



## Self-Care and Healing as Change Agents: Time for Renewing, Rejuvenating, and Recommitting

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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 greater service.
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.

## 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?
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 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?
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?



## 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.

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

## Common Universal Needs/Values

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

acceptance	effectiveness	openness
adaptability	efficiency	order
appreciation	empathy	participation
authenticity	equality	partnership
autonomy	fairness	peace
awareness	follow-through	play
balance	freedom	presence
beauty	fun	progress
belonging	growth	purpose
caring	harmony	reflection
celebration	healing	relaxation
challenge	health	reliability
choice	honesty	relief
clarity	hope	respect
collaboration	humor	rest
communication	inclusion	safety
community	independence	security
companionship	inspiration	self-expression
compassion	integration	self-reliance
competence	integrity	space
consciousness	intimacy	stimulation
connection	joy	spontaneity
consideration	learning	stability
contribution	love	support
cooperation	matterng	trust
creating	meaning	understanding
creativity	mourning	warmth
dependability	movement	wellbeing
dignity	mutuality	
ease	nurturance	

## **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.

### **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?