



Central MN Mental Health Center  
A time to heal, a place to start.



## WELLNESS BULLETIN NOVEMBER 2016

### Staff Feedback from Self-care Survey

Self-care is the practice of investing time and energy into your own wellbeing. Attending to personal self-care decreases stress, decreases burnout and allows us to be more present with both loved ones and clients. Self-care strategies vary by individual, the important thing is to be aware of what works for you and have a plan! CMMHC staff were asked to provide feedback, through Survey Monkey, on their favorite Self-Care strategies. Here is a sampling of some of the most common suggestions:

- Using PTO and regular or miniature 5 minute breaks during the day
- Exercise/Yoga
- Connecting with your higher power
- Spending time with loved ones
- Having a healthy sleep routine

These were some of the frequently listed barriers to engaging in self-care:

- Lack of time
- Unrealistic job expectations
- Personal and professional demands
- Poor time management

Supervisors can be a critical component of this process. Check in with your employees about their self-care plan and if there are ways to support them in both the development and implementation of these strategies.

### Top Self-Care Strategies from the National Council

1. Create a self-care collection for both yourself and your office.
2. Develop a plan to decompress from work to home
3. Exercise
4. Reduce exposure to trauma stories away from work
5. Create your own WRAP plan based on what works for you.

Based on Françoise Mathieu, M. ED., CCC

<https://www.thenationalcouncil.org/wp-content/uploads/2015/08/Staff%20Self-Care%20Tips.pdf>

### TIC Tip of the Week

My challenge to all is to make a “Top 10” list of our most effective coping skills that we can implement in our personal lives. Daily, when you have ten minutes, use a coping skill to calm your mind, steady your breathing, or reduce your stress level; whatever it is that is a challenge for you at that moment. Some of my favorite de-stressors are: throwing a stress ball at the wall (or my co-worker? ☺), shutting my eyes and deep breathing, standing up and stretching my arms up as far as I can, distraction by coloring, music, and sharing a good laugh (not only helps me but the other person involved!). Try one of these (or your own) and feel less stress in ten minutes!

Sue Bauer

IRTS Care Provider

### Self-Care Smoothie

#### *Ingredients*

Frozen kiwi  
Frozen Banana  
Frozen pineapple  
Frozen mango  
Copious amounts of spinach  
½ Avocado  
Coconut water

#### *Directions*

1. Combine all ingredients and blend. Can make large batches in the morning and be stored in the fridge for later in the day.

(Anonymous Employee)

