„Stay tuned“
2nd of June, 2020
"HOW SELFCARE MATTERS IN UNCERTAIN TIMES"

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KEY AREAS OF LIFE

- relationships
- Social network
- family

- meaning
- culture
- values

- health
- body
- perception

- performance
- work
- finances

CONTACT  MINDSET  WELL-BEING  STATUS
PSYCHOLOGICAL NEEDS OF WELL-BEING

- the need for Control/Orientation
- The need for Attachment
- the need for Self-Enhancement
- the need for Pleasure/Avoidance of Pain
What does that mean on a personal level?

**FOCUS**
(look for orientation)

**CAPABILITY**
(keep in control)

**STRUCTURE**
(rely on strength)

**ACCEPTANCE**
(stay in the present)
**Resilient people...**

Stay optimistic, accept their situation, plan the future, know how to regulate their emotions,

Are looking for solutions, solve their problems in teams, believe in their own self-efficacy (…)

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**How we think**
- Attitude
- Behavior
- Thinking patterns
- Motivation

**How we feel**
- Health
- Flexibility
- Body/Mind Condition

**How we talk**
- Communication dealing with conflict
- Interaction

**How we create**
- Activating our qualities
- Action
- Innovation & curiosity
SELCARE IN UNCERTAIN TIMES

These factors are carrying us through the storm:

- Self-efficacy
- Mindfulness
- Optimism

„THE MAGIC THREE“
„I AM OPEN FOR NEW SOLUTIONS!“

„I have never done this before – that’s why it will work“
SELF CARE EXERCISES

- 5-4-3-2-1 method
- Safe Place
- 4-7-8-breathing
- mindset
Resilient behavior+

- Self-care!
- Believe in your capacities!
- Invest in your social network!
- Develop realistic goals!
- Stop being the victim!
- Take up a longterm perspective!
- Look for solutions!

* "Road to resilience,” (American Psychological Association)

„Almost every successful person begins with two beliefs: the future can be better than the present, and I have the power to make it so.”

(David Brooks)