



“Self-care is never a selfish act – it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others.”
~ Parker Palmer

CHAP Weekly Update

August 14, 2020

Taking Care of Yourself

Stress and Self-Care

This is the second half of a presentation on Stress and Self-Care. See the teleconference recording from June 17 and the Bulletin from June 19 for the complete first half.

Stress is part of life. Some stress is good, some stress is bad. How we approach stress affects our physical, emotional, and mental health. If stress is ignored, it may activate the stress wheel:

Stress leading to a stressed mind, then a stressed body, causing stressed actions, leading to further stress... making the wheel spin faster.

By learning tools and practicing self-care, we can change our reaction to stress and build resilience within ourselves.



Tools to De-Stress Your Stress

- ❖ Use your words. Acknowledge your feelings and give them names. Communicate your feelings to others.
- ❖ Trouble figuring out what is causing you stress? Slow down, do a body scan, take time to identify what is going on.
- ❖ Be assertive. Let people know how you feel and what you need. Be open and consider what other people’s needs are, too.
- ❖ Use a problem-solving technique.
 - Describe the problem
 - Express how it makes you feel
 - Think about why this is happening
 - Ask yourself: What can I do to resolve this problem? Talk about the solution and how it will improve the situation

➤ Use Words

➤ Slow Down

➤ Be Assertive

➤ Problem Solve

COVID-19 by the Numbers



Alaska Total Resident Cases: 3,821
 US Total Cases: 5.17 Million
 World-wide Cases: 20.3 Million

Save the Date



Next Session: August 18, 2020 – Dr. Anne Musser, DO

Discussion about COVID-19 Testing: What does it mean? Is there any treatment?

Always remember to take care of yourself and take time for yourself and your family!



Thanks to Teresa Hicks for her presentation on self-care this week. The recording is available on the Distance Learning Network learning website: <http://anthc.remote-learner.net>

[Share ideas that are working in your community on Facebook](#)



Let us know what you think! aka-CHAPCOVID-19weeklyupdates@anthc.org
Send questions for presenters and each other, and suggest topics for discussion.





“With every act of self-care your authentic self gets stronger, and the critical, fearful mind gets weaker. Every act of self-care is a powerful declaration: I am on my side. ~ Susan Weiss Berry

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Self-Care

Self-care is what we do to prevent events from overwhelming us. Self-care is best if it is a purposeful routine that is practiced regularly. Everyone’s self-care plan will look different but consider having these parts:

❖ Physical Self-Care

Daily exercise, enough sleep, healthy foods

❖ Social Self-Care

Humans need humans. Spend time to nurture healthy relationships. What are signs of a healthy relationship? People who are available, responsive, and emotionally engaged with each other. Find ways to spend face-to-face time with friends and family.

❖ Mental Self-Care

keep your brain active. Make time for leisure activities or to learn a new hobby. Try new things; make time for mental stimulation.

❖ Gratitude

Practice daily gratitude. The more you practice, the better at it you become. Tell people you are grateful for who they are and what they do.

❖ Spiritual Self-Care

Nurture your spirit. Practice looking for and finding meaning in the big picture. It might be a formal religious practice or it might be more individual and less formal.

❖ Emotional Self-Care

How we talk to ourselves matters. What we tell ourselves about an event changes what we believe and changes how we feel.

Examples of Unhelpful Self-Talk:

- Fortune telling: I know this is what will happen if I...
- Mind reading: I know this is what she is thinking about me...
- Overgeneralization: This always happens when I...
- I should have, if only I could have...

Change to self-talk that is empowering and helpful.

Ask yourself:

In 5 years will this matter? How about in 1 year? 5 months? Remind yourself about a similar event that you survived. You did fine then; you will do fine now, too.

Tell yourself a good story

If something happens and you don’t know why, make up a story that makes you feel good. It might not be true, but the story you make up that makes you feel bad might not be true either.

Make a self-care plan

Write it down. If you want to, share it with someone. Work on the self-care areas that are not your strengths. Self-care isn’t one thing. When we practice self-care as part of being well, we’re better equipped to handle both stress and physical illness.



Healthy Alaskans 2030



The State of Alaska Department of Health and Social Services (DHSS) and the Alaska Native Tribal Health Consortium (ANTHC) are pleased to announce the availability of the draft state health improvement plan, Healthy Alaskans 2030.

The plan is now open for public comment on the [State of Alaska Public Notice website](#) until Sept. 2, 2020, at 5 p.m.

<http://notice.alaska.gov/199049>

CHA/P on Facebook



[Community Health Aide/Practitioner Facebook page](#)

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