

Self Compassion and Self Care During the Pandemic

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Intentional Life Therapy

www.intentionallifetherapy.com

[www. WEMBEE.com](http://www.WEMBEE.com)

You then
others.

- Acknowledge.
- Take inventory of self
- Give yourself grace.
- Take action toward safety/sanity.

Acknowledge

- The Loss – unique loss.
- The sense of uncertainty.
- Unique stressors –
ZOOMS!
- Triggering situations.
- Reactive versus response
behavior.

Take inventory – “What do I have to work with?”

- What are your known responses to stress?
- How do you face obstacles?
- What are current coping skills you utilize?
- Where do you draw your strength?



**Give
yourself
grace**

- Accept yourself right where you are.
- Recognize, acknowledge parts of self.
- Encourage yourself and others.
- Hold yourself accountable – breeds empowerment.
- Dispel the “shoulda, coulda, wouldas”.
- Give yourself permission to be happy.

Reducing the feeling of overwhelm.

- Breathe – ocean's breath.
- Visualizations – separate self from the stressor.
- Gratitude – mind state.
- Give your self permission to be happy, to feel calm.
- Make the decision – release the feeling.

Take action!

Next Best Step:

I can - hope

I will - empowerment

I must – personal safety

Setting Boundaries with Self and Others



Setting Boundaries with Self

- Live with internal integrity.
- Be a good steward of what enters your mind/body.
- Live within your means.
- Allow yourself to take mental health days.
- Acknowledge and process emotions



Setting Boundaries with others

- Take inventory of what you will and will not allow from others.
- Get needs met with “I need/feel” statements.
- Recognize when your “walls” go up and when others’ “walls” go up.

How to help my teen/child


- Left brain (cognitive and executive functioning)
- Right brain (emotional functioning)
- Prefrontal cortex not completely developed i.e “Your teen may act rashly even though they know better”.
- Be the safe person in their storm.

Tangible Tasks (Safety Plan)

Anything worth having takes effort.



Establish a daily routine

- Pick 3 things you do each day that help establish a sense of stability
 - Plan for consistency
 - Create a safe-guard when things don't go as planned.
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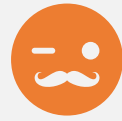
4 Non-negotiables

- Go outside.
- Get sleep.
- Feed your body healthy foods, stay hydrated.
- Learn deep breathing exercises.

Who are your go to people?

- Create network of safe people.
- Communicate your needs with your network.
- Have emergency numbers ready.

Plan for Productivity



Imagine yourself as the CEO of your life.



Create your 3 most important things list.



Have a flow of goals: daily, weekly,
monthly



Make it happen, then reward self.

Serve your way to sanity.

- Serve according to your strengths.
- Share your gifts/talents with others.
- Service connects people.
- Service helps to change state of mind.

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Tangible Tasks (Safety Plan)

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Additional Reading/Viewing

- Anxiety and Depression Association of America;
<https://adaa.org/finding-help/treatment/therapy>
- Good Therapy:Prefrontal Cortex
<https://www.goodtherapy.org/blog/psychpedia/prefrontal-cortex>
- Tom Bunn L.C.S.W., Conquer Fear Of Flying: How to beat aeroanxiety and more: <https://www.psychologytoday.com/us/blog/conquer-fear-flying>
- Max Strom, Breathe to Heal: <https://youtu.be/4Lb5L-VEm34>
- WEMBEE: All things mental physical, spiritual and relational health;
www.wembee.com