



## Presentation Resource Sheet

### Definition of Self-Care:

“Self-care is defined as the daily process of being aware of and attending to one’s basic physiological and emotional needs, including the shaping of one’s daily routine, relationships, and environment as needed to promote self-care. Self-care is seen as the foundational work required for physical and emotional well-being. Self-care is associated with positive physical health, emotional well-being, and mental health. Steady and intentional practice of self-care is seen as protective by preventing the onset of mental health symptoms, job/school burnout, and improving work and school productivity” (Cook-Cottone, 2017).

If you are curious about your self-care routine, take this [quiz](#) to assess your strengths and weaknesses.

### 10 Domains of Self-Care

1. Nutrition/hydration
2. Exercise
3. Soothing strategies
4. Self-awareness/mindfulness
5. Rest
6. Relationships
7. Physical/Medical
8. Environmental
9. Self-Compassion
10. Spiritual

### Favorite Breathing Techniques

1. Basic Deep Breathing - exhales longer than inhale
2. Nadi Shodhana - Alternate Nostril Breathing
3. 5 Finger Breathing
4. Breath of Joy

### Meditation

[Dr. MC Leading the Calming Color Relaxation](#)



**Favorite Mindfulness Activities**

1. The S.T.O.P. Method  
Stop what you're doing.  
Take a breath.  
Observe your inner & outer worlds.  
Proceed
2. Reflect on the day so far & ask yourself: **What Went Well (WWW)**
3. **Rainbow connection** – Gaze around the room. Can you spot one of every color of the rainbow?  
Can be done outside, too - Rainbow Walk
4. **Compassionate Hug** - Stretch your arms out wide on the in breath like you are hugging the whole world. Hold your arms across your shoulders on the out-breath, hugging yourself. Repeat.

“Just for Now I am” text (grounding Reiki exercise) - [Dr. MC leading this exercise](#)

<b>LEFT SIDE</b>	<b>(deep breath)</b>	<b>RIGHT SIDE</b>
Head		Connected
Eyes		Clear
Side of head		Focused
Throat		Wise
Shoulders		Relaxed
Heart		Grateful
Solar plexus		Calm
Abdomen		Forgiving
Lap		Peaceful

**Select Podcast Episodes**

- [Sustainable Self-Care with Dr. Chris Willard](#)
- [Setting Clear Boundaries with Dr. MC \(Bite-Sized Pod\)](#)
- [Great Mistakes with Jane Hardin](#)
- [Infinite Need, Finite Resources with Jeffrey Benson](#)



### Select Blog Posts

[The Intersection of Trauma Resilience & Self-Care](#)

[Tips for Better Sleep](#)

[Dr. MC & Nike Trained](#)

### Recommended Reading

1. [The Art of Extreme Self-Care](#)
2. Helping Traumatized Children Learn ([free PDF download](#))
3. [The Trauma-Sensitive Classroom by Patricia Jennings](#)
4. [Equity-Centered Trauma-Informed Education by Alex Shevrin Venet](#)
5. [The Growth Mindset Coach by Annie Brock and Heather Hundley](#)
6. [Mindset: The New Psychology of Success by Carol Dweck](#)

### Other Resources

Action for Happiness - Printable [calendars](#)

**Want to bring Dr. MC to your school or organization? Get started by completing the form [here](#).**

*For Massachusetts school districts and educators: Dr. MC is an approved Department of Elementary and Secondary Education (DESE) Professional Development PDP Provider. All topics and formats of presentations with a minimum of 10 hours of training are eligible for Professional Development Points (PDPs). [See more information](#).*

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