NAMI MISSOURI AFFILIATE CHAT

December 2020 meeting: Holiday self-care

Join us for a new, monthly virtual roundtable chat

NAMI MISSOURI AFFILIATE PARTNERSHIP MEETING

First Thursdays
12:00 pm - 1:00 pm
HOUSEKEEPING

Please keep yourself on mute unless speaking

Our chat is not recorded, so if you have a request please email info@namimissouri.org

Please use the chat to share ideas with each other and to provide feedback
AGENDA

- Welcome & Topic Introduction
- Presentation Overview: Holiday self-care
- Facilitated Discussion
- Future Meeting Planning
- End Session and Next Steps
WHAT IS SELF-CARE

And how do we bring it to our community?
SELF-CARE DOESN’T HAVE TO COST MONEY

- Self-care can mean setting boundaries or saying ‘no’.
- Self-care can be as simple as going to bed earlier and as complex as establishing a nighttime routine.
- Self-care is really family and community care, and each person can make a difference just by taking care of themselves.
- Our programs, our jobs and our personal lives are really only as good as our ability to balance our lives.
BURNOUT is not just for professionals

- Emotional and physical exhaustion
- Emotional stress
- Absenteeism; decline in performance
- Increased escape behaviors
- Lowered self-regard
SELF-CARE RESOURCES ON OUR AFFILIATE PAGE

- 100 ways to relieve stress & self-care
- Self-care exercise blank calendars
- Wellness Recovery Action Planning (WRAP and pocket WRAP)
- MyStrength provided by the Missouri Coalition for Community Behavioral Healthcare
- Compassion Fatigue Self-Assessment
- Self Care Strategies
PLANNING FOR SELF-CARE ON AN AFFILIATE LEVEL

Presentation by Heather Harlan from NAMI Columbia
How can you plan for self-care

How can you bring self-care to your community and your affiliate?

❖ Social Media posts
❖ Discussion in Support Groups
❖ Emailing resources

How can you bring self-care to yourself and your family?

❖ Example: Gena