

# *Mental Maintenance*

Self-Care and mindfulness for the overwhelmed,  
impatient, fastidious, and quick-tempered



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*Self-Care*  
*vs.*  
*Mindfulness*

# *Self-Care*

The practice of taking action to preserve or improve one's own health.

The practice of "paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally."

# *Mindfulness*



*Benefits of  
Self-Care &  
Mindfulness*

# *Self-Care*

- 🌸 Better Health
- 🌸 Boosts self-esteem & confidence
- 🌸 Reduces burn-out
- 🌸 Increases capacity for empathy
- 🌸 Builds resilience
- 🌸 Models healthy behavior

🌸 All the above

🌸 Greater awareness, clarity, & acceptance  
of present reality

🌸 Strengthens the brain both cognitively &  
emotionally

🌸 Healthier brain=healthier body

***Mindfulness***

*Self-Care:  
A Quick Guide*



# Self-Care

- 🌸 Asking what you need & following through with the honest answer
- 🌸 Living vs. existing / thriving vs. surviving
- 🌸 Personal (and private) needs
- 🌸 Areas of assessment
  - ❖ Physical
  - ❖ Psychological
  - ❖ Emotional
  - ❖ Spiritual
  - ❖ Personal\*
  - ❖ Professional



# Self-Care

## 🌸 Examples

- ❖ Exercise ☯ Physical
- ❖ Healthy diet ☯ Physical
- ❖ Regular sleep routine ☯ Physical
- ❖ Take breaks ☯ Professional
- ❖ Relocate at lunch ☯ Professional
- ❖ Use sick leave ☯ Professional

*“If you can’t love yourself,  
how in the hell you gonna  
love someone else?”  
–RuPaul*

*Self-Care:  
Tips from Reality*



# *Self-Care*

Pay  
emotional  
attention

Wise  
venting

Read  
(listen to)  
advice

Rediscover  
your joy

Make the  
time

Have an  
anchor

Keep  
account



*Mindfulness:  
A Quick Guide*

🌸 One of the best acts of self-care

🌸 Exercise for the brain

🌸 The practice

❖ Mindful moments

❖ Mindful self-care

❖ Meditation

*Mindfulness*

## Meditation

- ❖ Using the breath
- ❖ Body scan
- ❖ Visualization
- ❖ Walking
- ❖ Guided

*“To meditate with mindful breathing is to bring body and mind back to the present moment so that you do not miss your appointment with life.”*  
*–Thich Naht Hahn*

***Mindfulness***



*Mindfulness  
Tips from Reality*

Moments,  
not  
monuments

Stay  
mindful

Let go

Be a  
tension  
seeker

Sound  
Escapes

Just  
breathe

Recognize,  
accept, &  
continue

*Mindfulness*



# *Additional Resources*



# *Additional Resources*

*Wherever You Go, There You Are:  
Mindfulness Meditation in Everyday Life*  
Jon Kabat-Zinn ©2005 (10<sup>th</sup> edition)

*Wisdom from a Humble  
Jellyfish: and other Self-Care  
Rituals from Nature*  
Rani Shah ©2020

*The Miracle of Mindfulness:  
An Introduction to the  
Practice of Meditation*  
Thich Nhat Hahn ©1987

*Thank you for attending!*

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