

# Caring for Ourselves, Caring for Our Academic Community

# Who am I?



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# Agenda & Presentation Objectives



- 1) Intro – What is “self-care”?
- 2) Care for Ourselves – Resilience & Restoration
- 3) Care for Our Academic Community
- 4) Conclusion – What next?

# Who are you?



Why did you choose this session?

What do you hope to gain?

How does emotional well-being impact your life, your work, or our students?

# Starting Point

WHAT IS “SELF – CARE”?

What does “self-care” mean to you?



# Basic Self Maintenance

# Wellness Wheel





# Keyes Model of Flourishing & Languishing





# Balancing Act



# Mobile of Well-Being





Self-care  
isn't  
selfish...



...it's about  
bouncing back.





# Tiny Habits

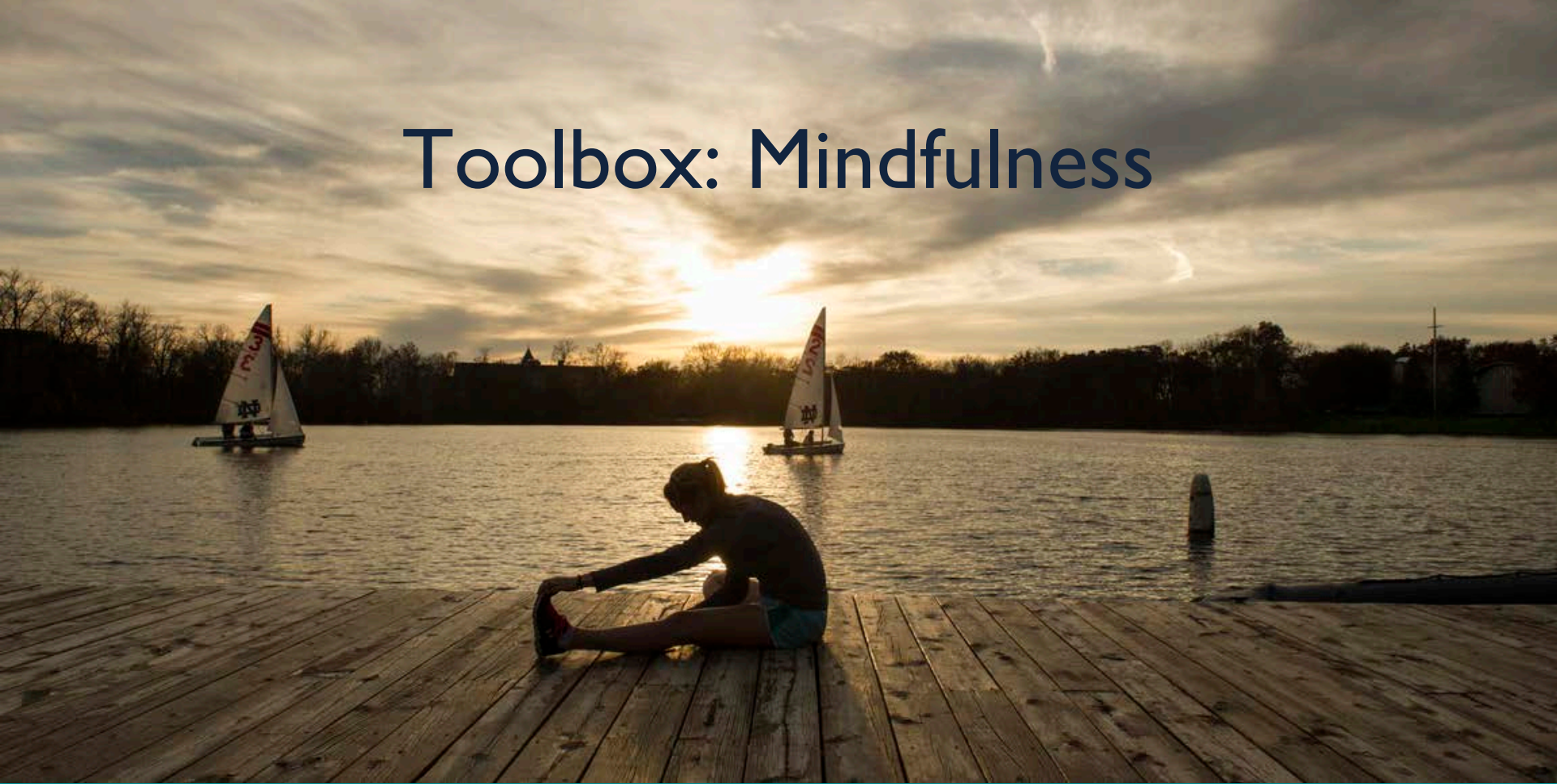
BJ Fogg, PhD

# Caring for Ourselves

## Building Resilience



# Toolbox: Mindfulness







# Mindfulness

“You must live in the present, launch yourself on every wave, find your eternity in each moment.”

– *Henry David Thoreau*



A photograph of the Notre-Dame de la Reine campus at sunset. The sky is a vibrant mix of orange, pink, and purple. The silhouettes of the buildings, including the prominent dome and spire, are reflected in the calm water in the foreground. The text "Dynamic Breathing" is overlaid on the left side of the image.

Dynamic Breathing

Belly Breathing

# Toolbox: Managing the Inner Critic



# Self-Talk

“You, yourself, as much as anybody else in the entire universe,  
deserve your love and affection.”

*-Buddha*

# Kinds of Self-Talk



## *The Worrier*

- Promotes anxiety
- “What if?”

## *The Perfectionist*

- Promotes chronic stress and burn-out
- “I should.”
- “I have to.”

## *The Critic*

- Promotes low self-esteem
- “That was stupid.”

## *The Victim*

- Promotes depression
- “I can’t.”
- “I’ll never be able to.”



# Challenging Self-Talk



- What is the evidence for this belief?
- Does this belief always hold true for you?
- Does this belief look at the whole picture?
- Does this belief promote your well-being or peace of mind?
- Did you choose this belief on your own or did it develop out of past experiences or growing up in your family?



# Mindful Self Compassion

An exercise for you to do on your own. Take a moment to reflect and write this down.

1. Think about a friend who has suffered or struggled. What did you say to that friend? How did you offer support and compassion?
2. Think about a time you have suffered or struggled. What did you say to yourself? Notice the tone and differences.
3. Thank your self critical voice. It sounds counter-intuitive, but that critical voice is trying to protect you in some way.
4. Use the tone and words of the first task to offer yourself compassion and support.


# Caring for Ourselves

## Cultivating Restoration

# Toolbox: Guided Visualization







# Guided Visualization

# Cultivating Restoration



What were the specific elements that brought you peace, comfort, or joy?

How might you integrate those elements into your everyday experience?









How as a  
GREAT BIG  
WORLD out there  
just waiting to  
be loved by you

# Navigating the World Around Us



What people, places, or events are energy-giving?

What around you is energy-draining?



# Navigating the World Around Us



Practice mindful media consumption.  
Find substitutes for gossip and sarcasm.  
Cultivate positivity.

# Toolbox: Rest & Restoration





Disengage.  
Relax.  
Recover.

# Cultivating a Restorative Niche



1) Something you can do well – that you can acquire and pursue a sense of mastery.

2) Something you do for the pure joy and intrinsic motivation.





# Caring for Our Academic Community

# Caring for our Academic Community



What does well-being look like in a  
community setting?

How do we cultivate that for ourselves  
and our students?



# Caring for our Academic Community



How does well-being impact the lives of our students?

How does their well-being impact our work with them?



# Caring for our Academic Community



See something?  
Say something.

# Caring for our Academic Community



## Self compassion for students?



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# Resources

# Campus Resources



University Counseling Center

Care Consultants

Residential Life

Campus Ministry

McWell

Office of Community Standards

Gender Relations Center

...and so many more!



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**Questions?**

# Contact Us

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