



It's All About **YOU**

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Welcome

- Setting the Stage
- Reframing Stress
- Focus on our **SELF's**
 - **Self** Care is NOT an intervention
 - **Self**-Regulation is KEY



1. Setting the Stage



Idea Lab

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2. REFRAMING STRESS

Reframing Stress



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Strengths-Based: Focus on what's *STRONG*, not what's wrong.



A shift in our perspective and our self-talk - *"Have you spoken with a loving voice to yourself today"*

A purposeful approach that requires a purposeful effort - *"You can't reach a goal you have not identified."*

What have you done today with intention to move forward and improve your life?
How are you making sure you are growing through your adversities?
What is your plan for growing tomorrow?

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It Requires a
SHIFT

- We first have to live the life we are encouraging others to live.
(Dr. Roderick Logan)
- Is it worth a penny to you?
- Sources of Oxygen

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3.
Focus on the
SELF's



Self-Care

Intervention

- The act or an instance of interfering or intruding
- an occurrence in which a person with a problem is confronted for the purpose of dealing with the problem

Practice

to do or perform often, customarily, or habitually

- **the usual way of doing something**

Habit

- **a behavior pattern acquired by frequent repetition or physiologic exposure that shows itself in regularity or increased facility of performance**

Self Care Plan

- ◎ **Clarity**
- ◎ **Stick-to-itiveness**
- ◎ **Change takes time, patience and grace**



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PERMISSION SLIP

I give myself permission to:

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Self-Reg

the goal of self-reg is to understand what all the factors are that impact our stress and ultimately our behavior in order to figure out how to respond.

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Self-regulation seeks to identify and reduce the causes of problems in mood, thought, and behaviour.



Self-regulation is always searching for hidden stressors.

Self-control seeks to inhibit or manage such problems only when they arise.



Self-control looks only at surface behaviours.

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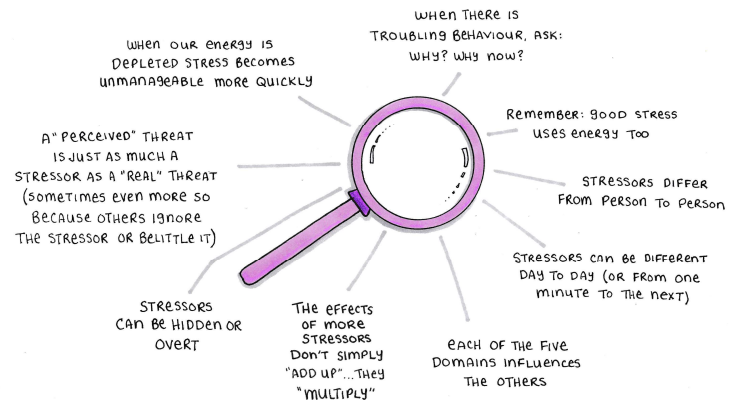
**Dr. Stuart
Shanker**

**The MEHRIT
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www.self-reg.ca

SHANKER'S SELF-REG Recognize STRESSORS

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STUART SHANKER'S FIVE STEPS of SELF-REG

Visuals by @kwiens62



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Thank you !!!

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