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?
Wellness Wheel

http://www.youtube.com/watch?v=RP4abiHdQpc
Keyes Model of Flourishing & Languishing
Mobile of Well-Being
Self-care isn’t selfish...
...it’s about bouncing back.
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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
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?
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.
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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?
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.
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What does well-being look like in a community setting?

How do we cultivate that for ourselves and our students?
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How does well-being impact the lives of our students?

How does their well-being impact our work with them?
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See something? Say something.
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Self compassion for students?
Campus Resources

- University Counseling Center
- Care Consultants
- Residential Life
- Campus Ministry
- McWell
- Office of Community Standards
- Gender Relations Center
- ...and so many more!
Contact Us

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