

Self Care Is *NOT* Selfish

NEXT Ministry Conference 3/2/24
Jennifer Smith, PhD, LCSW

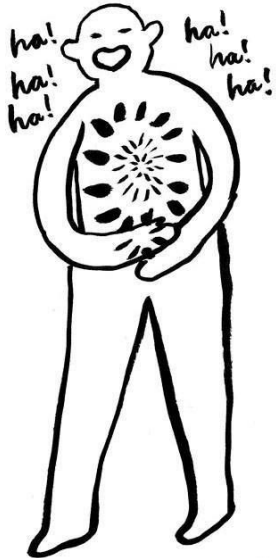


“So I command the enjoyment of life, because nothing is better for a man under the sun than to eat and drink and be glad. Then joy will accompany him in his work all the days of the life God has given him under the sun.” (Ecclesiastes 8:15)

Laughter Lightens the Soul

⊕ BELLY LAUGHS (guffaw)

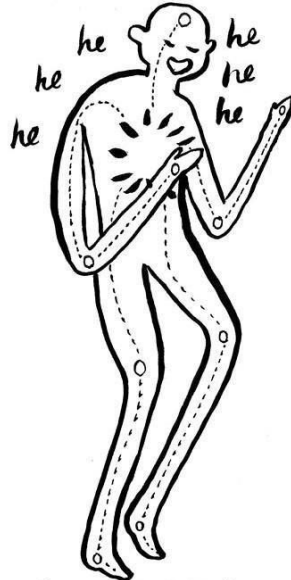
SECOND AND THIRD
CHAKRAS EXPAND



(HELPS RELEASE FEAR OF
LACK OF CONTROL AND
INSTEAD BE EMPOWERED)

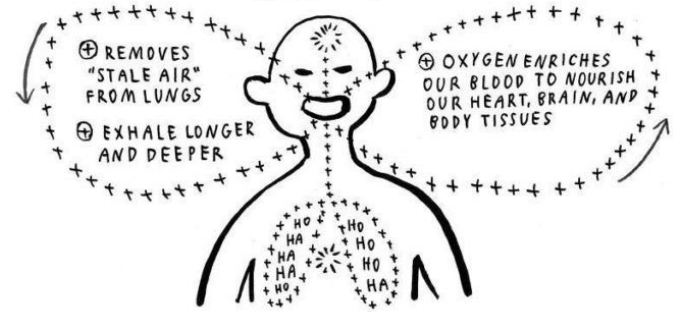
⊕ HEART LAUGHS (chuckle)

OPENS THE HEART
CENTER / CHAKRA



(STRONGER FLOW OF
ENERGY TO THE
REST OF THE SYSTEM)

LUNGS



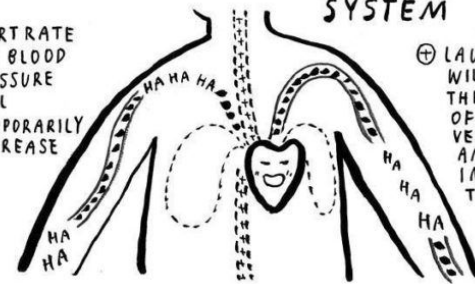
⊕ REMOVES
"STALE AIR"
FROM LUNGS

⊕ EXHALE LONGER
AND DEEPER

⊕ OXYGEN ENRICHES
OUR BLOOD TO NOURISH
OUR HEART, BRAIN, AND
BODY TISSUES

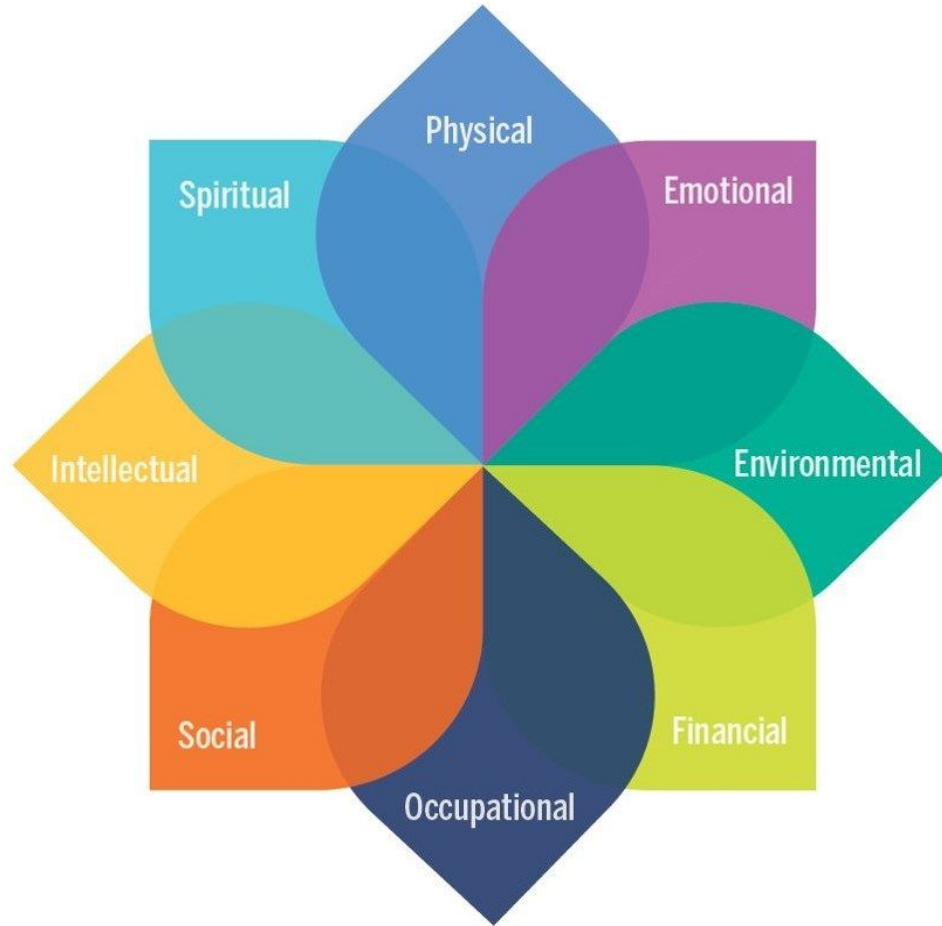
CARDIOVASCULAR SYSTEM

⊕ HEART RATE
AND BLOOD
PRESSURE
WILL
TEMPORARILY
INCREASE



⊕ LAUGHTER
WILL REDUCE
THE STIFFNESS
OF BLOOD
VESSELS
AND
INCREASE
THEIR
FLEXIBILITY

Health



Biological Self Care

Therefore I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God- this is your spiritual act of worship" (Romans 12:1)



Psychological Self Care

“Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus” (Philippians 4:6-7)

“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ” (2 Corinthians 10:5)

What I can control and what I can't

Data source: @mindfulenough | Infographic design by @agrassoblog for educational and motivational purposes



Emotional Freedom Technique

EFT™ TAPPING PROCEDURE (The Basic Recipe)

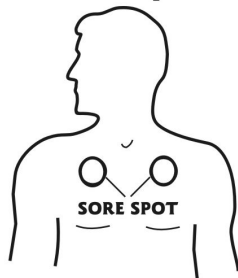
#1...The Setup

1) Repeat 3X

Even though I have this
_____ (problem) _____
I deeply & completely accept myself.

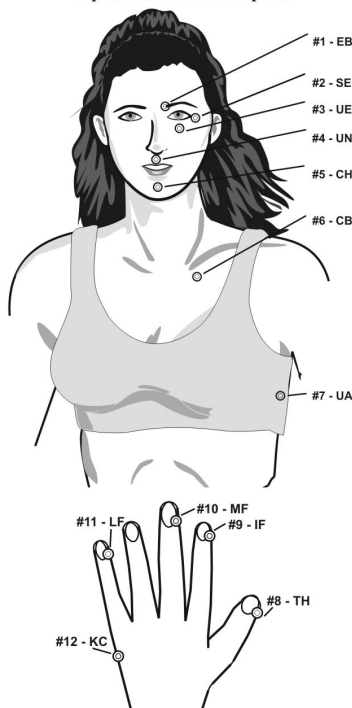
2) While continuously
rubbing the “Sore Spot” or
tapping the “Karate Chop” point.

The Sore Spot/ Karate Chop Point

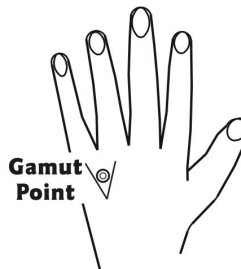


#2...The Sequence

Tap about 5X on each point



#3...The 9 Gamut



Perform 9 actions while tapping the
GAMUT POINT continuously:

- 1) Eyes closed
- 2) Eyes open
- 3) Eyes hard down right (head steady)
- 4) Eyes hard down left (head steady)
- 5) Roll eyes in a circle
- 6) Roll eyes in opposite direction
- 7) Hum 5 seconds of song (Happy Birthday)
- 8) Count from 1 to 5
- 9) Hum 5 seconds of a song again.

#4...Repeat (#2) The Sequence

NOTE: In subsequent rounds of tapping,
change the setup language to “Even though I
STILL have SOME OF this problem...” and use
“REMAINING problem” as a reminder phrase.

Social Self Care

“Then the Lord God said, ‘It is not good for the man to be alone; I will make him a helper suitable for him.’” (Genesis 2:18)

“Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up the other; but woe to one who is alone and falls and does not have another to help. Again, if two lie together, they keep warm; but how can one keep warm alone?” (Ecclesiastes 4:9-11)

Spiritual Self Care

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light” (Matthew 11:28-30)

“Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, ‘Come with me by yourselves to a quiet place and get some rest.’” (Mark 6:31)

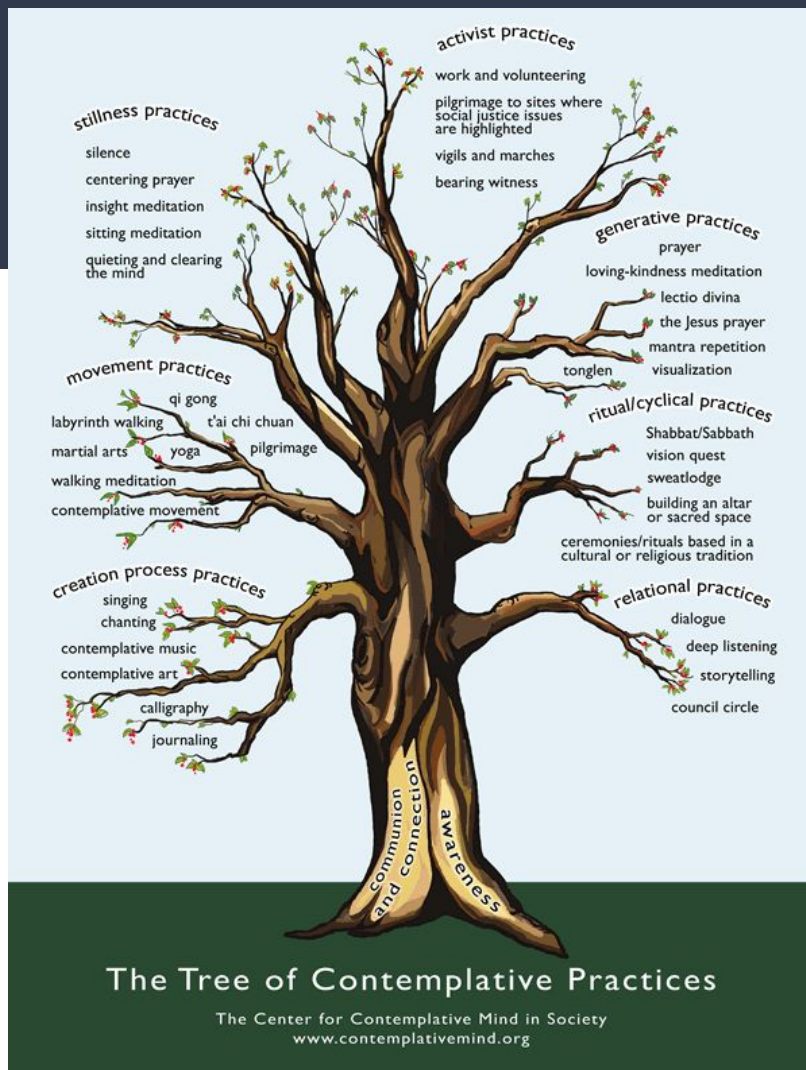
Spiritual Practices

Disciplines of Abstinence

- Solitude
- Silence
- Fasting

Disciplines of Engagement

- Study
- Worship
- Celebration
- Prayer
- Fellowship



What's Your Love Language?



<https://5lovelanguages.com/quizzes/love-language>

Acts of Service



“For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many.”

Matthew 20:28

Words of Affirmation



“And a voice from heaven said, ‘This is my Son, whom I love; with Him I am well pleased.’”

Matthew 3:17

Quality Time



“And they devoted themselves to the apostles’ teaching and the fellowship, to the breaking of bread and prayers.”

Acts 2:42

Physical Touch



“Greet one another with
a holy kiss”

2 Corinthians 13:12

Receiving Gifts



“For God so loved the world, that He gave His only Son, that whoever believes in Him should not perish but have eternal life.”

John 3:16

What's your self-love LANGUAGE?

Applying your love language to your self-care routine

Words of Affirmation

- Use positive self-talk
- Write an affirmation
- Journal your strengths
- Identify favorite traits
- Note compliments from other people

Acts of Service

- Keep a calendar
- Plan your meals
- Schedule well visits
- Clean your environment
- Simplify with auto-pay, grocery delivery, etc.

Quality Time

- Limit your commitments
- Take time for hobbies
- Detox from social media
- Make plans with friends
- Schedule time for self-care every week

Physical Touch

- Get a massage
- Take a long, hot bath
- Snuggle in a blanket
- Stretch your muscles
- Moisturize your skin with lotion or oils

Receiving Gifts

- Treat yourself to lunch
- Buy one thing you love
- Invest in your dreams
- Plan a vacation
- Complete one bucket list experience

The Power of Breath

“In His hand is the life of every creature and the breath of all mankind.”
(Job 12:10)

“Let everything that has breath praise the LORD. Praise the LORD.”
(Psalm 150:6)

Thank You

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