



Filling Your Cup: Self-Care During Challenging Times

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CUPA-HR Webinar

Presenter



Maureen De Armond, JD, SHRM-SCP

Des Moines University
Medicine & Health Sciences

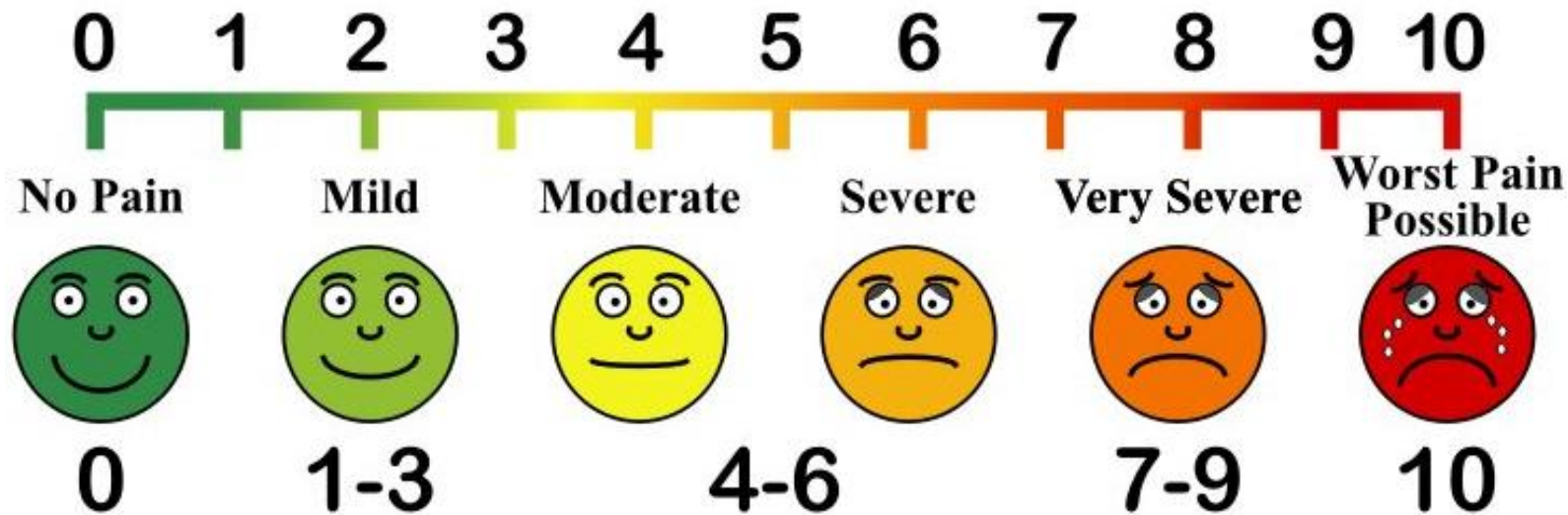
Today's Conversation

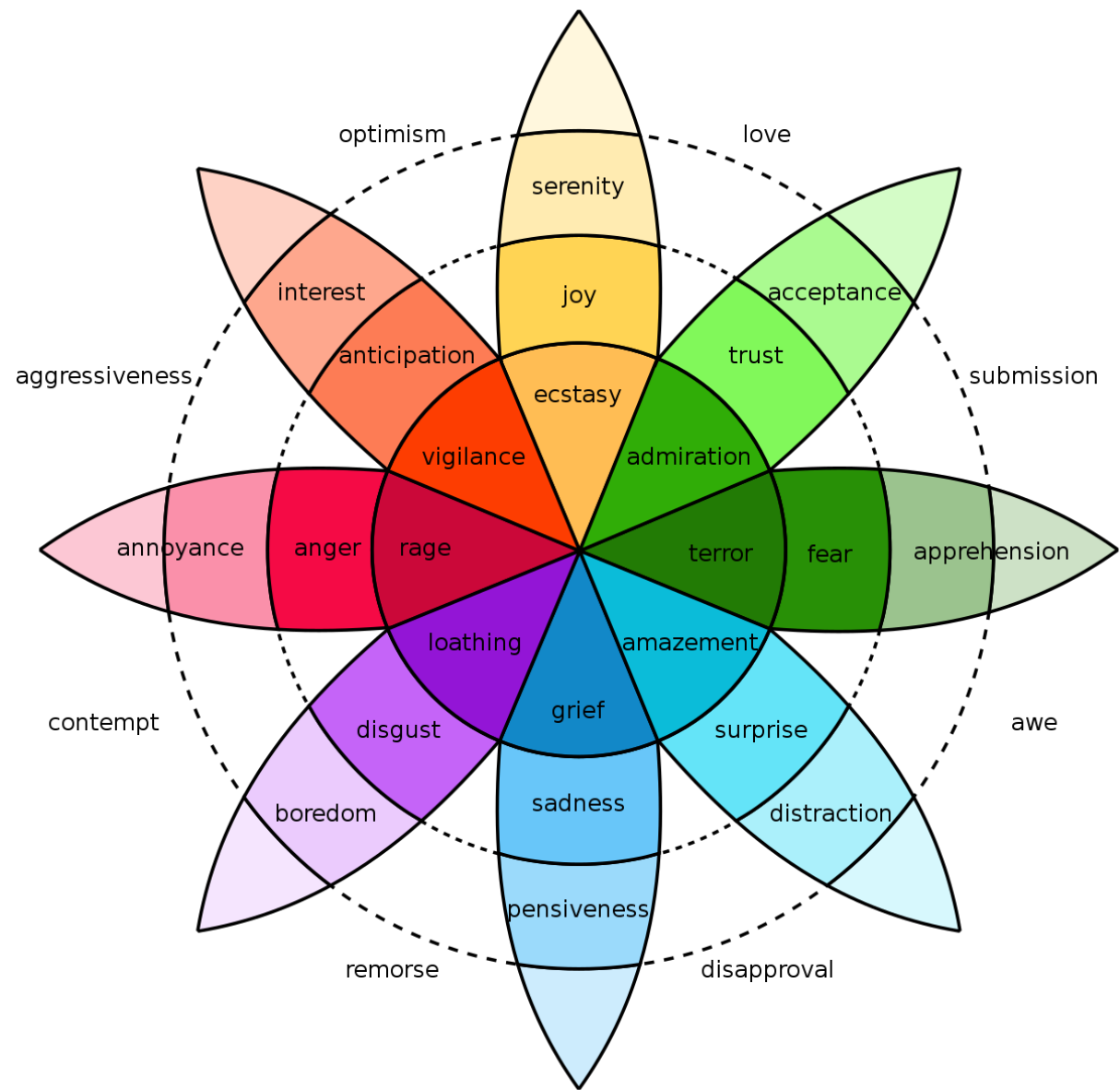
- What's In Your Cup?
- Defining Your Circle of Control
- What's In Your Self-Care Survival Kit?



Check-In Poll Question

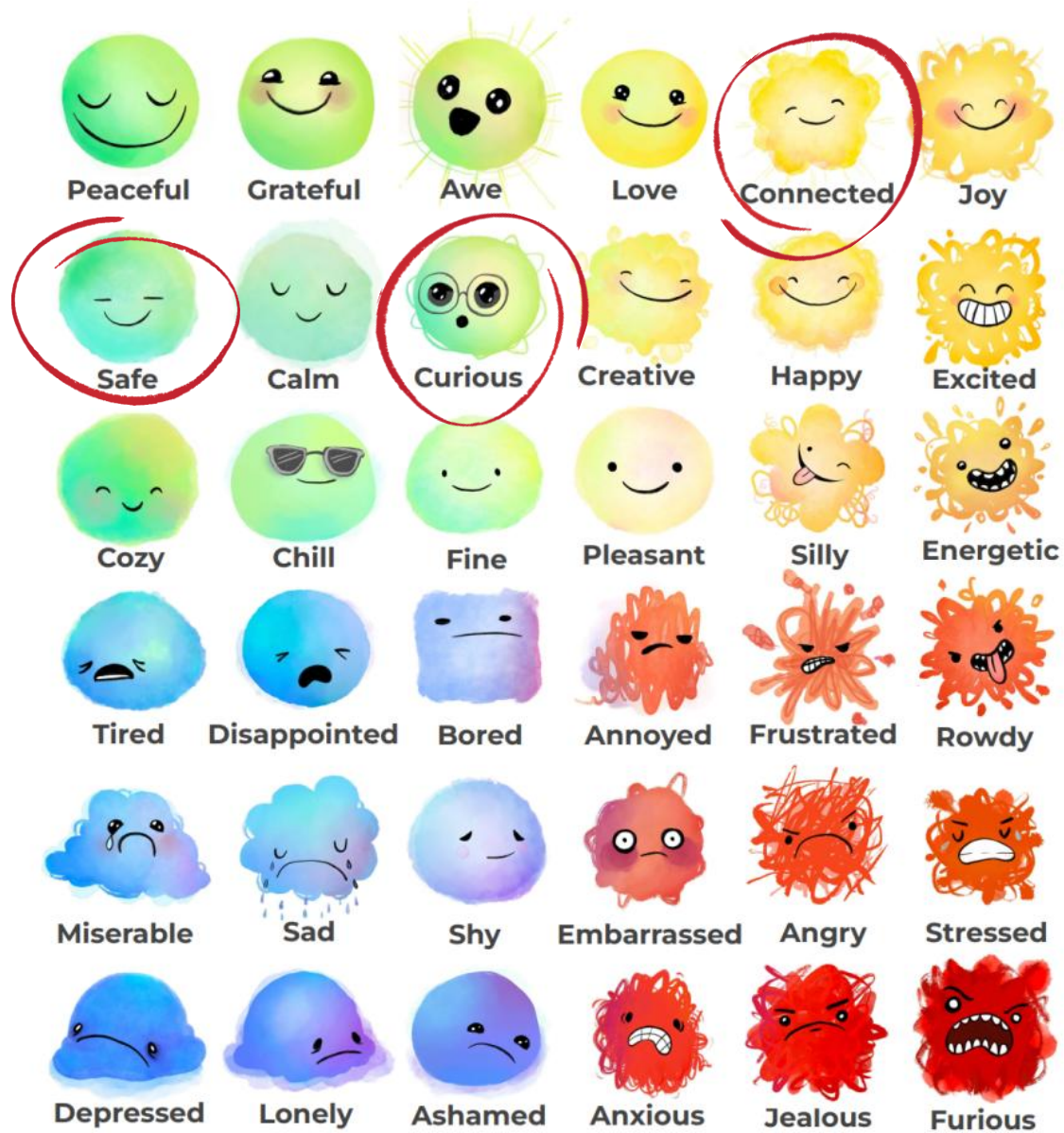
From a self-care perspective, how do you feel you are managing through “things” right now?





Intensity of Feelings	HAPPY	SAD	ANGRY	AFRAID	ASHAMED
HIGH	Elated Excited Overjoyed Thrilled Exuberant Ecstatic Fired up Passionate	Depressed Agonized Alone Hurt Dejected Hopeless Sorrowful Miserable	Furious Enraged Outraged Boiling Irrate Seething Loathsome Betrayed	Terrified Horrified Scared stiff Petrified Fearful Panicky Frantic Shocked	Sorrowful Remorseful Defamed Worthless Disgraced Dishonored Mortified Admonished
MEDIUM	Cheerful Gratified Good Relieved Satisfied Glowing	Heartbroken Somber Lost Distressed Let down Melancholy	Upset Mad Defended Frustrated Agitated Disgusted	Apprehensive Frightened Threatened Insecure Uneasy Intimidated	Apologetic Unworthy Sneaky Guilty Embarrassed Secretive
LOW	Glad Contented Pleasant Tender Pleased Mellow	Unhappy Moody Blue Upset Disappointed Dissatisfied	Perturbed Annoyed Uptight Resistant Irritated Touchy	Cautious Nervous Worried Timid Unsure Anxious	Bashful Ridiculous Regretful Uncomfortable Pitied Silly

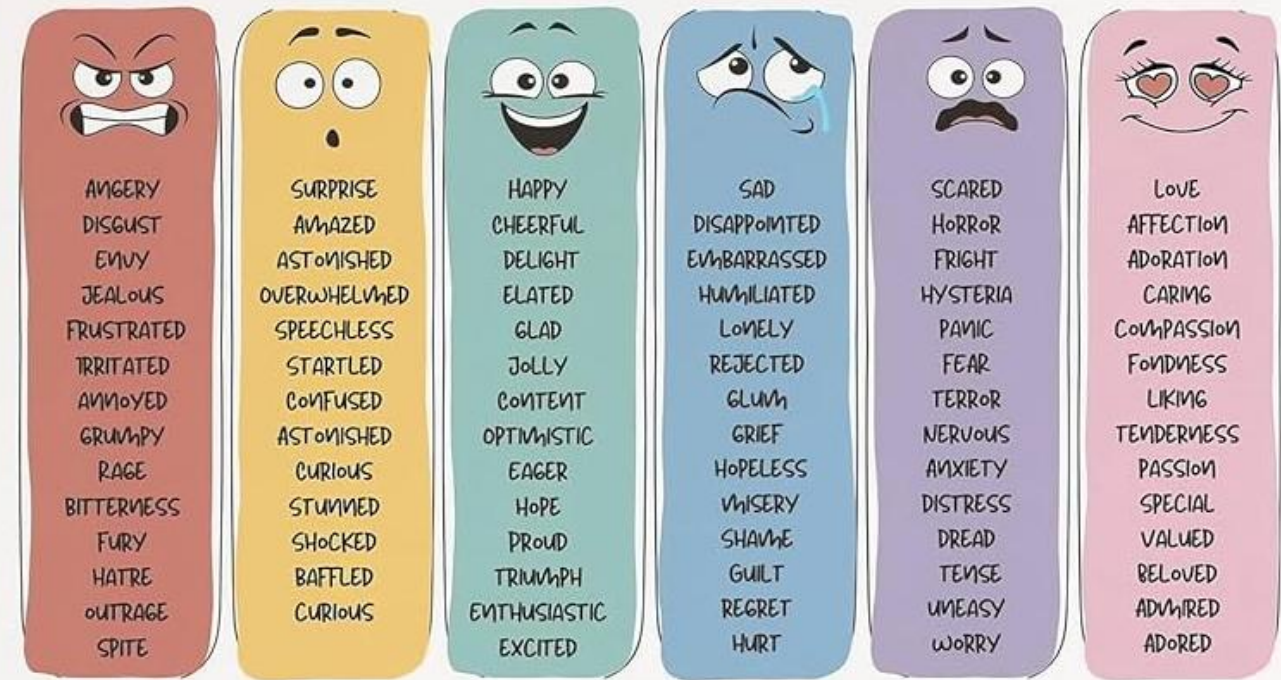
The five core emotions run left to right across the top of the table. Manifestations of each emotion based upon the intensity felt are described down each of the columns in the table.



Google

emotions diagram

WORDS FOR WHAT I AM FEELING



Why Did You Spill Your Coffee?



What's In Your Cup?

- Each morning, fill your cup with something good!
- A moment of mindfulness and intentionality helps set the day's tone



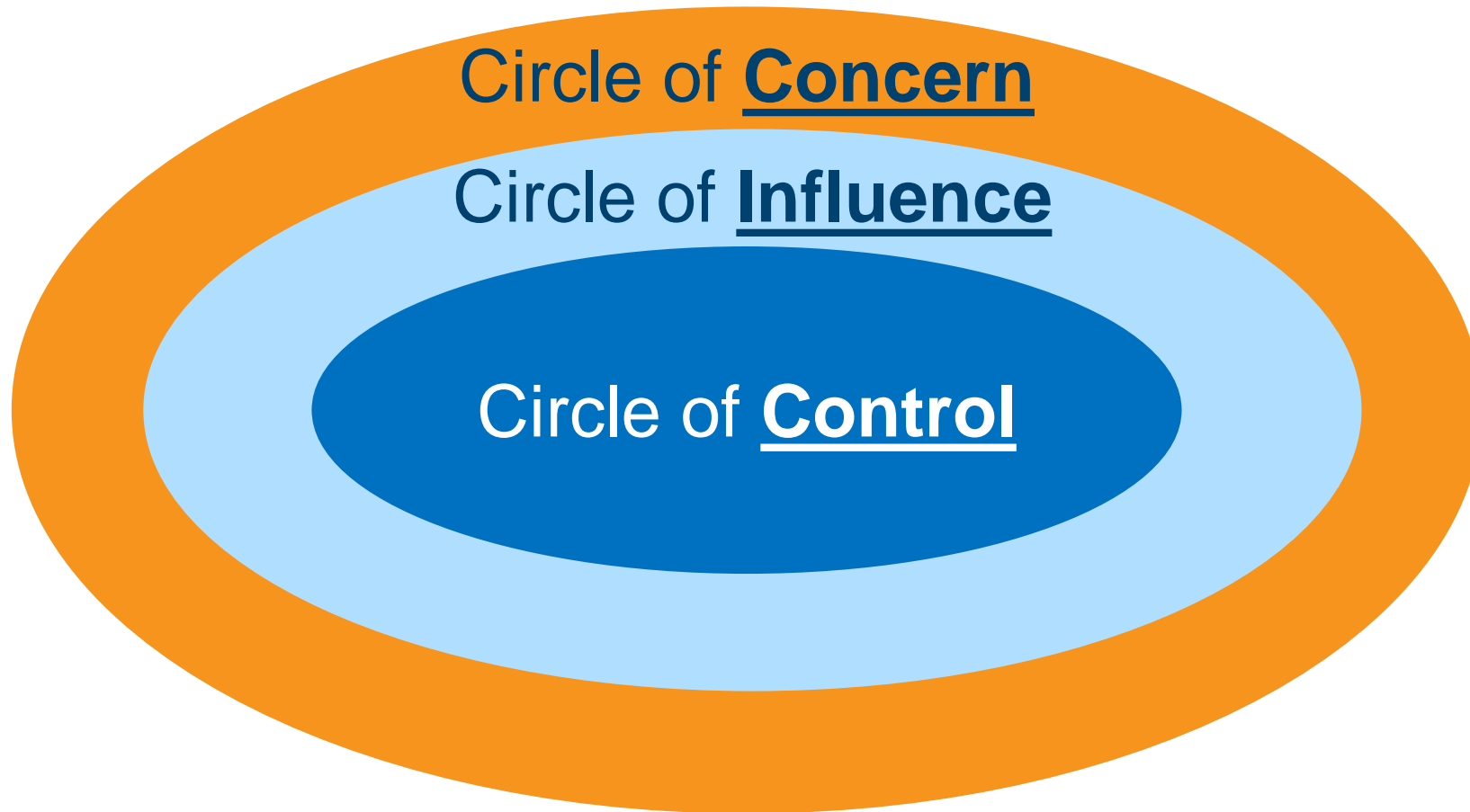
Poll Question

Are you willing to try the “fill your cup” tool?

1. Already do!
2. Absolutely
3. Probably will
4. Probably won't



Stephen Covey's Circle of Control



Circle of Concern

- Can encompass the wide array of things we care about or feel affected by but cannot control
- When we dwell on factors beyond our immediate influence, what happens?



Circle of Concern

- What other people do
- How others act / react
- Other people's motives
- Predicting what will happen next
- The past
- What else?



Circle of Influence

- We may not have control over the outcomes, but these are places where we can exert influence
- What happens when we focus some energy and effort here?



What is in Your Circle of Influence?

- Develop skills
- Learn new content
- Seek opportunities
- Build relationships
- Pursue collaborations
- What else?



Nurturing Your Influence

- Build and maintain strong relationships
- Go the extra mile to help people you believe in and care about
- Regularly communicate
- Show appreciation
- Express your gratitude
- Be curious
- Be authentic
- Be a helper



Circle of Control

- We have direct power and control through thoughts, words, and actions
- It's easy to think this circle is tiny. But is it?



What is in Your Circle of Control?

- Your attitude
- Your behavior
- How you respond to challenges
- What else?

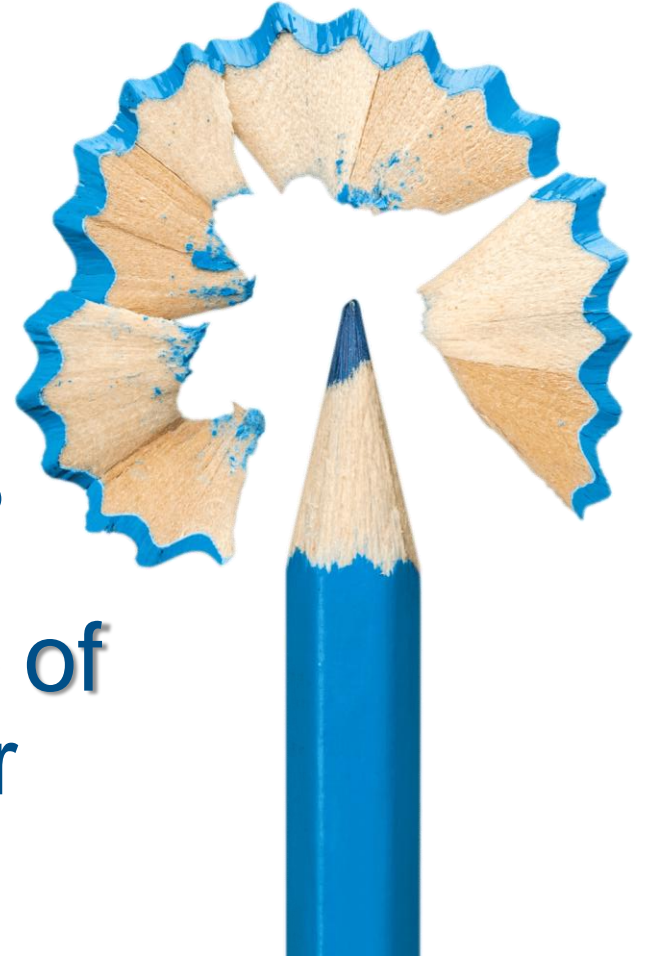


What is in Your Circle of Control?

- Attitude
- Behavior
- Respond to challenges
- Effort
- Words
- Actions
- Decisions
- Practice self-care
- Follow rules
- Treatment
- Kindness
- Forgive
- Forget/Move On
- Feelings
- How I act
- When I ask for help
- Using “I” statements
- Active listening
- Honest
- Truthful
- What I read
- What I eat
- Get enough sleep
- Exercise
- How I talk to myself
- If and when I try again
- Setting boundaries
- Respecting boundaries
- Whether I keep my word
- Whether I help others
- Owning mistakes
- Be empathetic
- Accept self
- Focus on the moment
- Focus on the positive
- Practice gratitude
- Say please and thank you
- Treat self with kindness
- Treat others with kindness
- How I hold my body
- How I relate to my feelings
- What coping strategies I use
- How I breathe
- Seeking out growth
- What goals I set
- How I interpret events
- When I walk away
- Whether I get back up after falling down
- Take mindful breaks
- Get fresh air
- Accept myself
- How often I smile / laugh

Circles Exercise for Later:

- Outline only the key items in your circle of concern that are causing your stress
- Reflect on your circle of influence. What is it? How can you nurture it?
- Spend the most time on your circle of control. Your list may end up longer than you think!



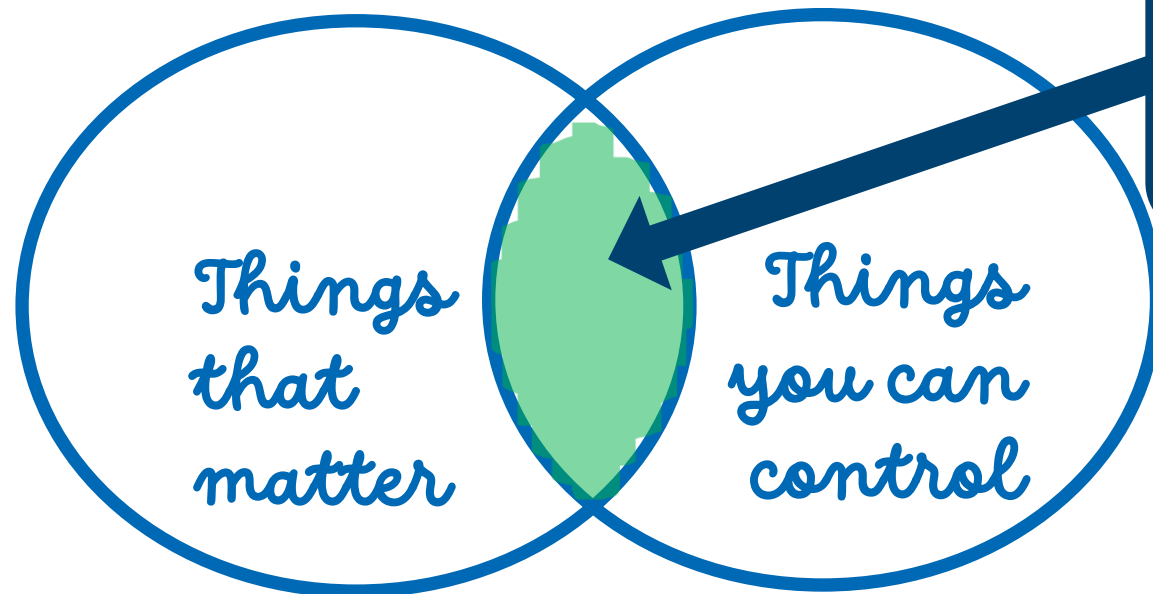
Circles Exercise for Later

- What significant variables reside in each circle?
- Where do you tend to allocate most of your mental & emotional energy?



Manage Your Circles

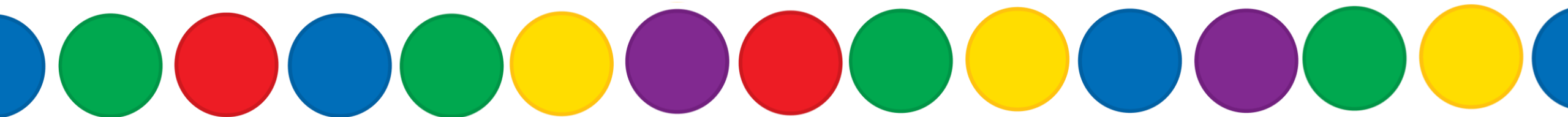
“Instead of worrying about what you cannot control, shift your energy to what you can create.” - Roy T. Bennett



**What you
should
focus on!**

Bottom Line on the Circles

- Don't be defeated by what you can't control
 - Recognize, yes
 - But don't get stuck!
- Expand what you can influence
- Know what you can control



Self-Care Survival Kit

- Habits when we hit a low... destructive or constructive?
- Create a list of things that lift you up ahead of your next low
 - Shorten the amount of time you spend in a low point
 - Limit the depth of the low point



Self-Care Survival Kit

Start with the 4S's:

- ✓ Self-care Behaviors
- ✓ Self-care Strategies
- ✓ Sagacity Items
- ✓ Support People



Self-Care Behaviors

- ✓ When you have hit a wall in the past, what behaviors helped you?
- ✓ What behaviors made things worse?
- ✓ Do you need a positive distraction to help you reset?
 - New skill
 - Self-assessment
 - Update resume
 - Write an article
 - Start a new book
 - Life/career coaching (EAP)
 - New Certification
 - Get involved in your community

Self-care Strategies

- ✓ Things that keep you moving
- ✓ Actions you can take when you get stuck
 - Go for a walk
 - Connect with nature
 - Yoga, meditate
 - Ride your bike
 - Clean, purge
 - Visit a museum
 - Hobbies
 - Yard work, gardening
 - Journal, write
 - Gratitude exercises

Sagacity Items

- ✓ Things or items that give you comfort
- ✓ Something you can touch, hear, taste, smell...
 - Music
 - Favorite movies
 - Comfortable sweater
 - Old photo album
 - Make your favorite meal
 - Poems
 - Quotes
 - Paintings
 - Bucket List
 - Bake some cookies

Support People (and Animals)

- ✓ Who are the people you can count on?
- ✓ Can you have mutual agreements with friends to be there for each other?
- ✓ Pets are great for support, too!
 - Text, call
 - Facetime
 - Long email
 - Meet for coffee
 - Walk with a friend
 - EAP, Therapist
 - Bond with a pet
 - Volunteer



Actual Self-Care Survival Kit?

- Scented candle
- Essential oils
- Face mask
- Fragrant Lotion
- Play list
- Favorite chocolate/snack
- Photo of family/friend/pets
- Journal
- Support books/articles
- Gift certificate to favorite restaurant, coffee house, massage
- Post-it Notes for self-affirmations
- Letter to self
- Adult coloring book, puzzle book



Key Takeaways

1. Capture your emotions and spend time reflecting on them daily (or at least weekly)
2. Reflect on what you have in your cup. People will bump into you. You'll run into things, too. What do you want to spill out of it?
3. Spend time with the Circle of Control exercise. As powerless as we may feel at times, there is still **a lot** we can control!
4. Consider what should be in your self-care survival kit. Don't wait until you need it!

Online Resources

- ✓ [Spilling Over: What's In Your Cup?](#)
- ✓ [Understanding the Circles of Control, Influence & Concern \(Positive Psychology\)](#)
- ✓ [The Power of Covey's Circle of Concern, Influence, and Control](#)
- ✓ [Circle of Control: Free Worksheet & Example to Reduce Worry](#)
- ✓ [Emergency Self-Care Worksheet \(Univ. Buffalo\)](#)
- ✓ [How To Prepare For \(and Get Through\) Bad Days](#)
- ✓ [Emergency or Soothe Box: First Aid for Distress](#)
- ✓ [DIY Emergency Self-Care Kit: Managing anxiety & urges \(video\)](#)

Final Thoughts...

“Experience is a hard teacher because she gives the test first, the lesson afterward.” -Vernon Law

“If uncertainty is unacceptable to you, it turns into fear. If it is perfectly acceptable, it turns into increased aliveness, alertness, and creativity.” - Eckhart Tolle

“Accepting that the world is full of uncertainty and ambiguity does not and should not stop people from being pretty sure about a lot of things.” - Julian Baggini

Have a Question?



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