



Self-Care

For Those Who Care for Others

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MOCSHC Conference 2025



Session Overview

01 Grounding Activities

02 Words and Feelings: Purpose of our Session

03 The “Well” Person–Whole Person Approach

04 Ideas, Tools, and Practice





01

Grounding Activities

Luggage and Introductions



Grounding: Drop Your Bags at the Door



Warm Up/Setting our Environment for a Brave Space

- What is heavy?
- A mindful minute
- Who is in the room
- Introductions



The background is a deep purple sky filled with soft, white, puffy clouds. Scattered throughout are several bright, multi-pointed white stars. Three stylized butterflies with black outlines and wings featuring a mix of purple and white patterns are positioned around the text: one in the upper right, one in the lower left, and one in the middle right.

02

Words and Feelings

Terminology and Legitimacy

Terms to Consider



- Compassion Fatigue
- Professional Impairment
- Secondary Victimization
- Vicarious Traumatization
- Burnout
- Adrenal Fatigue
- Emotional Exhaustion
- Proximity Trauma
- Secondary Traumatic Stress
- Empathy Fatigue



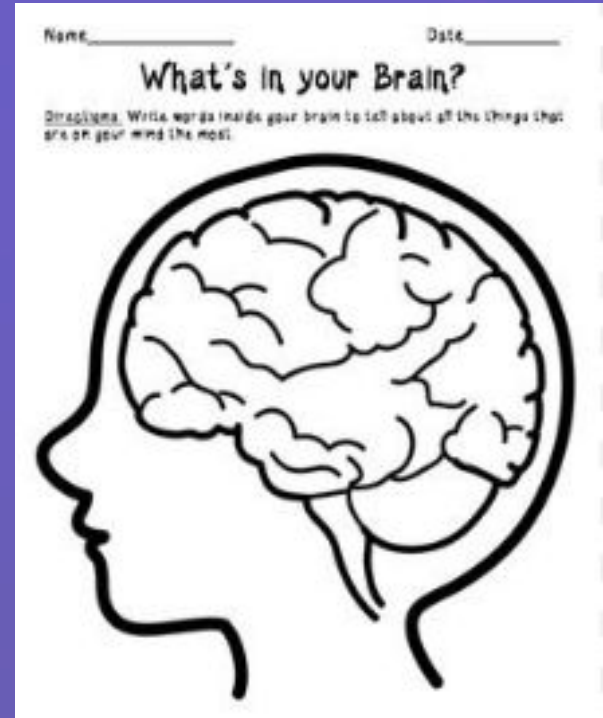
In Your Own Words

Missouri Health and Wellness



Breakin' Down Those Silos!

- MH Awareness Curriculum
- HPV Immunization Information
- Trauma Informed Schools
- Suicide Prevention
- Human Sexuality Education
- Substance Education/Opioid Crisis
- Sexual Abuse Prevention Curriculum
- New PK-12 Health Standards
- WSCC Model-Wellness Coordinators
- Behavioral Health



Your Beautiful Brain





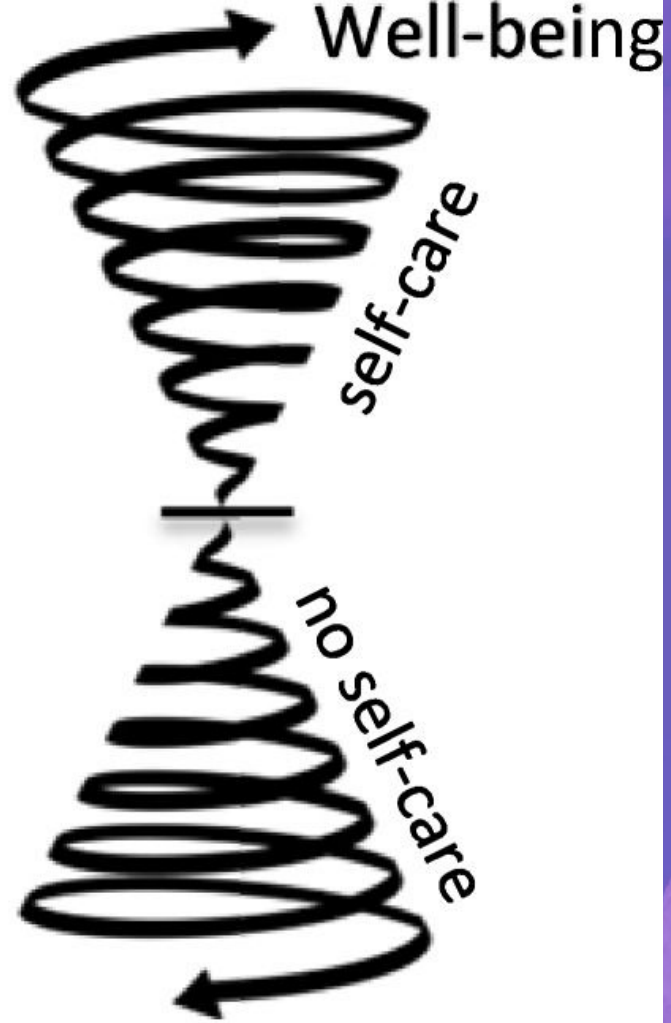
03

The “Well” Person



The Whole Person Approach to Living

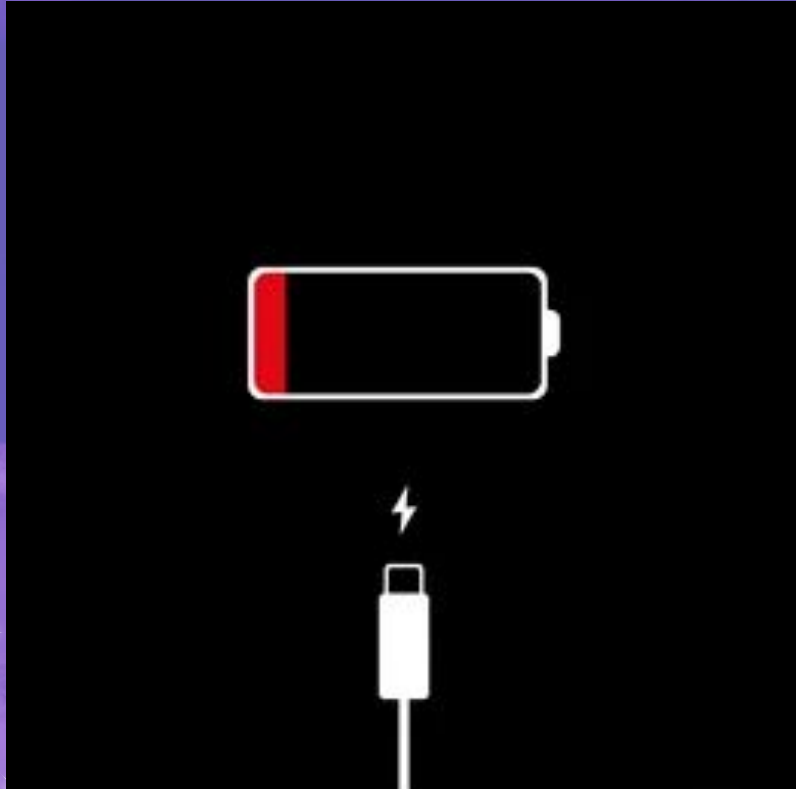






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When Do You Recharge?

1. After all your energy is depleted
2. When your body, mind and spirit are screaming for attention
3. Proactively at all times — finding that perfect balance





How Do You Know When You Need Charged?



Physical
Signs



Other
“Stuff”



Mental
Signs



Emotional
Signs



Social
Signs



04

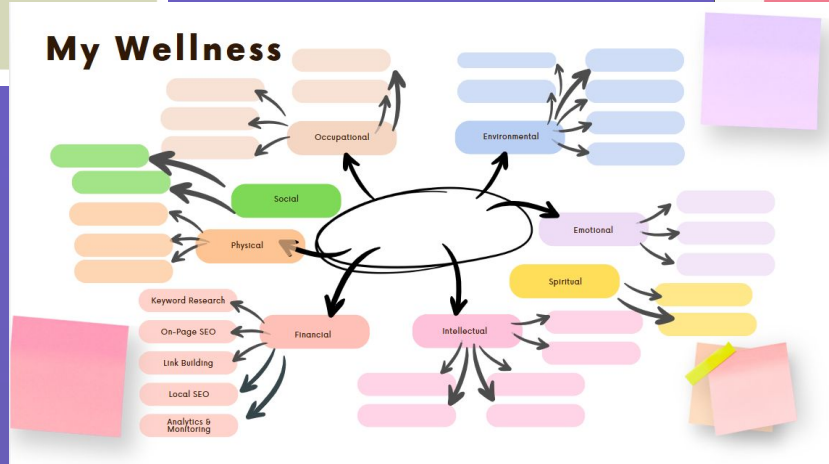
Your Self-Care Toolbox



Ideas, Resources, Tools, Sharing, and Practice



Wellness/Wellbeing Mapping

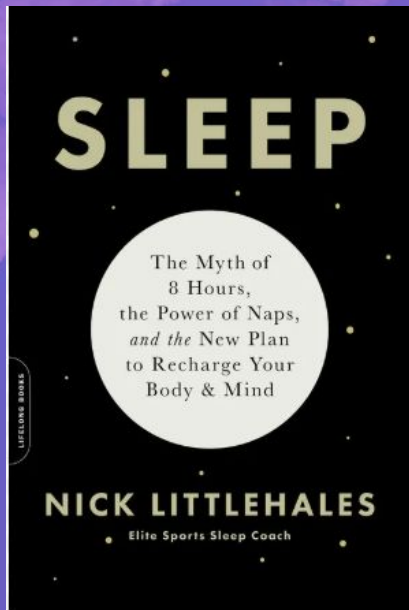


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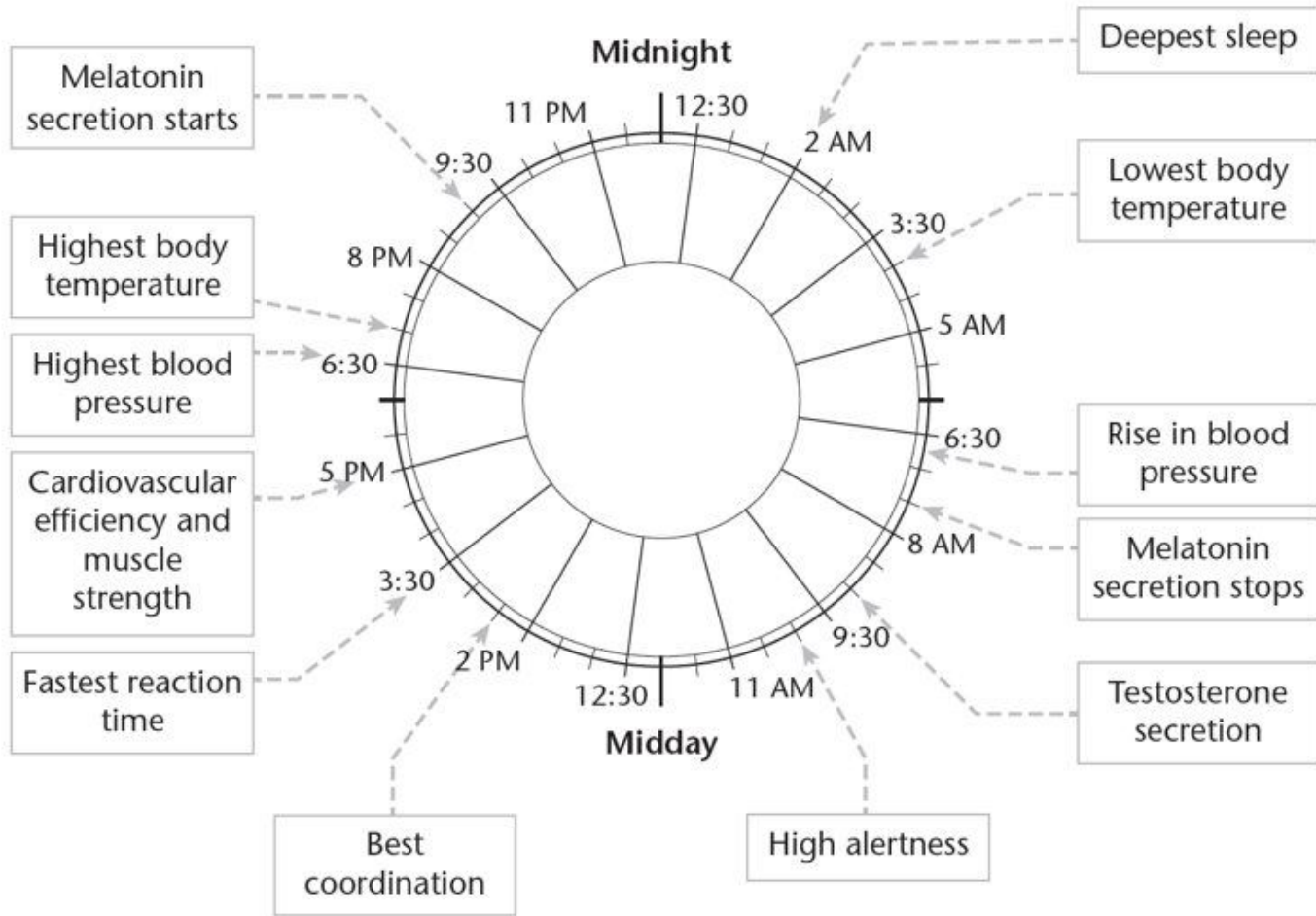
Find Your Tools-The Physical



- Limit caffeine
- Limiting alcohol consumption
- Avoiding tobacco products
- Prioritizing sleep—sleep cycles vs hours-ACTIVITY
- Proper footwear
- Hugging and physical touch of a loved one
- Massage
- Nutrient-dense food intake
- Moving the body/Posture-ACTIVITY
- Breath work-ACTIVITY
- Other



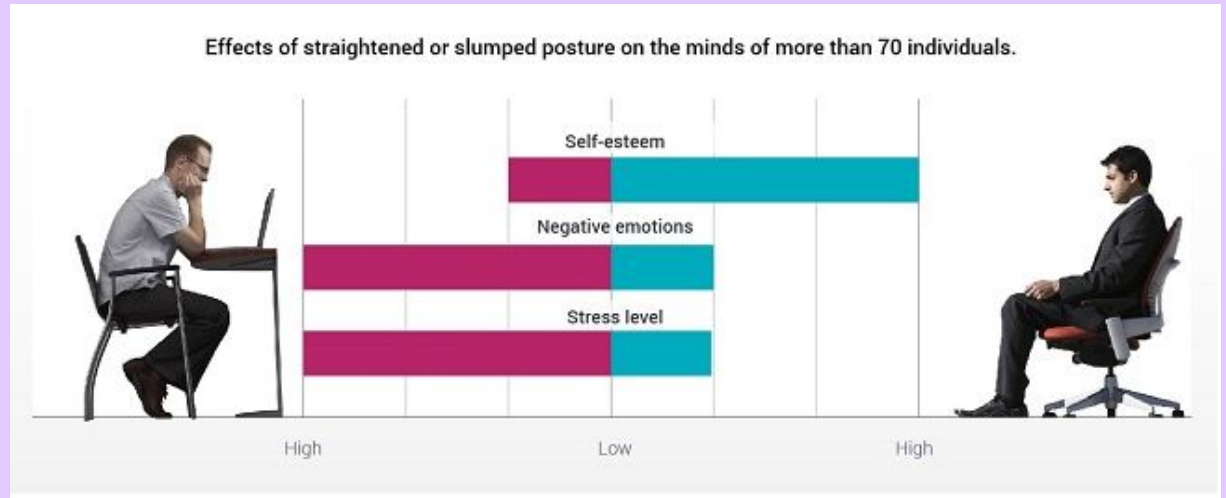
Circadian Rhythms





Posture Perfect...

- An incorrect seated posture can quickly lead to fatigue, neck and back strains and consequently a decline in focus and comfort.



Reach and Pulls

- Hold both arms in front and at shoulder level with palms facing down
- Use shoulder blades to pull back and open up chest
- Pull elbows to your side with palms facing up

Do this movement for a set of 12 reps

Front W

- Lift arms up front to shoulder level with palms down
 - Turn palms towards each other and bend arms to make 2 V's
 - Hinge arms back and open to make a W.
 - Slide arms up and down.
- Standing against a wall may be helpful.

Do this movement for a set of 12 reps

Robot Arms

- Anchor shoulders down with elbows and forearms against your side and palms facing each other.
- Maintain right angles, hinge/rotate forearms out at the elbow and maintain right angles.
- Finish with palms facing forward.

Do this movement for a set of 12 reps

Breath Work-4x4x4x4



Breath Work-4-7-8



Breath Work—Follow the Ball



Find Your Tools-The M/E/S



- Practice Yoga (Sun Salutations)
- Practice daily meditation or mindfulness
- Go outside—touch grass
 - Grounding Mats
- Practice positivity and gratitude
- Positive self-talk and affirmations
- Prioritizing and organizing
- Journaling and bullet journaling
- Planning and Goal setting
- Laughing
- Book clubs, Bunko, Social Groups
- Puzzles (crosswords, sudoku, spot the difference, etc.)



Click on Image

A.I.

Find Your Tools-Other (Sp,Fin,In/Cog)



- Saying No—Setting Boundaries
- Budgeting
- Thrifting, repurposing, donating
- Read a book
- Take a class
- Try something new
- Vision Board
- Alternative: crystals, chakras, energy work, astrology
- Sensory experiences: smells/essential oils, sounds
 - Solfeggio Frequencies (Hz), sound baths

Reflection



SELF-REFLECTION

MY TAKE-AWAYS

MY PROMISES

**MY GROWTH
OPPORTUNITIES**

Thank You!



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Resources

<https://info.nhanow.com/blog/self-care-in-healthcare-finding-work-life-balance>

<https://snibbs.co/blogs/healthcare-best-practices/self-care-for-healthcare-workers?srsId=AfmBOoptFYxx3BMZd6M87gqTq5i7NjwsEqZPMI6Yn8XNy7IVVENPgIq>

<https://www.apna.org/wp-content/uploads/2021/03/APNASelfCareTipSheet.pdf>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC7223989/>

<https://counseling.online.wfu.edu/blog/self-care-for-counselors/>

<https://www.samhsa.gov/dtac/ccp/crisis-counselor-resources>

