

Self-Care During the Holidays

Finding Balance During the Job Search

Vince Cieslak, MSW, LSW, CADAC, CDVP
Conventions Psychiatry & Counseling
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Agenda

- Importance of Self-Care
- Types of Self-Care
- Losses/Stressors
- Q/A
- Conclusion



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WHY DO WE NEED TO PRACTICE SELF-CARE?

Self-care involves taking steps to preserve or improve one's own health and well-being.

Self-care enables us to better manage stress and enhance productivity. Taking care of ourselves helps maintain a healthy work-life balance and allows us to care for others.



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AREAS OF SELF-CARE



MENTAL

Tending to your mind by practicing mindfulness and leisure activities.

EMOTIONAL

Acknowledge, validate, and feel your emotions.

PHYSICAL

Tending to your physical body by keeping it healthy.

SOCIAL

Staying connected with others.

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MENTAL SELF-CARE

Taking care of your mind

- Keeping a daily routine helps maintain a sense of normalcy and control. Limit job search activities to specific days or hours and prioritize yourself.
- Make sure to carve out time for breaks throughout your day! Incorporating moments for exercise, relaxation, and fun activities can rejuvenate your mind and body and keep you energized and focused.
- Practice mindfulness by taking time for mentally relaxing activities to avoid feeling overwhelmed or guilty about taking for yourself.

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EMOTIONAL SELF-CARE

Acknowledge your feelings and know that they are valid. If you feel overwhelmed, try meditation, deep breathing, a body scan, or progressive muscle relaxation (PMR).

Practice gratitude. Think of at least three things you are thankful for every day. A gratitude journal can provide a healthy distraction from uncomfortable emotions.

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PHYSICAL SELF-CARE



GET ENOUGH SLEEP

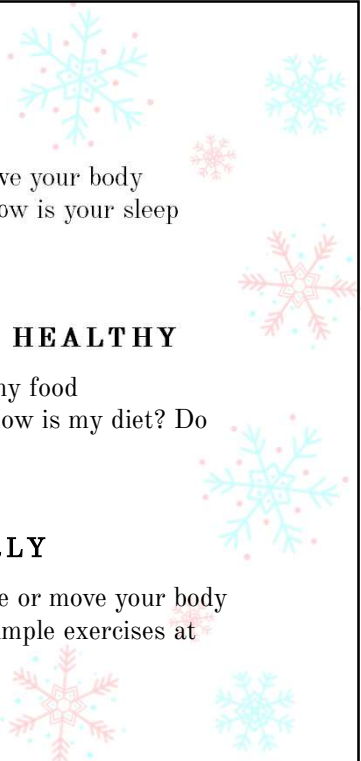
Keep a bedtime schedule to give your body the rest it needs to recover. How is your sleep hygiene?

EAT WELL AND EAT HEALTHY

Nourish your body with healthy food and keep yourself hydrated. How is my diet? Do changes need to be made?

EXERCISE REGULARLY

Set aside time daily to exercise or move your body by stretching, light yoga, or simple exercises at home.



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SOCIAL SELF-CARE

Stay connected with others. Spend time with friends and family to prevent isolation, or balance your alone time to recharge.

Reach out to someone, even as a check-in to maintain your relationships.

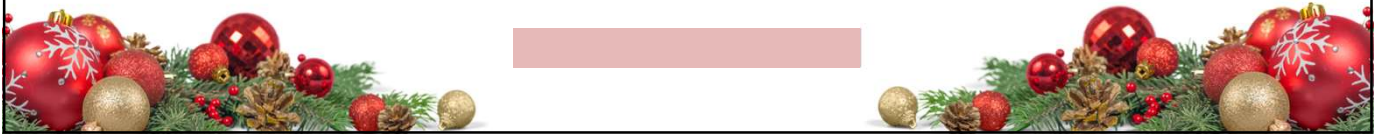
Attend holiday gatherings and virtual meet-ups, join a support group, or volunteer in your community.



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**Experiencing losses during the holidays can be difficult,
but there are ways to cope and find support.**

1. Acknowledge your feelings and give yourself permission; feeling sad, tearful, or overwhelmed is okay.
2. Surround yourself with supportive people who understand your situation, and don't hesitate to seek help.
3. Take time for yourself, whether you're walking in nature, meditating, or enjoying a quiet moment.
4. Adjusting your holiday plans to suit your emotional needs supports your own wellness.



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- **Set Realistic Expectations:** Avoid aiming for perfection; create a SMART goal to avoid last-minute stressors and ensure time for obligations and relaxation.
- **Establish a Budget:** Set financial limits for gifts and festivities to prevent financial stress.
- **Delegate Tasks:** Share responsibilities with family and friends.
- **Embrace Flexibility:** Be ready to adapt and go with the flow – relinquish control over unexpected changes.
- **Prioritize self-care:** Remember the different areas of your wellness.
Small steps still count as progress.

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Q&A

Maintaining a healthy mind and body is vital,
especially during these challenging times.

Taking proper care of ourselves can help us thrive and grow.

Thank you for taking the time for this presentation.



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**Vince Cieslak, MSW,
LSW, CADC, CDVP**

Please stay in touch, ask
questions, or give suggestions.

Email Address

vince@conventionspc.com

Office Number

(630) 416-8289



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