Self Care Reform: Using Self Care as Personal Health Care

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Objectives

- To understand the **concept of Self Care Reform** within a clinical context.
- To learn **evidence based self care practices** using relaxed breathing, gentle yoga inspired movement and deep self-inquiry.
- To apply ‘**self care prescriptions’** in everyday life.
- To experience **nature inspired stress reduction** techniques for a greater sense of well-being.
What is Self Care Reform (SCR)?

• “It took 60 Votes for U.S. Health Care Reform but only takes 60 Seconds for your Self Care Reform.”

• **Informing** your Body.

• **Empowering** your Mind.

• **Healing** your Spirit.

• Self Care Reform is simply “awareness desiring action.”

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Self Care Reform 3-Step Method

- What areas in my life do I feel:
  1. **Informed**
     - Awareness of what needs reform.
  2. **Empowered**
     - Desire to bring reform.
  3. **Healed**
     - Action to bring reform.
SCR - Informing your Body

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• Being present with Self in the moment = in the body.

• Relaxation through yoga, tai-chi, qi-gong and other preventive health practices.

• Evidence-based literature supports use of yoga and other gentle movement practices for psychological and physiological wellness.
“Researchers at the Duke University School of Medicine found yoga to be effective for treating acute depression; effective as an adjunct therapy for schizophrenia (along with oral medication); calming children with ADHD; and alleviating sleep disturbances.” Cornell University, Evidence Based Living article, February 2013
“By reducing perceived stress and anxiety, yoga appears to modulate stress response systems. This, in turn, decreases physiological arousal — for example, reducing the heart rate, lowering blood pressure, and easing respiration.” Harvard Mental Health Letter, April 2009
Researchers at the Walter Reed Army Medical Center in Washington, D.C., are offering a yogic method of deep relaxation to veterans returning from combat in Iraq and Afghanistan. Military hopes that yoga-based treatments will be more acceptable to the soldiers and less stigmatizing than traditional psychotherapy.” Harvard Mental Health Letter, April 2009
SCR - Informing your Body

- Practical application of yoga based practice.
- “Grounding & Intentional Breath”
- “Shoulder Check-in”
## SCR - Informing your Body

### Stress Reducing Self Care Breathing Techniques

<table>
<thead>
<tr>
<th>A) Initial Grounding Breath</th>
<th>B) Intentional Guiding Breath</th>
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<tbody>
<tr>
<td>2. <em>Letting</em> the eyelids close.</td>
<td>2. <em>Allowing</em> the mind to focus on the exhale or out breath.</td>
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<tr>
<td>3. <em>Resting</em> both hands on the knees or thighs.</td>
<td>3. <em>Using</em> the exhale to clear out, release and let go of any negativity that is mental, physical or emotional.</td>
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<tr>
<td>4. <em>Connecting</em> both feet flat on the earth.</td>
<td>4. <em>Allowing</em> the mind to focus on the inhale or in breath.</td>
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<tr>
<td>5. <em>Elevating</em> the spine to the sky like a tree trunk.</td>
<td>5. <em>Using</em> the inhale to bring in, invite and accept any positivity into the mental, physical or emotional spaces.</td>
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<tr>
<td>7. <em>Balancing</em> the head between the two collarbones like the tip of a tree.</td>
<td></td>
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A) Shoulder Check-in

1. Seated in a chair, hands on thighs.
2. Inhale shoulders up.
3. Exhale roll shoulders back and down.
4. Repeat 5 times.
SCR - Informing your Body

- Get health screenings.
- Do some form of body movement every day.
- Moderate certain food/drink consumption.

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SCR - Empowering your Mind

- Creating a mental framework or Rx for Self behavior change.

- Create personal prescriptions (Rxs) for your Body & Mind or “Self Care Rxs.”

- How do you maintain a healthy body and mind?
  - Ex. “I will take (1) 15 min jog 2 times a week. Take more as needed.”

- How do you empower the mind?
  - Ex. “I will take (1) min quiet meditation 2 times a day. (1) before breakfast and (1) before dinner.”
Learn something new
Start/End the day thankful
Self/Life acceptance
Forgive yourself/someone
Mindfulness

- Defined as, “non-judgmental acceptance and observation of one’s internal and external environments.”
SCR - Empowering your Mind

- Go Outside
- Listen to Nature Sounds
- Take 5 Deep Breaths
- Visualize a “Feel Better” Place
- Eat a Colorful Fruit or Veggie
- Use Aromatherapy (Lemon, Lavender, Mint)
- Lift Weights
- Smile! Smile! Smile!

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SCR - Empowering your Mind

- Use affirmations or mantras:
  - I love myself. I accept myself. I support myself. I forgive myself.
  - See it! Feel it! Do it!
  - Focus. Flexibility. Strength.
  - Rain... River... Ocean...
SCR - Empowering your Mind

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SCR - Empowering your Mind
How do you heal your Inner Spirit?

Presenting your Authentic Self in life.

How am I PROJECTING my Inner Spirit?

How am I PROTECTING my Inner Spirit?

*How am I CONNECTING my Inner Spirit?

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SCR - Healing your Spirit

- Social/Family/Friend connections
- Acknowledge personal Spirit has positively contributed to the lives of others.
- Attending weekly service, practicing devotions, reading scripture.
- Spiritual = Spirit + Ritual
Self Care Reform Pledge

I am INFORMED.
I am EMPOWERED.
I am HEALED.

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