



**Self-Care and Healing as Campus
Change Agents:
Renewing, Rejuvenating, and
Recommitting**

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*Please be respectful of your colleagues by silencing your phone.
If you need to answer a call, please go to the hallway.*

26 – 29 March 2017

#ACPA17

Land Acknowledgement

We would like to acknowledge that the land we are meeting on today has long served as a site of meeting and exchange amongst Indigenous peoples, specifically the Shawnee, Wyandotte, Miami and Delaware nations.

ACPA-College Student Educators International honors and respects the diverse Indigenous peoples connected to this territory on which we gather.



The ACPA17 Experience

- **Connect** with self, others
- **Experience** new, cutting edge ideas
- **Invest** in your long-term learning
- **Reflect** on what you have experienced
- **Transform** by converting knowledge into action

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Our International Field

- #ACPA17 provides an opportunity to discuss global concepts in higher, post-secondary, and tertiary education. Please remember that not everyone in the room is from the same country nor works within the same system of higher or tertiary education. We invite you to use language that welcomes all participants to the conversation.

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The logo for ACPA17 is located on the left side of the slide. It features the text "ACPA17" in a bold, dark blue font, oriented vertically. Below the text is a colorful graphic consisting of a blue and green circular shape with a yellow and orange bar extending from it, resembling a stylized globe or a DNA helix.



TEXT **SOCIALJUSTICE** to **444999**, then reply with your email. And I will send you a:

- Copy of the handout
- PDF of the PPT

To download a copy of my book,

TURN THE TIDE:

www.drkathyobear.com/book-pdf

Also available on Amazon





Dear Karma,

**THERE ARE A FEW PEOPLE
I THINK YOU MISSED.**

The logo for ACPA17 is located on the left side of the slide. It features a vertical purple bar with a white arrow pointing upwards. Inside the bar, the text 'ACPA17' is written in a bold, black, sans-serif font. Below the text is a colorful graphic of a DNA double helix with a rainbow-colored bar across it.

**I am presently experiencing
life at several WTFs per hour!**

~ Quoteslife101.net

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Go greet 5+ people, especially anyone you do not know as well ... until you hear the chime!



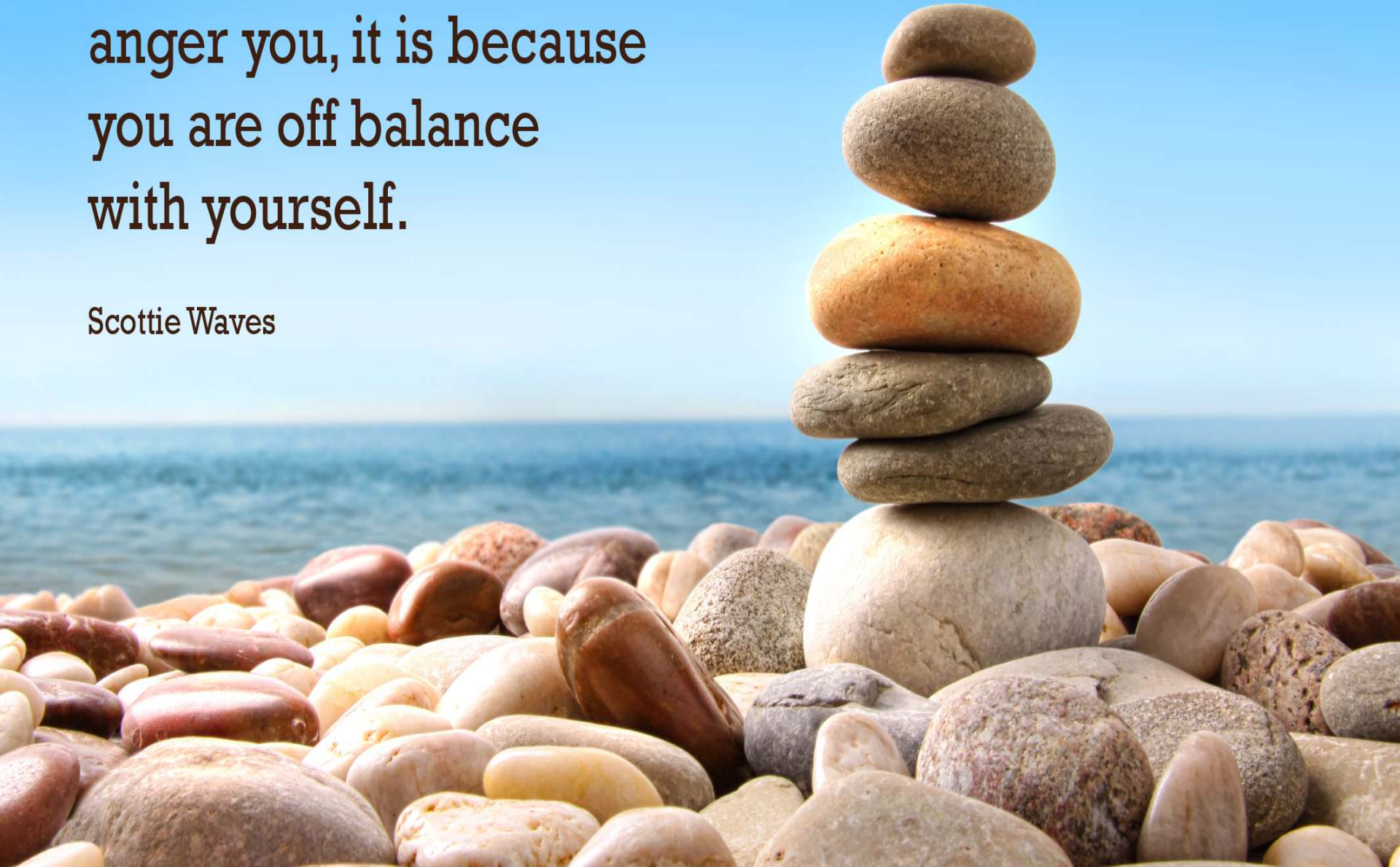
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**If another can easily
anger you, it is because
you are off balance
with yourself.**

Scottie Waves





What is a source of your passion
or commitment for doing the
work you do?????

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The logo for ACPA17 is located on the left side of the slide. It features a vertical purple bar with a white chevron pattern pointing upwards. The text 'ACPA17' is written vertically in white, with 'ACPA' in a larger font and '17' in a smaller font. Below the text is a colorful graphic of a DNA double helix with a rainbow-colored bar across it.

Scale = 0 to 10++++

**How much do you need SELF CARE
right now?**

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Why do we NOT take good care of ourselves?

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- 
- 
- **What gets in your way** of taking care of yourself?
 - What **do you let** get in your way?



YOU
can't pour
from an empty
CUP.

Take care of yourself first.

I have come to believe that
caring for myself is not self indulgent.

Caring for myself is an act of survival.

Andre Lorde

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Your Body Compass

Dr. Martha Beck



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Your Body Compass

- Remember a **particularly challenging, stressful situation**
- What are you **feeling**?
- What **body sensations** are you having?

Your Body Compass Scale



Negative Triggered
Emotions

Positive Triggered
Emotions



High

Moderate

Mild

Mild

Moderate

High



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Your Body Compass

- Remember a moment when **you felt especially useful, joyful, in the flow** of your work
- What are you **feeling**?
- What **body sensations** are you having?

Your Body Compass Scale



Negative Triggered
Emotions

Positive Triggered
Emotions



High

Moderate

Mild

Mild

Moderate

High



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a dishonest

yes *is a* **no**

to yourself.

byron katie

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The 3 B's (Martha Beck)

- Better
- Barter
- Bag

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**You will know you made the right decision;
you feel the stress leaving your body, your mind, your life.**

Brigitte Nicole



ACTION
expresses
PRIORITIES.

GANDHI

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How I Currently Spend My Time

- List your common **weekday** AND **day-off** activities on page 1 ~ left-hand side
- **Fill-in circles** to reflect how much time you spend on different activities

ways to be of service, pay it forward **exercise, fitness**
meditation, religious/spiritual/ways of knowing practices
stress management work life, career
sleep time with family and friends
rest, relaxation, rejuvenation physical health
love life emotional and mental health **eating**
activities that add joy and happiness to your life
play, fun, adventure **life vision and dreams**
financial health emotional care and release
activities that enrich your learning, creativity, intellectual growth

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How Satisfied Are You?

PAGE 2 ~ Rate each of the following using
a **0-10 Scale**:

0 = Not at all 10 = Completely



you can do
anything
but not
everything

david allen

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Where we might sometimes Over Do....

- What are the substances and activities we sometimes over do
- When we are in need of healthy self-care choices?

do at least one thing today your future self will thank you for.

author unknown

A low-angle, close-up shot of a person's legs and feet walking on a paved path. The person is wearing blue denim jeans and white sneakers with black soles. The background is a soft-focus park scene with trees and a bright, golden sun setting or rising, creating a warm, hazy atmosphere. The text is overlaid on the right side of the image.

**The first step
towards getting
somewhere is
to decide that
you are not going
to stay where
you are.**

J.P. Morgan



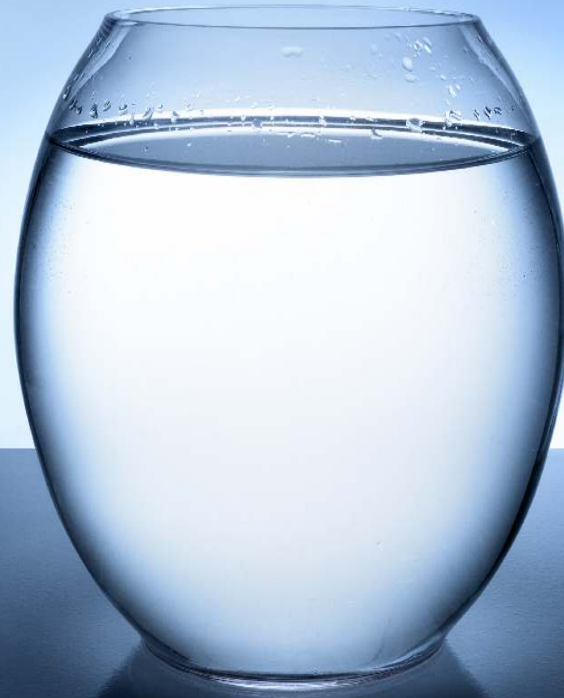
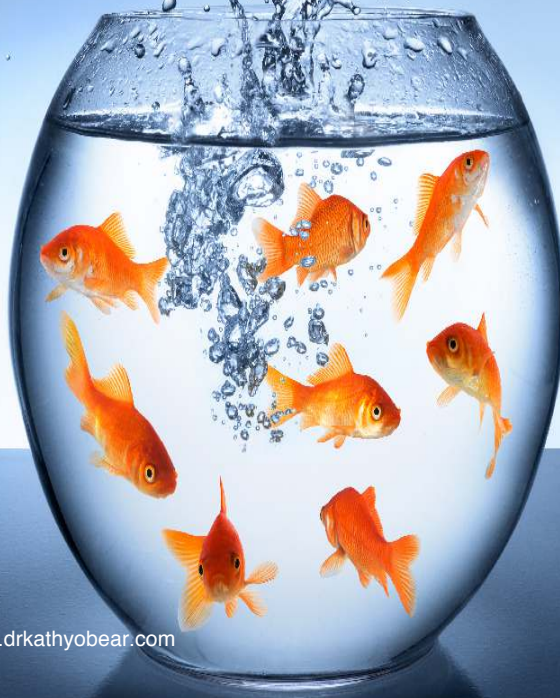
What I Intend To Do Differently: Page 2

- Choose a few areas from the list.
- Note what you intend to do differently
- To improve your SELF-CARE

If you want something in
your life you've never had,



you'll have to do something
you've never done.



SMALL, SEEMINGLY INSIGNIFICANT STEPS
COMPLETED CONSISTENTLY OVERTIME
WILL CREATE A RADICAL DIFFERENCE.

DARREN HARDY





what if these self-care tools
DON'T WORK?!

(you may need **EXTREME SELF-CARE**)


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What I wish I had known/remembered earlier....

- Write a morsel of insight, wisdom, coaching, advice
- You wish you had known/remembered earlier.....or NOW!

- 
- I no longer choose to go places where people do not fully accept and value and celebrate me, delight in me
 - I show my self the same depth of compassion and care that I give to others
 - I let go of fear, and choose to believe
 - I choose courage, I speak my truth

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- Please provide feedback on this session by completing evaluation available online at: <http://tinyurl.com/acpa17sessioneval>
- *Your feedback is valuable to help ensure that our curriculum is meeting the needs of the attendees as well as to help presenters in their development*

