

**Intermountain
Primary Children's Hospital**
"The Child First and Always"

**Micro Self-Care for Patients,
Parents, and Practitioners**

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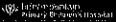
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What is Self-Care

- **Self-Care:** Refuels, helps attain emotional well-being, relaxation, our own personal therapeutic process, manage distress. **Self-care is an ethical imperative!**
- **Micro Self-Care:** Small enough to fit into your existing schedule. Brings "self-awareness, self-compassion, and self-healing, into the trenches of our busy day....[by] developing an interior landscape that is resistant to the minefields of our work..." (Davis Bush)
- Regularly implementing these practices will help you become a resilient practitioner





Micro Self-Care

- *Simple Self-Care for Therapists: Restorative Practices to Weave Through Your Workday* by Ashley Davis Bush
- Qi Gong
- Yoga
- Breathing
- Meditation

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Techniques You Will Learn

- **Grounding:** Help keep you in the present. Help to manage overwhelming and stressful feelings.
- **Energizing:** Help cultivate the inner connection between body and mind as well as control the flow of energy throughout your body
- **Relaxation:** Help relieve stress, boost mood, and improve mental and physical health.

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Grounding Practices

Footloose

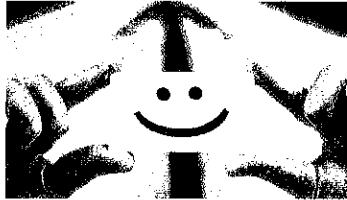
Regain awareness
by grounding to the
earth



Grounding Practices

Good Day

Set a positive
intention for your
day



Grounding Practices

Heaven and Earth

Prepare yourself for a
difficult conversation
or situation



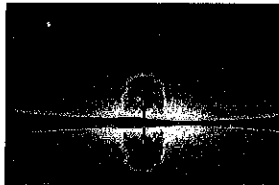
Grounding Practices

Hugs & Kisses
Comfort yourself with a
secure embrace



Reflections

- What were these grounding practices like for you?
- What did you like about these practices?
- When would you see yourself teaching these techniques to a patient? Parent? Practitioner?



Energizing Practices

Shaking the Tree
A way to relieve emotional stress



Energizing Practices

Marching Orders

Wake yourself up
with movement



Energizing Practices

Happy Dance

Improve your mood
and increase energy



Reflections

- What were these energizing practices like for you?
- What did you like about these practices?
- When would you see yourself teaching these techniques to a patient? Parent? Practitioner?



Relaxing Practices

Ujjayi Breathing

A breath to calm and soothe the nervous system



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Relaxing Practices

5 Senses

Decrease anxiety by engaging your senses



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Relaxing Practices

Alternate Nostril Breathing



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Relaxing Practices

Waving Hands by the Lake

Gentle flowing movements coordinated with the breath



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Reflections

- What were these relaxation practices like for you?
- What did you like about these practices?
- When would you see yourself teaching these techniques to a patient? Parent? Practitioner?



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Other Helpful Strategies

- Circle of Care
- Bubble Tea
- Sing a Song of Sixpence



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Additional Questions?



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