



# *Self-Care for Busy Parents & Caregivers*

*with Kate Raymond, Communicare Ole  
school-based therapist*

# Agenda

- Introduction
- What's important about Self Care?
- What stops us?
- GRAPES
- Pick one Self Care strategy to try
- Questions?

ADULT PROGRAMS: SUBSTANCE USE	PERINATAL BEHAVIORAL HEALTH	FAMILY SERVICES	YOUTH SERVICES
Outpatient SA Recovery Program	Journey HOME program	Alternatives for Families: CBT	Individual counseling, Skill development
Intensive Outpatient Treatment	Road to Resilience Home Visiting Program	Parent Child Interaction Therapy (PCIT)	Substance Use Counseling Services
Substance Use Services at Day Reporting Center	In Home Therapy for Caregivers Program	CalWORKS Program	Elevate Queer Yolo
Mental Health Diversion Program	<b>INTEGRATED BEHAVIORAL HEALTH SERVICES</b>	Strengthening Protective Factors Program	School Services
Medication for Addiction Treatment	Integrated Behavioral Health (IBH) Services	Support for applying for SSI or SSDI	Wraparound Services
Transitions of Care			Child Psychiatry
Mental Health Navigation Center	<b>SERVICES IN SPANISH</b>		
Respite Center	CREO/CORE Spanish Services	<b>CALL 888-965-6647 for a screening</b>	



# The Power of Self Care



Vitamin Sea: At first, I fought it, scrambling in the water, but that just wore me out faster. Over time, I've learned to just relax and not fight the ocean's power. Instead I'll relax and let the ocean move me until things calm down and I can surface and catch my breath, then I'll climb right back on my board. I'm not the only one who has learned about my own resilience from surfing. ~Kathleen Wong



## *What is important about Self Care and what stops us from doing it?*

“Taking care of yourself is the most selfless thing you can do for your children. When you nurture your own well-being, you’re better able to nurture them.” ~anon

## Overshooting the Window

Overwhelm, anxiety, hypervigilance, quick to anger, startled easily, trouble sleeping, inability to focus or concentrate

## Window of Tolerance



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## Undershooting the Window

Depression, emotional numbness, low energy, shut down, feeling disconnected, takes refuge in addictions, memory loss, emptiness

# GRAPES – evidence based & effective!

**G**entle with self

**R**elaxation

**A**ccomplish

**P**leasure

**E**at what makes you feel good/**E**xercise

**S**ocialize/**S**leep well



# *Pick one Self Care strategy*

Tips: Not too hard to do. Something you like. Try it as an experiment





# Letters From Love

Elizabeth Gilbert - I am a middle-aged woman now, but I still have the nervous system of a frightened child. But I have found tools that can help me to settle down from within, and bring me a better life. Writing these daily letters from Unconditional Love is my strongest tool for inner peace - but prayer and meditation are also key to my well-being, as are community, sleep, exercise, water and The Great British Baking Show.

This week I want to introduce you to someone who has played a huge role in teaching me how to quiet my own nervous system. Taylor Somerville is a breath coach whom I discovered during lockdown, and whose steady and clear guided meditations have now become a daily part of my life. I can't always hear the voice of Love when I am spinning out - but I have often reached for the voice of Taylor. After just a few minutes of one of his guided breath meditations, I can find the same level of release that I used to find after taking a Xanax - but without the addictive qualities, or the need for a doctor who is loose and easy with the prescription pad! This week, my loves, I invite you to pause and breathe. I hope this practice makes you feel as serene and clear-headed as it always makes me feel



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# Questions?

# And Thank you 😊

Kate Raymond, Associate Social Worker

Communicare Ole School-based Clinical  
Therapist

[Kate.Raymond@CommunicareOle.org](mailto:Kate.Raymond@CommunicareOle.org)

