

**Self-Care:**

**Small Changes  
for Positive  
Results**

**Optum**



## Learning points

- Learn why you need to care of yourself, just a little bit more
- Explore the multiple ways that you can integrate self-care into your everyday life
- Know how to build a self-care plan for yourself
- Discuss how to encourage others to build their own plan for self-care

Before we begin, please make notes about what you would specifically like to learn about today?

Is there anything in particular that you are interested to explore?

## Answer these questions honestly, yes or no

1. I consider self-care important, and I put time aside for my self-care
2. I put everyone else first and only when I have time do I consider my own self-care
3. I have been doing more self-care recently and I would like to do more
4. In the past, I took more time for my self-care, but events have gotten in the way
5. I want my children to look at my self-care and learn for themselves that this is important – I know they will copy me
6. I just don't have time, no matter how much I try
7. It feels selfish to take time out for myself
8. All those social media posts by others have de-motivated me. I will never look / be like that
9. I hate running, going to the gym, getting sweaty, wearing lycra....

What does this reveal about your attitudes to self-care?

What are your hopes and fears for this program?

What practical arrangements get in the way?

## Care for yourself is the foundation



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Make notes about who / what relies on you?

If something happened to you, what would happen to them?

Make notes about how you feel about self-care as a foundation for health and happiness?

# 40% - 500%

Time use data show that women are involved in more unpaid work (1)

Please make any notes here:

(1) Hirway, I. (2015). Unpaid work and the economy: Linkages and their implications. <https://doi.org/10.1007/s41027-015-0010-3>

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Self-care is any time or activity that we engage in that is for our benefit. It provides a foundation upon which our physical, mental and emotional wellbeing rests.

What are the activities in your life that leave you feeling more energized?

What are the activities in your life that leave you feeling depleted?

Yes! You do have time



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The approach we are encouraging you to take is:

- 5 minute chunks of self-care
- 5 times a day or 5 days a week

What do you spend five minutes doing now, that you could give up? E.g. a little less time on social media; e.g. a little less time watching videos? What else?

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## There are more self-care activities than you might imagine

- Yoga, tai chi, qi gong, stretching
- Meditation, breath work
- Going to the gym, running, weight training
- Learning new languages, new crafts or skills
- Bird watching, nature watching, environmental activism
- Going to a spa, going on holiday, going to visit friends, travelling to new places
- Playing games, chess, online games, bridge, fantasy games such as D&D
- Skiing, surfing, cycling, roller blading, ice skating
- Scuba diving, paragliding, horse riding, sled driving, wild swimming
- Seeing friends, a movie, an art exhibition, a play
- Singing, dancing, making music, going to a concert or festival or ballet
- Learning to sing, dance, play an instrument
- Reading, having a book club
- Writing a novel or poetry or diaries or letters
- Creating with your hands: woodwork, upholstering, knitting, sewing, crochet, needlepoint
- Walking, hiking, geocaching, exploring
- Planting trees, growing a garden
- Napping, lying watching clouds drift by, careful sunbathing
- Eating well, cooking yourself a special meal

What is missing?

Which ideas get you excited?

Which activities could you add into your life?

What would give you most energy?

Which activities would make you feel alive and refreshed?



Make your plan here:

1. Choose five times a day: morning, mid morning, lunch, mid afternoon, evening
2. Or Choose five days a week: M, T, W, T, F, S, S
3. Choose activities to fit INTO those parts of your day/week
4. Consider what you are already doing that you could combine with snippets of self-care

## How do you talk to others about self-care?



If it is true, you can say ‘I worry you are not looking after yourself’ and leave a pause and wait. They may be grateful to know that you care.

If it is a colleague or family member, maybe direct them to Optum services

Make other notes here:

## Reflection on your commitment

One thing to stop

One thing to start

One thing to continue

Make any personal notes here:

One thing to stop:

One thing to start:

One thing to continue:

# About Professional Support

You may consider seeking professional support if you experience any of the following:

- Sleep problems.
- Performance issues at work.
- Relationship difficulties with family or friends.
- Loss of interest in hobbies you normally enjoy.
- Lack of care about normal everyday work tasks.
- Excessive anxiety or worrying more than normal.
- Feeling overwhelmed or sad for more than two weeks.
- A noticeable change in appetite, eating too little or too much.
- Behavior and coping methods have become harmful to yourself or others, whether that is through aggressive behavior or unhealthy habits, such as alcohol or drug misuse.
- Thoughts of harm to self and/or others.

**Keep in mind some of these conditions may warrant more urgent professional help and you should seek support if you are unsure.**

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