



NORTHBAY CARES VIDEO SERIES

Title: Make Room For Your Bloom!

Topic: Overcoming Barriers to Self-Care

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Introduction Summary

When we see a plant wilting, we're quick to recognize that it probably isn't getting what it needs. When plants get the basic things that they need (such as soil, sunlight, and water), they will typically bloom. Humans are the same way. When our basic needs are neglected, we tend to wilt. This may look like having depressed mood, relationship difficulties, self-medicating, etc. When we get the basic things we need, we tend to bloom. This may lead us to feel greater confidence, have more energy, enjoy more satisfying relationships, and perform better in our professional lives. This analogy underscores the importance of us maintaining good self-care so that we can experience the "bloom" in our everyday lives. Some of the key elements of human self-care, also known as "protective factors," are:

- Adequate Sleep
- Physical Activity
- Social Connection/Intimacy
- Relaxation
- Nutrition/Hydration
- Positive Thinking

We may generally understand that these things are important, but what gets in the way of us consistently maintaining these forms of self-care? Consider the practices that you would like to become more committed to or experience progress with in your own life. We will refer to those practices as "focus areas" in this video.

Self-care Barrier #1- We Get Distracted and Busy!

Maintaining a healthy lifestyle requires a daily commitment to doing things that nurture us physically, mentally and emotionally. Sometimes, that's difficult to stick with! Life can become busy and other activities can distract us from our self-care priorities.

What are some things we can incorporate to help us maintain our commitments to regular self-care?

- **Structure:**
- **Motivational reminders:**
- **Accountability:**
- **Start small/ Avoid all or nothing thinking:**

Notes:

Reflection Question: *Recall your focus area(s). How can the above tools increase your commitment to your focus area(s)?*

Barrier #2- We revert back to our dysfunctional comfort zones.

Each person has a different version of what feels “normal” and natural. Oftentimes, we feel at home with our struggles. It’s not that we like struggling, but it’s what we’re used to. It’s what we know. Maybe it’s what we felt in our environments growing up. Maybe we stretch ourselves to please others or we shrink back to avoid judgment or failure. Our ruts can often become our comfort zones.

When we take steps to actually care for ourselves, to become healthier and feel better- sometimes THAT can become uncomfortable.

While we may desire life improvement, we may also have a difficult time tolerating positive change.

A few suggestions to make this easier would include:

- **Get honest with yourself** about the habits that keep you stuck. What are the things that you tend to do or let in that cause you to wilt?
- **Visualization** (picture something different than what you know). *Finish this sentence: The lifestyle that would feel healthy for me would look like... (get specific).*
- **Ask Yourself WHY?** *Why would this change help you? Why now? What will happen if you don’t change your pattern? Why you? Why are you worth this change?*
- **Remember the ABC’s** of adjusting to positive change:

A:

B:

C:

Reflection Question: *What form of self-care seems important, but difficult to maintain? How could you prepare yourself for the benefits that this self-care would bring (knowing that these benefits will feel unfamiliar)?*

Self-Care Barrier #3 – The going gets tough.

Maybe you feel run down. Maybe you truly have too much on your plate, but at the moment it doesn't feel like anything can be taken off. Sometimes self-care means slowing down, listening to your intuition, and watering the parts of you that are thirsty.

If life has felt tough for you and you feel you're wilting, it may be time to give yourself **CPR**:

C

P

R

Reflection Question: *When is the last time that you have felt overwhelmed and unmotivated? What would it look like to give yourself CPR in that situation?*

Closing Message

The miracle of your existence calls for celebration every day. -Oprah

How do we do celebrate our existence? By taking care of ourselves. Our self-care is the way that we celebrate being alive. You probably know what you need more of right now- is it sleep, vegetables, time off, laughter, a workout plan, a date night? The KEY is actually showing up for yourself to make sure you're getting what you need. There will be barriers, so be prepared for that and clear about the fact that you're worthy of care and attention- as worthy as anyone else on this planet it. Your life is as miraculous and anyone else's and deserves that level of care and celebration.

Thank you for watching this episode of the North Bay Cares series. If you have feedback about this video or would like to be notified when future episodes are released, please email Katie at katie@wellnesstalktoday.com.