



THE CENTER FOR
transformation
and change

Kathy Obear, Ed.D.
www.drkathyobear.com
kathy@drkathyobear.com

SELF-CARE AND HEALING AS CHANGE AGENTS

Time for Renewing, Rejuvenating, and Recommitting

*(Celebrate
small wins.)*

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.

FOR A FREE COPY OF MY BOOKS AND OTHER RESOURCES:

In It For The Long Haul: Overcoming Burnout and Passion Fatigue as Social Justice Change Agents
www.drkathyobear.com/selfcarebook www.drkathyobear.com/selfcare

Turn the Tide: Rise Above Toxic, Difficult Situations in the Workplace:
www.drkathyobear.com/book-pdf www.drkathyobear.com/book-worksheets

...But I'm NOT Racist! Tools for Well-Meaning Whites
www.drkathyobear.com/racebook www.drkathyobear.com/imnotracist

FEELINGS AND EMOTIONS

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

Sit with your reactions/reflections/experiences... **Check-off/Circle any that you felt/feel.** Add any others to the list.

- 
- | | | |
|---------------|-------------|-------------|
| Aggravated | Drained | Mean |
| Agitated | Dumbfounded | Mortified |
| Alarmed | Eager | Nervous |
| Alienated | Edgy | Numb |
| Ambivalent | Embarrassed | Outraged |
| Amused | Empowered | Overwhelmed |
| Angry | Empathetic | Panic |
| Anguish | Enraged | Paralyzed |
| Annoyed | Envious | Peaceful |
| Anxious | Exasperated | Perplexed |
| Appreciative | Excited | Powerless |
| Apprehensive | Exhausted | Preoccupied |
| Appalled | Exhilarated | Puzzled |
| Awe | Fascinated | Raging |
| Ashamed | Fearful | Regretful |
| Bitter | Forlorn | Relieved |
| Bored | Frightened | Remorseful |
| Burned out | Furious | Repulsed |
| Calm | Grateful | Resentful |
| Carefree | Gratified | Sad |
| Confident | Grief | Surprised |
| Confused | Guilty | Sympathetic |
| Crushed | Hateful | Tender |
| Defeated | Heartbroken | Tense |
| Deflated | Hesitant | Terrified |
| Dejected | Hopeless | Touched |
| Depleted | Hurt | Unsettled |
| Depressed | Impatient | Useless |
| Despair | Incensed | Vulnerable |
| Determined | Indifferent | Wary |
| Disappointed | Indignant | Weary |
| Discouraged | Infuriated | Worried |
| Disgusted | Insecure | |
| Disheartened | Inspired | |
| Disillusioned | Irritated | |
| Dissatisfied | Jealous | |
| Distracted | Jubilant | |
| Distressed | Lonely | |
| Distrustful | Longing | |

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
NEVER

2
RARELY

3
SOMETIMES

4
OFTEN

5
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; I have unwanted weight loss.
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.

Developed by Kathy Obear, Ed.D., The Center for Transformation & Change www.drkathyobear.com

HOW HAVE I FOCUSED ON SELF-CARE IN MY LIFE AS A CHANGE AGENT?

DIRECTIONS: Reflect on your own journey as a 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?

8. What, if any, costs or difficulties did you experience when you were feeling more burned out?

9. What, if anything, has helped you recover from burnout?

10. In what ways do you intentionally construct your life to minimize the chance of experiencing deep burnout, if at all?

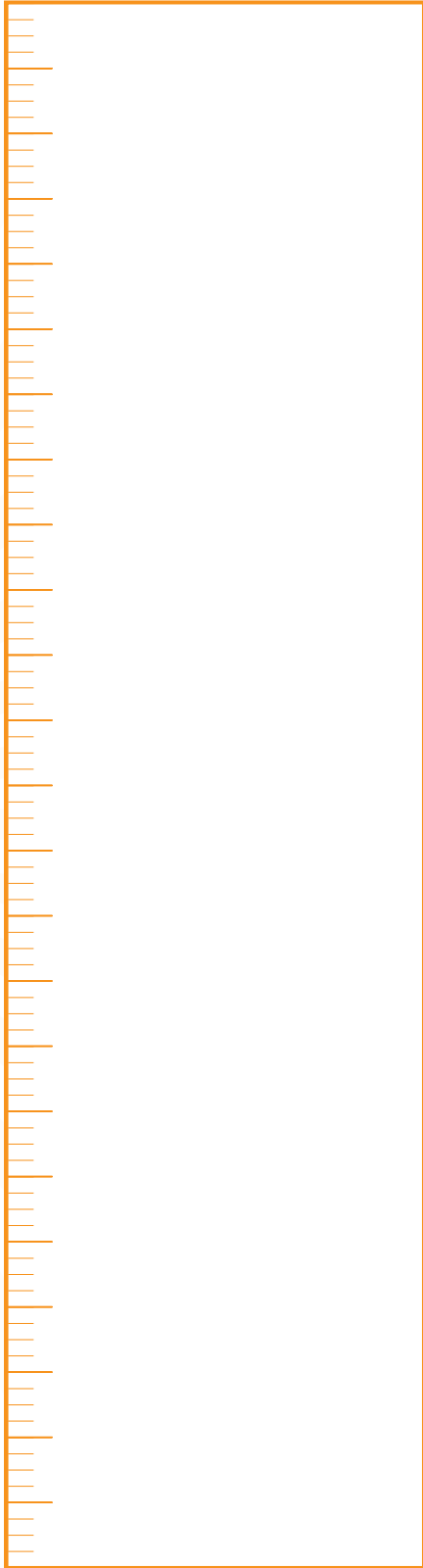
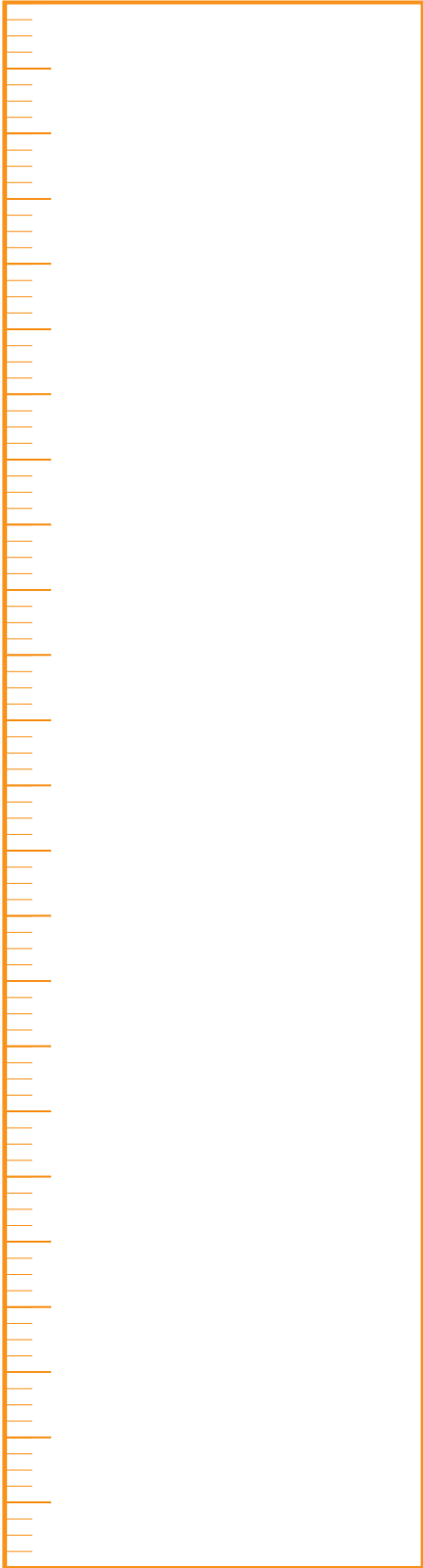
Developed by Kathy Obear, Ed.D., The Center for Transformation & Change www.drkathyobear.com

IDENTIFY HOW YOU SPEND YOUR TIME

WORKDAY

DAY OFF

Common work day activities:



Common day off activities:

Developed by Kathy Obear, Ed.D., The Center for Transformation & Change www.drkathyobear.com

HOW SATISFIED ARE YOU?

DIRECTIONS: 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.

Developed by Kathy Obear, Ed.D., The Center for Transformation & Change www.drkathyobear.com

COMMON UNIVERSAL NEEDS/VALUES

Adapted from 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

DIRECTIONS: Below, write some declarative statements about your beliefs and intentions as you choose to center self-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.
- 6.
- 7.
- 8.
- 9.
- 10.

Developed by Kathy Obear, Ed.D., The Center for Transformation & Change www.drkathyobear.com

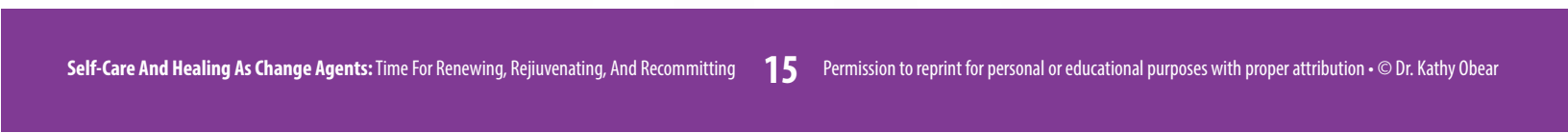
MY PLAN FOR BETTER SELF-CARE

1. How I will take better care of my health? (sleep, exercise, stress management, doctor appointments, religious spiritual practice, etc.)
2. How I will eat (and drink) in ways that are better for me.
3. How I will create a better work/life balance?

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 and release my fears and anxieties:

NOTES



NOTES

