



**Welcome**

**To the**

**South Panola School District**

**Virtual Parent Center Workshop**



Workshops can be found on the South Panola School  
District website: [spsd.k12.ms.us](http://spsd.k12.ms.us)

or for more information contact:

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# VIRTUAL WORKSHOP

South Panola Parent  
Center

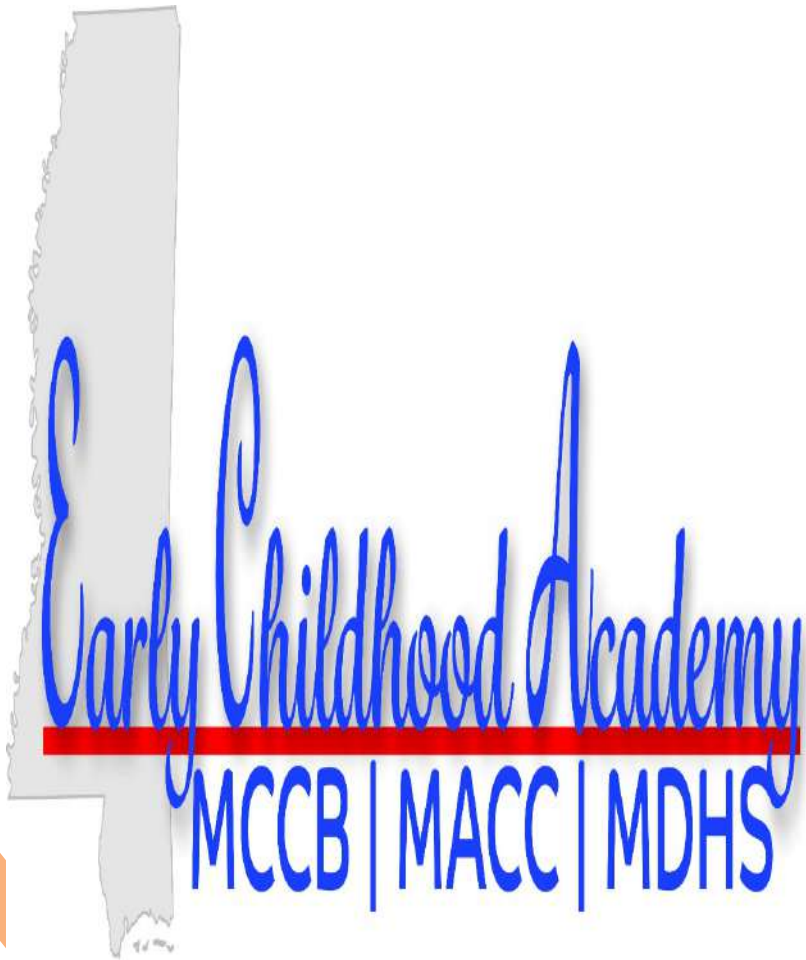
Presents a Virtual  
Workshop

On

**“Self-Care for Adults”**



# Who we are



# Presenters:

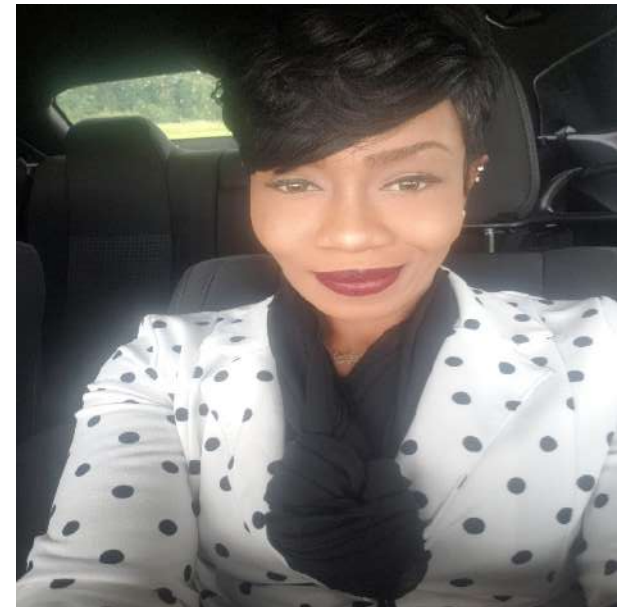
## Ms. Tunga Otis & Mrs. Melissa Readus

Family Engagement Specialists with the Mississippi Community College Board(MCCB)/Early Childhood Academy

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**Topic:**

# **SELF-CARE FOR ADULTS**





# What is Self-Care for Adults?

**Self-care** is any activity that we do deliberately in order to take **care** of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook. Good **self-care** is the key to improved mood and reduced anxiety.



# What are examples of self-care?

- Physical exercise
- Mental self-care
- Develop a regular sleep routine
- Aim for a healthy diet
- Take lunch breaks
- Go for a walk at lunchtime
- Take your dog for a walk after work
- Use your sick leave
- Get some exercise before/after work regularly





# Eat Healthy

- Aim for a healthy diet.
- People who eat meals high in vegetables, fruits, whole grains, fish and nuts are less likely to develop depression.



# Physical self-care



- Get some exercise before/after work regularly. Exercising 3 days a week decreases stress, increases energy levels and improves happiness.



# SLEEP

- **Develop a regular sleep routine.**
- **Adults sleep less than the recommended 7 to 9 hours a night. Sleep plays a major role in our overall health - improving emotional regulation and management of anxiety.**



# Take a lunch break



Go for a walk at lunchtime. Or take time to eat a healthy meal for lunch and enjoy the time. These breaks are essential in helping employees de-stress and re-charge for the rest of the workday. Regular breaks can also help improve overall job satisfaction.





# Time Off

- People feel refreshed and excited to get back to work after a vacation or just taking time off. Use your sick leave, and enjoy yourself.

Sometimes we need a  
break from it  
all, even when  
we don't know what  
'it all' actually is.

- Nathaniel Holdsworth



# Get Outside

- On average, Americans spend most of their time indoors – get outside-nature and sunlight improves our mood, restores the spirit, and improves focus and clarity.



# Take a walk

MINI-WALKS when time is short, get creative and take a mini-walk instead! Try parking at the end of the parking lot, taking the long way to the restroom at work or walking around the block one time before heading into your house after work, are simple ways to up your step count each day.





# Laugh

Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh.



# Practice Mindfulness

The practice of pausing, breathing, and just “being” is essential to our well-being and mental health, helping us reduce stress, worry less and enhance feelings of resiliency.



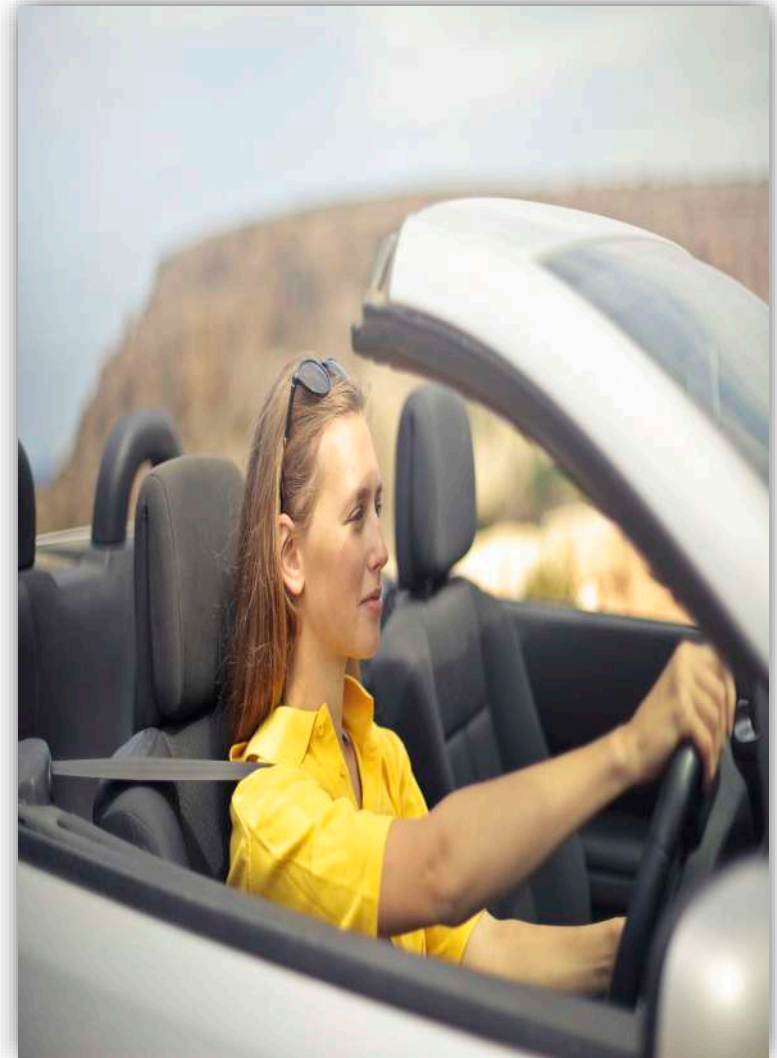
# Talk to a Friend

Close social relationships improve our self-confidence, and help us cope with the ups and downs in life.



# Take a Drive

While riding in your car make the most of this time. Change how you spend that time. If you always listen to music, perhaps also try: educational radio, positive audio tapes or even totally quiet time. Use that quiet time for brain storming. Either think in your head or even talk your ideas out loud in a voice recorder.



# Monthly Treat



Monthly Plan

Schedule a treat for yourself once a month. It could be on your lunch break, a weekend, or it could be leaving work early. Maybe you get a spa treatment, go see a movie, a haircut, play golf, or whatever treat you're always thinking about but rarely get to do. Schedule it in and it will happen!





# Babysitter

Make a plan to have a babysitter that you trust watch your children once a month or once a week so that you can get some time for yourself. The key here is to take action and make it happen. If you want more time for yourself, you can get it. Just don't be afraid to ask.



# Learn to Disconnect

Here are a few benefits to **unplugging** from technology: Reduce stress – Both your brain and your body need to recover from your day at work. Being “on” 24/7 isn't **healthy** for your mind, body or spirit. Take time to reconnect with yourself by **unplugging** from work-related technology after work hours.





# Enjoy you

Do things you love. Maybe you can't skydive every day or take vacations every season, but as long as you get to do the things you love every once in a while, you will find greater happiness.



**BE  
HAPPY  
AND  
ENJOY  
YOURSELF**



# Take care of yourself

YOUR MENTAL HEALTH IS MORE IMPORTANT THAN THE TEST, THE INTERVIEW, THE LUNCH DATE, THE MEETING, THE FAMILY DINNER, THE SOCCER GAME, THE RECITAL, AND THE GROCERY-RUN. TAKE CARE OF YOURSELF.



# Time is now

Start now by making time for yourself. Taking care of yourself doesn't mean me first, it means, me, too.



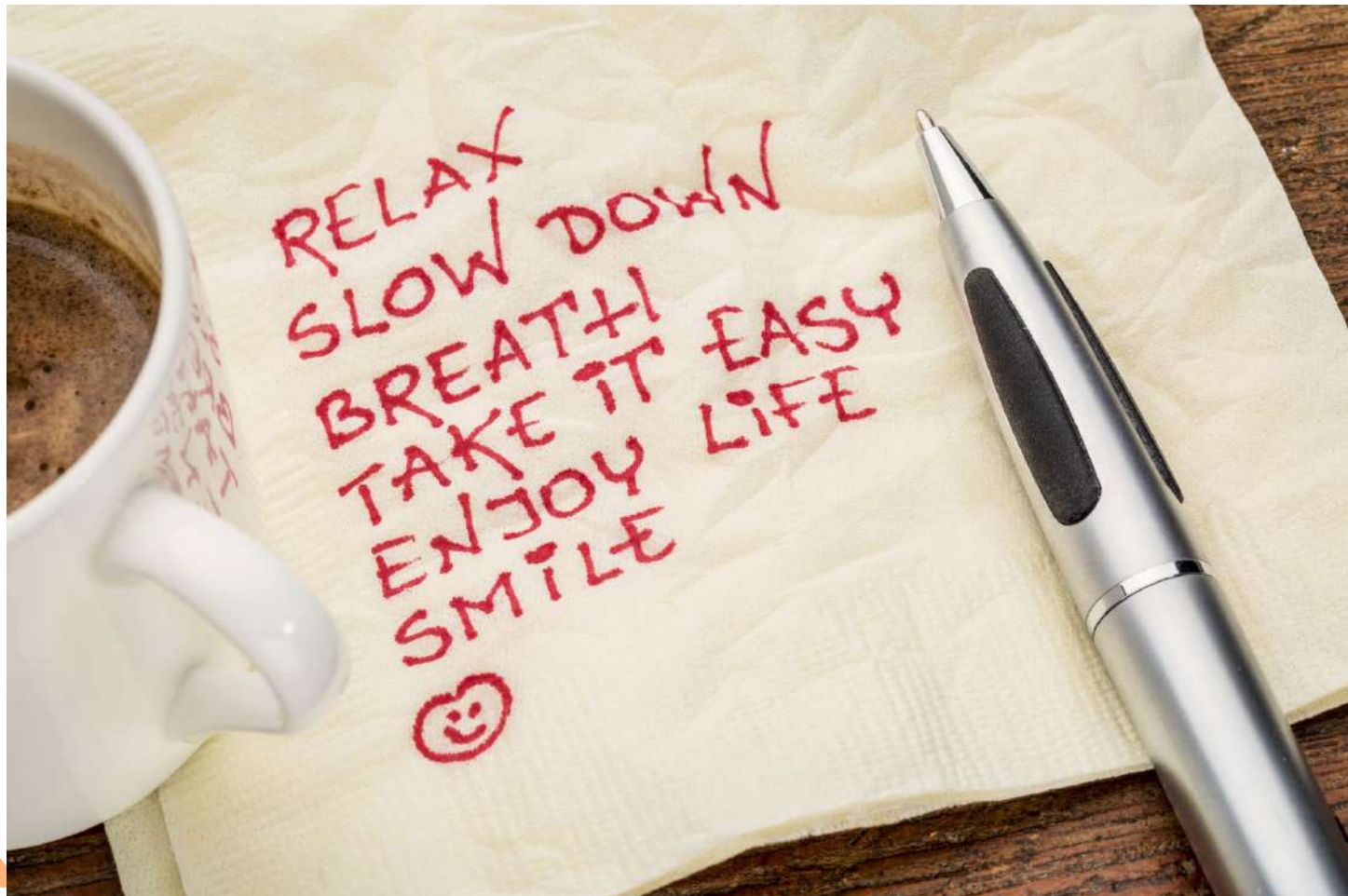
# Think about self



Self-care is different for all of us. You are not selfish to do things that makes you happy and complete.



# De-Stress yourself



# Visualize

A short visualization can be the quickest path to getting centered. Just get comfortable somewhere quiet and imagine the person, place or thing that makes you happy. If accomplishing a goal charges you up, imagine someone thanking you for what you've completed.





# Find a hobby

Hobbies are an important way to help you de-stress and gather yourself. There are lots of ways you can add a little relaxation and some productivity into your daily routine.





# Let's rock

A rocking chair is a good solution because it strengthens muscles and loosens stiff joints while not requiring much exertion. Turn on the music of your choice, close your eyes and rock your problems away.



# Fill up daily



You can't  
pour from an  
empty cup.  
Take care of  
yourself first.



# We all deserve a piece of happiness for ourselves



# You are important



# Call us

Thank you for your participation  
If you have any questions or concerns, please call us

Mrs. Tunja Otis  
1-901-568-5608

or

Mrs. Melissa Readus  
662-645-3281

For any additional information contact  
Mrs. Dianne Wiley, at 662-563-6044



# You are special



# Resources

- <https://www.samhsa.gov/find-help/national-helpline>
- <https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwid9I-bgc7tAhVLZc0KHaERBHcQFjADegQIAxAC&url=https%3A%2F%2Fwww.goodtherapy.org%2Fblog%2F134-activities-to-add-to-your-self-care-plan%2F&usg=AOvVaw>
- <https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwjHhJDSgc7tAhXQt1kKHZe0A0IQFjAGegQIDxAC&url=https%3A%2F%2Fwww.mhanational.org%2Ftaking-good-care-yourself&usg=AOvVaw24D-5TzOTUCiqxVHNW8-dT>

