Mental Maintenance

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



JEREMY BOLOM LINCOLN PARISH LIBRARY RUSTON, LOUISIANA







Self-Care US. Mindfulness



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 CBHealthier brain=healthier body







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





Self-Care: Tips from Reality



Read (listen to) advice

Make the time

Keep account



One of the best acts of self-care Exercise for the brain The practice Mindful moments Mindful self-care Meditation

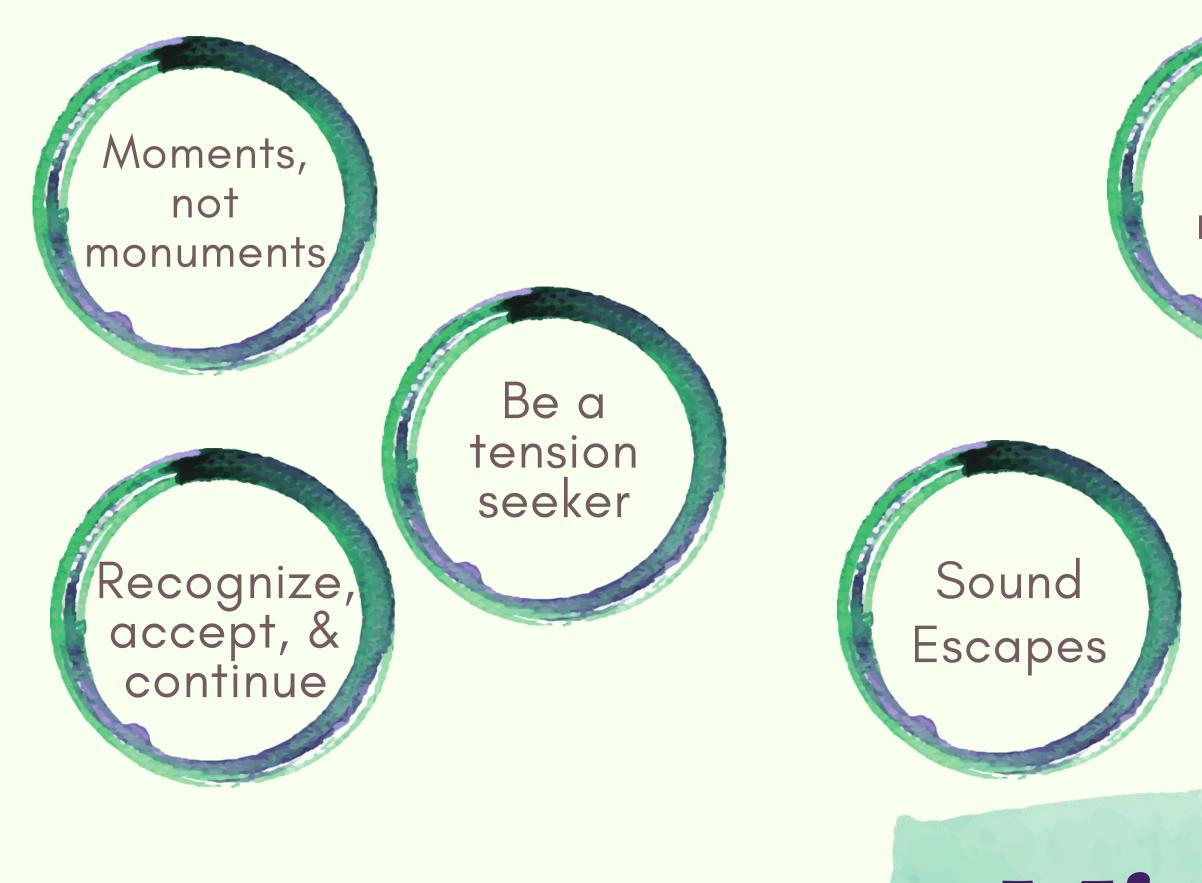


"To meditate with mindful breathing is to bring body and mind back to the present moment so that you do not miss your appointment with life." – Thich Naht Hahn

Meditation Using the breath Body scan Visualization Walking Guided



Mindfulness Tips from Reality



Stay mindful

Let go

Just breathe

Mindfulness



Additional Resources

Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life Jon Kabat-Zinn ©2005 (10th 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!



JEREMY BOLOM LINCOLN PARISH LIBRARY 🛷 RUSTON, LOUISIANA JBOLOM@MYLPL.ORG 318.513.5512



