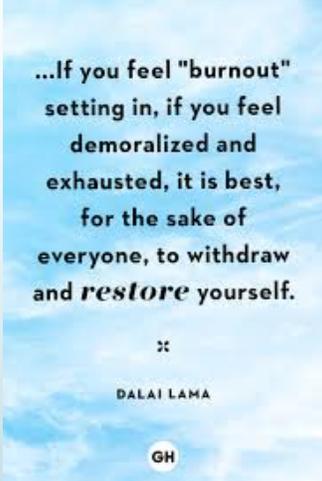




Self-Care Practices



...If you feel "burnout" setting in, if you feel demoralized and exhausted, it is best, for the sake of everyone, to withdraw and *restore* yourself.

✧

DALAI LAMA

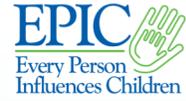
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Your Facilitators

- ▶ Jamie Rackl
 - ▶ EPIC's Director of Family Engagement and Professional Development
 - ▶ New York State Licensed Massage Therapist
 - ▶ RacklJ@epicforchildren.org
- ▶ Liz Vetrano
 - ▶ EPIC's Director of Development and Marketing
 - ▶ Certified Yoga Teacher & Personal Trainer
 - ▶ Certified Personal Training
 - ▶ VetranoL@epicforchildren.org

Virtual Environment Invitations and Guidelines



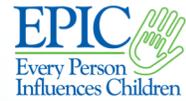
- ▶ If you are able, we invite you to share your video.
 - ▶ During the yoga practices you may choose to turn your video off.
- ▶ Be gentle with yourself & others. We all have different levels of comfort with technology and virtual learning.
- ▶ Please mute yourself when you are not speaking and remember to unmute when you want to contribute.
- ▶ Feel free to use chat to ask questions or as a "parking lot."
- ▶ Please contribute when appropriate. The best learning experiences happen when we can draw from each other's experiences and knowledge.
- ▶ Honor confidentiality.
- ▶ Please be present with us today.
- ▶ If you need to step away, please simply block your video and put a quick note in chat, then turn your video back on when you are ready to rejoin us.

Group Introductions



- ▶ We will go around the Zoom Room and I will call on participants.
- ▶ Please share your:
 - ▶ Name
 - ▶ Organization
 - ▶ Title
 - ▶ Something you hope to gain from this session
- ▶ Liz and I will go first
- ▶ Please be mindful of time when you are speaking 😊

During Our Time Together Today



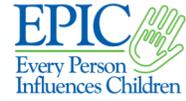
- ▶ We will:
 - ▶ Briefly discuss stress and self-care
 - ▶ Learn about and engage in a Body Scan
 - ▶ Discuss and practice a Breathing Exercise
 - ▶ Engage in a guided Meditation
 - ▶ The Layers of Sound
 - ▶ Learn and engage in Daily Adaptable Yoga Practices
 - ▶ Chair Yoga
 - ▶ Yoga

Stress & Self Care



- ▶ What is stress?
 - ▶ Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress can also be associated with more positive emotions or events. Stress is your body's reaction to a challenge or demand. In short bursts stress can be positive, such as when it helps you avoid danger or meet a deadline.
- ▶ What is self-care?
 - ▶ Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook. Good self-care is key to improved mood and reduced anxiety. It's also key to a good relationship with oneself and others. Self-care is NOT selfish.

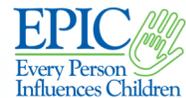
Body Scan



- The body scan is one of the most effective ways to begin a mindfulness practice. The purpose is to tune in to your body—to reconnect to your physical self—and notice any sensations you're feeling without judgement. While many people find the body scan relaxing, relaxation is not the primary goal. Body scans are intended to help you be aware of how you are feeling and where you maybe holding tension in your body



Body Scan



- Begin by bringing your attention into your body.
- You can close your eyes if that's comfortable for you.
- You can notice your body seated wherever you're seated, feeling the weight of your body on the chair, on the floor.
- Take a few deep breaths.
- And as you take a deep breath, bring in more oxygen enlivening the body. And as you exhale, have a sense of relaxing more deeply.
- You can notice your feet on the floor, notice the sensations of your feet touching the floor. The weight and pressure, vibration, heat.
- You can notice your legs against the chair, pressure, pulsing, heaviness, lightness.
- Notice your back against the chair.
- Bring your attention into your stomach area. If your stomach is tense or tight, let it soften. Take a breath.
- Notice your hands. Are your hands tense or tight? See if you can allow them to soften.
- Notice your arms. Feel any sensation in your arms. Let your shoulders be soft.
- Notice your neck and throat. Let them be soft. Relax.
- Soften your jaw. Let your face and facial muscles be soft.
- Then notice your whole body present. Take one more breath.
- Be aware of your whole body as best you can. Take a breath. And then when you're ready, you can open your eyes.



Breathing Exercises



- ▶ Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax. The brain then sends this message to your body. Those things that happen when you are stressed, such as increased heart rate, fast breathing, and high blood pressure, all decrease as you breathe deeply to relax.
- ▶ Square or Box Breathing
 - ▶ Square breathing is a type of breath work that can shift your energy, connect you more deeply with your body, calm your nervous system, and decrease stress in your body.



Box Breathing



- ▶ Begin by slowly exhaling all of your air out.
- ▶ Then, gently inhale through your nose to a slow count of 4.
- ▶ Hold at the top of the breath for a count of 4.
- ▶ Then gently exhale through your mouth for a count of 4.
- ▶ At the bottom of the breath, pause and hold for the count of 4.



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Meditation

- Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.
- The Layers of Sound

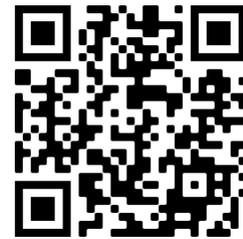
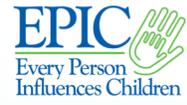



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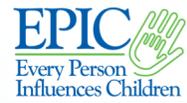
Yoga

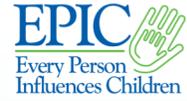
- Yoga is a group of physical, mental, and spiritual practices which originated in ancient India. It is based on an extremely subtle science, which focuses on bringing harmony between mind and body.
- Yoga improves strength, balance and flexibility, helps with back pain relief, can ease arthritis symptoms, benefits heart health, relaxes you, can help you sleep better, helps you manage stress, and promotes better self-care.
- Words You May Hear:
 - YOGA: derived from the Sanskrit root 'Yuj', meaning 'to join or unite'
 - OM: the vibration of the universe; the unity of body, mind and spirit
 - NAMASTE: "the light in me honors the light in you"
 - PRANAYAMA: breathing exercises; a union of 'prana' (breath) and 'yama' (one of the eight limbs of yoga)

Chair Yoga Practice



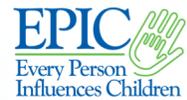
Daily Yoga Practice





Reflection and Group Discussion

- ▶ We will break you into small groups
- ▶ Please take a few minutes to introduce yourself to your group mates and discuss:
 - ▶ Which of the self-care tools demonstrated during this workshop you are most interested in trying and why
 - ▶ Other methods of self-care that work for you
- ▶ When we come back together as a larger group we will briefly share from the small group conversations.



Questions or Comments?



As our time together today comes to a close, you are invited to remember:

