centrs marta

SELF-CARE BANK

CENTRS MARTA



Not limited
can be done individually or guided in a group

indoors | outdoors

bodywork & care

25-30 mins

coaching & mental well being

PURPOSE

- To collect a set of strategies for self-care.
- To determine the time in the day for self-care.

PREPARATION

Prepare materials for creating "self-care banks". Instead of envelopes, any other containers can be used.

MATERIALS

- Envelopes (1 for each participant)
- Small pieces of colourful paper
- Tools for writing

INTRO

Self-care should not be something that happens "when we have time" because in that case that time usually never comes. Self-care has equal value to any other activity (work or social) and like any other task can and should be planned in our schedule so that we don't sacrifice it for other tasks. The facilitator can summarise the activity by stressing the need to save time in our schedule for self-care and not leave it to chance.

SELF-CARE BANK

STEPS

1. Give each participant an envelope. Participants can write their names on it, write "self-care bank" or decorate it in some other way.

2. Invite each participant to write on pieces of paper all forms of self-care they prefer that they can remember. The number is not limited, but the methods/ activities/ things that participants write down should be realistic and that they love and prefer to do.

3. When participants have exhausted the possible ideas, invite them to think about their weekly schedule and determine a specific time in the day that they will use for self-care. It can be 5 minutes or 2 hours, but it should be very specific and manageable. Participants can use their weekly planners, digital calendars or simply a sheet of paper.

4. Participants are invited to share with the group the content of their self-care banks (depending on the number of participants and the time available, the facilitator can set the limit to 1-3 strategies) and present their plan for practising those activities.

REFLECTION

- How easy/difficult was remembering forms of self-care?
- How often do you practice your preferred forms of self-care? How does that make you feel, are you satisfied with the frequency? Why?

COMMENTS

If the group will stay in contact after the activity or will be together for a longer period, they can be invited to find an "accountability buddy" to support each other and remind each other of their commitment to self-care.
Additionally, a common "self-care bank" can also be created on a flipchart and put in a visible place where the group meets. This facilitator lists down all the mentioned strategies that participants are sharing in the group while they are speaking.