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# Self-Care and Holistic Wellbeing

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Heather Kuhl

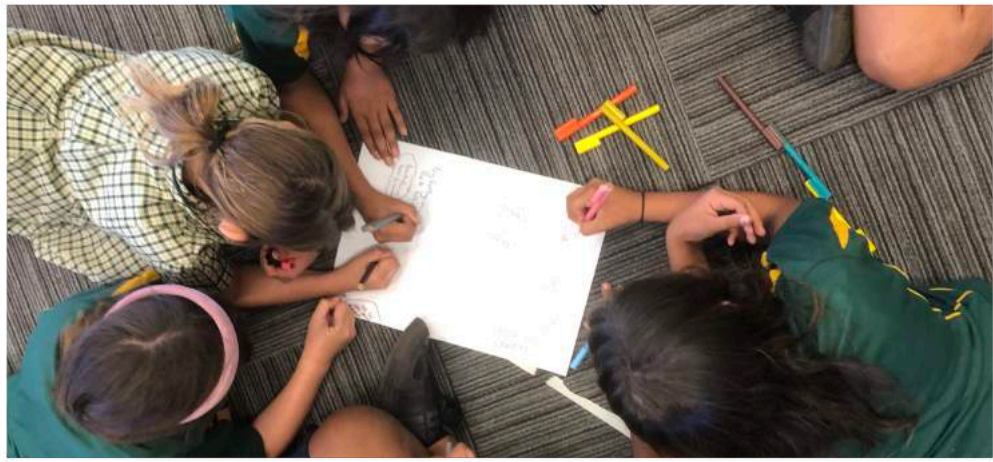
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# What we will cover today

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- ❖ What is Holistic
  - ❖ Parts of who you are
- ❖ Personal Awareness
- ❖ Boundaries
- ❖ What is Self-Care and what it is not
  - ❖ Areas of Self-Care
- ❖ Creating a Plan



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## The Full Picture—Holistic Wellbeing

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- ❖ Physical
  - ❖ Body
- ❖ Non-Physical
  - ❖ Soul/Spirit
  - ❖ Mind
  - ❖ Will
  - ❖ Emotions
- ❖ What does that mean for Holistic Wellbeing?
- ❖ Awareness
  - ❖ Yourself
  - ❖ Others around me

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# Boundaries

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- ❖ What are Boundaries and why do we need them?
- ❖ Need to know yourself to set them
- ❖ Your Boundaries will not look like anyone else's
  - ❖ They can change and be more flexible...not a box for yourself

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# Self-Care

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- ❖ What isn't self-care?
- ❖ Need to know yourself to care for yourself
- ❖ Personality tests can help
- ❖ Areas of Rest (From Book Sacred Rest)
  - ❖ Physical
  - ❖ Mental
  - ❖ Emotional
  - ❖ Spiritual
  - ❖ Social
  - ❖ Sensory
  - ❖ Creative
- ❖ [www.restquiz.com](http://www.restquiz.com)

## My Self Care Plan

Physical	Emotional	Spiritual	Social
<b>Examples:</b> <ul style="list-style-type: none"> <li>• Exercise 3x per week</li> <li>• Drink 2 liters of water per day</li> <li>• Take vitamins everyday</li> <li>• Get 8 hours of sleep per night</li> </ul>	<ul style="list-style-type: none"> <li>• Journal/Processing time</li> <li>• Taking a break from social media</li> <li>• Make time to process with someone</li> <li>• Say “no” to tasks that aren’t priority</li> </ul>	<ul style="list-style-type: none"> <li>• Daily meditation</li> <li>• Book Studies</li> <li>• Combat insecurities with truth</li> <li>• Prayer/Mindfulness</li> </ul>	<ul style="list-style-type: none"> <li>• Plan a regular date night</li> <li>• Call parents weekly</li> <li>• Communicate with supporters</li> <li>• Host a dinner for friends</li> </ul>
<b>Elements of a good self-care plan:</b>	<ul style="list-style-type: none"> <li>• Brings refreshment, not stress</li> <li>• Practical, and realistic</li> </ul>	<ul style="list-style-type: none"> <li>• Builds on your strengths</li> <li>• Has room for grace</li> </ul>	<ul style="list-style-type: none"> <li>• Personal... to you!</li> <li>• Linked with accountability</li> </ul>

**What are some ways I can relieve stress?**

**Who are people that I can depend upon and ask for support and accountability?**

Please contact me with any questions

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