over-sleep and miss important events.
11. I am more forgetful and confused.
12. I make silly, avoidable mistakes.
13. I miss deadlines and/or drop the ball on important tasks.
14. I cut back on sleep to get more things done.
15. I wake up in the middle of the night and obsess about all I have to do.
16. I cancel and cut back on leisure and self-care activities to get things done.
17. I experience stress-related physical symptoms (headaches, twitches, body aches, etc.)
18. I get sick from over-working and not taking care of my health.
19. I am irritable, judgmental, and more easily triggered.
20. I over-react and can’t moderate my emotions.
21. I resent other people who seem to live more balanced lives.
22. I use alcohol and/or drugs to relieve my stress.
23. I over-eat and/or eat foods that are not healthy for me to relieve my stress.
24. I am unhappy with my weight and body size/shape.
25. I gain unwanted weight.
26. I binge watch (tv, movies, Netflix) to relieve my stress.
27. I zone out on social media to relieve my stress.
28. I over-do other activities to relieve stress, such as: shopping, gambling, sex, working out, etc.
29. I feel weary and less motivated to create change.
30. I feel hopeless and helpless.
31. I feel apathetic and cynical.
32. I feel less joy, enthusiasm, and happiness in my life.
33. I do the bare minimum to get by.
34. I feel like I am just going through the motions.
35. I am not interested in socializing with friends.
36. People in my life are complaining about how tired and unavailable I am.
37. People in my life are complaining about my life choices.
38. The quality of my relationships with intimate partners, friends, family members, and/or work colleagues is negatively impacted by my over-working and life imbalance.

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**How Have I Focused on Self-Care in My Life as a**

**Social Justice Change Agent?**

**Directions**: Reflect on your own journey as a social justice change agent and ways you have centered or disregarded your own self-care in the process. The following prompts may be useful as you journal.

1. What were some of the early messages you learned about taking care of yourself? How did you learn these messages?
2. What were some of the early messages you learned about taking care of others? How did you learn these messages?
3. What were some of your early messages about the role of work and service in your life?
4. Who would encourage you to take care of yourself?
5. Who would criticize you if you took care of yourself?
6. What were some of the images and messages about how to be a social justice change agent and the role of self-care in social change work?
7. When, if at all, do you remember feeling close to burnout? Experiencing burnout?
* How did you make meaning of these times of burnout?
* What did you say to yourself when you were burned out?
1. What, if any, costs or difficulties did you experience when you were feeling more burned out?
2. What, if anything, has helped you recover from burnout?
3. In what ways do you intentionally construct your life to minimize the chance of experiencing deep burnout, if at all?

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**Identify How You Spend Your Time**

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 **WEEKDAY DAY OFF**



**Common work day activities**:

**Common day off**

**activities**:

**How Satisfied Are You?**

**Rate each of the following using a 0-10 Scale:**

**0 = Not at all …………………………………………. 10 = Completely**

\_\_\_ 1. work life, career

\_\_\_ 2. life vision and dreams

\_\_\_ 3. physical health

\_\_\_ 4. exercise, fitness

\_\_\_ 5. emotional and mental health

\_\_\_ 6. eating

\_\_\_ 7. sleep

\_\_\_ 8. time with family and friends

\_\_\_ 9. love life

\_\_\_ 10. play, fun, adventure

\_\_\_ 11. meditation, religious/spiritual/ways of knowing practices

\_\_\_ 12. activities that add joy and happiness to your life

\_\_\_ 13. rest, relaxation, rejuvenation

\_\_\_ 14. emotional care and release

\_\_\_ 15. stress management

\_\_\_ 16. activities that enrich your learning, creativity, intellectual growth

\_\_\_ 17. ways to be of service, pay it forward

\_\_\_ 18. financial health

\_\_\_ 19.

\_\_\_ 20.

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**Feelings and Emotions**

**Major source**: Raj Gill, Lucy Leu, Judi Morin, **NVC Toolkit**, 2009

Directions: Circle any that you felt/feel. Add any others to the list.

Aggravated

Agitated

Alarmed

Alienated

Ambivalent

Amused

Angry

Anguish

Annoyed

Anxious

Appreciative

Apprehensive

Appalled

Awe

Ashamed

Bitter

Bored

Burned out

Calm

Carefree

Confident

Confused

Crushed

Defeated

Deflated

Dejected

Depleted

Depressed

Despair

Determined

Disappointed

Discouraged

Disgusted

Disheartened

Disillusioned

Dissatisfied

Distracted

Distressed

Distrustful

Drained

Dumbfounded

Eager

Edgy

Embarrassed

Empowered

Empathetic

Enraged

Envious

Exasperated

Excited

Exhausted

Exhilarated

Fascinated

Fearful

Forlorn

Frightened

Furious

Grateful

Gratified

Grief

Guilty

Hateful

Heartbroken

Hesitant

Hopeless

Hurt

Impatient

Incensed

Indifferent

Indignant

Infuriated

Insecure

Inspired

Irritated

Jealous

Jubilant

Lonely

Longing

Mean

Mortified

Nervous

Numb

Outraged

Overwhelmed

Panic

Paralyzed

Peaceful

Perplexed

Powerless

Preoccupied

Puzzled

Raging

Regretful

Relieved

Remorseful

Repulsed

Resentful

Sad

Surprised

Sympathetic

Tender

Tense

Terrified

Touched

Unsettled

Useless

Vulnerable

Wary

Weary

Worried

**Common Fears**

**Directions: Check-off any of the following fears that you have felt or anticipate as you engage in difficult conversations.**

1. What if I make a mistake?
2. What if I say something stereotypic or biased?
3. Will I be seen as a fraud?
4. What if I can’t handle a situation?
5. If I don’t manage this well, will people could get hurt…
6. If I don’t manage this well, it might hurt my relationships with others.
7. Am I making this worse?
8. Am I ready to participate in this discussion?
9. People will get defensive and I won’t know how to respond.
10. The conversation will “get out of control.”
11. People will get too emotional and I won’t have the skills to engage the situation.
12. I don’t know enough to engage in the conversation effectively.
13. If I don’t do this well, I’ll let people down.
14. “Things won’t change.”
15. My comments will be dismissed.
16. I’ll feel deeply triggered by someone’s comments or behaviors.
17. My personal opinions and behaviors will become the focus of the conversation.
18. I will lose credibility and be seen as less competent.
19. If I am too confrontational, there will be repercussions.
20. People will be disappointed in me.

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**Common Universal Needs/Values**

(Source: R. Gill, L. Leu, and J. Morin (2009). NVC Toolkit for Facilitators.)

acceptance

adaptability

appreciation

authenticity

autonomy

awareness

balance

beauty

belonging

caring

celebration

challenge

choice

clarity

collaboration

communication

community

companionship

compassion

competence

consciousness

connection

consideration

contribution

cooperation

creating

creativity

dependability

dignity

ease

effectiveness

efficiency

empathy

equality

fairness

follow-through

freedom

fun

growth

harmony

healing

health

honesty

hope

humor

inclusion

independence

inspiration

integration

integrity

intimacy

joy

learning

love

mattering

meaning

mourning

movement

mutuality

nurturance

openness

order

participation

partnership

peace

play

presence

progress

purpose

reflection

relaxation

reliability

relief

respect

rest

safety

security

self-expression

self-reliance

space

stimulation

spontaneity

stability

support

trust

understanding

warmth

wellbeing

**My Declarations: Self-Care & Community Care**

**Directions:** Below, write some declarative statements about your beliefs and intentions as you choose to center self-care and community care in your life:

1. I deserve to take care of myself, and I will.
2. I can only serve others if I continue to replenish my energy reserves.
3. I will put myself on top of my to-do list so I can be helpful to others.
4. There is always enough time to take care of me.
5. I will encourage others to prioritize their self-care and our collective community care.

**My Plan for Better Self-Care**

a. How I will take better care of my health? (sleep, exercise, stress management, doctor appointments, religious/spiritual practice, etc.)

b. How I will eat (and drink) in ways that are better for me.

c. How I will create a better work/life balance?

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**My Plan for Healing My Intrapersonal Roots**

1. How I will get support and help to navigate my current life issues (financial pressures, relationship dynamics, burnout from deadlines and numerous responsibilities, illness, grief and loss, etc.):

2. How I will release the stress and pressure from the cumulative impact of recent events (talking with others, exercise, stress release activities, meditation…):

3. How I will work with others to resolve unfinished business and heal old wounds:

4. How I will identify, shift and release my fears and anxieties:

5. How I will rearrange my life to find healthy ways to meet my needs more frequently and consistently:

6. How I will examine, heal, and shift my ego-centered desires (be in control, avoid conflict, be right, make others learn and change, be perfect, to be liked, prove I am competent, etc.)

7. How I will identify and shift assumptions, stereotypes, shoulds, expectations and judgments:

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