

Self Care

*“You cannot
give what you
do not have.”*
-Milton Trager

Lesson Plan: Self Care

5 minutes: Attendance and Breath of Arrival

50 minutes: Self Care

Classroom Rules

Punctuality- everybody's time is precious:

- Be ready to learn by the start of class, we'll be done on time
- Tardiness: arriving late, late return after breaks, leaving early

The following are not allowed:

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones in classrooms, clinic or bathrooms

You will receive one verbal warning, then you'll have to leave the room.

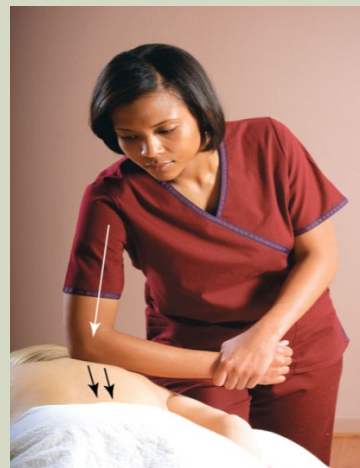
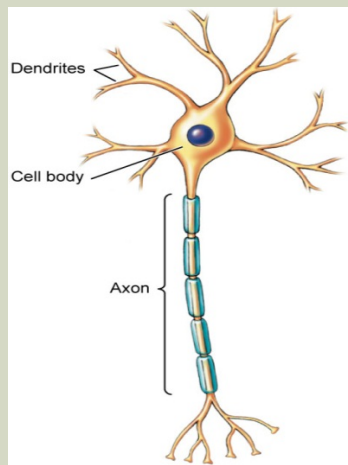
Introduction

Every occupation can be stressful,
therefore everyone requires self-care.

Introduction

Ideally, these aspects will stimulate you to higher and higher levels of wellness and self care:

- This Self Care segment
- Overall study of anatomy and physiology
- Receiving and giving massage
- Your future practice



Why Health and Wellness Are Important to a Massage Therapy Career

- It can be strenuous
- It can be emotionally challenging
- You want enjoyment and longevity in your career!
- A balanced practice will support a balanced life and vice versa.

Make health a priority for yourself
and a context for lifelong learning and growth!

Health and Wellness

In a word or two, what do health and wellness mean to you?

Health and Wellness

Health A condition of physical, mental, and social well-being and the absence of disease.

Wellness An expression of health in which the individual is aware of, chooses, and practices healthy choices, creating a more successful and balanced life.

Health and Wellness



Health and Wellness

Emotional Awareness and acceptance of the feelings and emotions of yourself and others

Health and Wellness

Environmental Recognize our interdependence with the environment. Help take care of world around you (as well as within you).



Health and Wellness

Intellectual Be open to new ideas. Stimulate your mind and curiosity.



Health and Wellness

Occupational Choose satisfying work. Receive regular massage sessions.



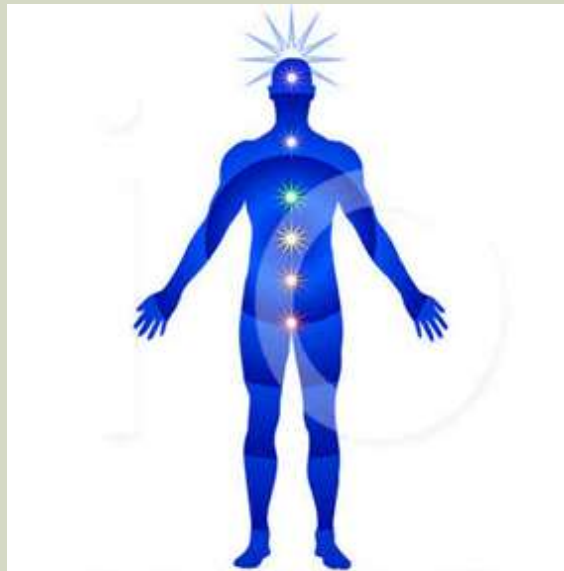
Health and Wellness

Social Cultivate and enjoy your friendships.



Health and Wellness

Spiritual Connect with higher a power. Consider meditation, prayer, etc.



Health and Wellness

Physical Proper nutrition, regular exercise, adequate sleep,
and avoidance of bad habits



Physical Wellness

Recommended 30 to 60 minutes of moderate physical activity daily.

Physical fitness programs include

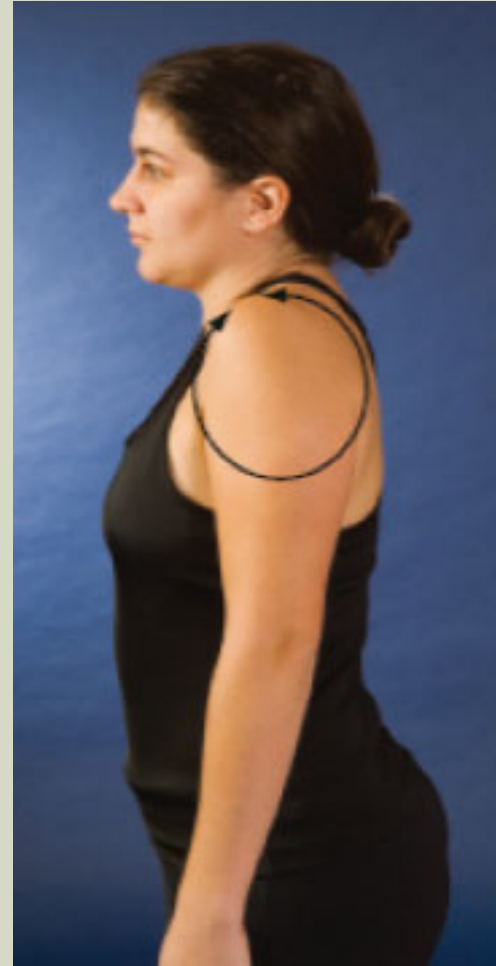
- Cardio or endurance training
- Stretching and balancing poses
- Core strengthening exercises
- Strength training



Stretching and Strengthening Activities for Massage Therapists

Warm-up

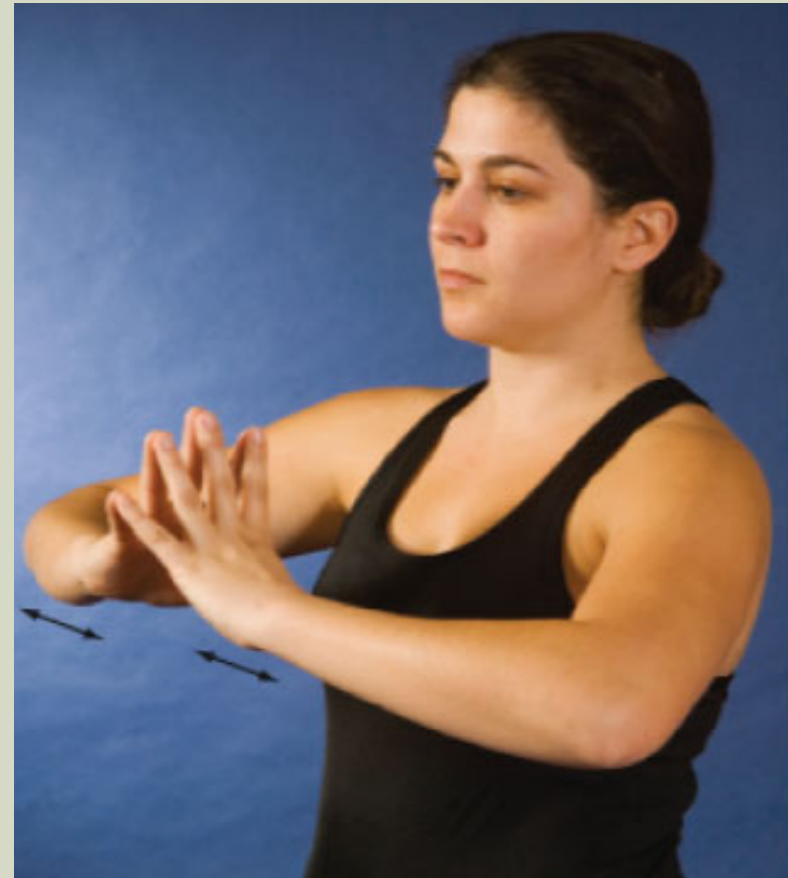
- Rub your palms and fingers together to generate friction and warmth.
- Vigorously rub the backs of your hands and arms
- Shake your hands and fingers at the wrists and drop your hands to your sides.
- Roll your shoulders forward for 10 repetitions, reverse direction and rotate your shoulders backward.



Stretching and Strengthening Activities for Massage Therapists

Finger stretch

- Touch your finger and thumb pads together as you keep your wrists apart.
- Next, spread your fingers apart.
- Press and release pressure while maintaining contact.
- Repeat the press-and-release sequence 20 times.



Stretching and Strengthening Activities for Massage Therapists

Hand swishing

- Press your palms and fingers together at chest level with fingertips pointing up to your chin.
- Rotate your elbows until fingers are pointing downward toward the toes.
- Reverse back to the starting position.
- This motion should be playful, quick, and vigorous.
- Shoulders remain fixed during the movement.



Stretching and Strengthening Activities for Massage Therapists

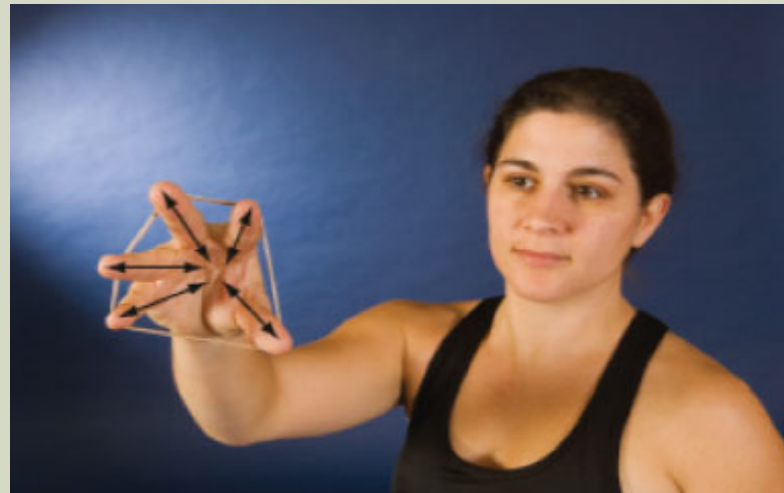
Wrist circles

- Begin with your arms at your sides. Flex your elbows 90 degrees, lifting your hands in front of you to chest level.
- With your fingers relaxed and extended, circle wrists in one direction for 10 revolutions, and then reverse the direction for 10 revolutions.
- Repeat wrist circles in both directions, but this time, close your hands into a fist.
- Perform 10 revolutions in both directions.

Stretching and Strengthening Activities for Massage Therapists

Rubber band stretch

- Place a thick rubber band around the outside of the fingers at the level of the nail.
- Stretch the rubber band as you move the fingers apart.
- Repeat 10 times.
- Switch hands and repeat.
- If you find this exercise too much of a strain, use a thinner rubber band.



Stretching and Strengthening Activities for Massage Therapists

Ball squeeze

- Place a tennis ball or racquetball in the palm of your hand, and wrap your fingers around it.
- Squeeze the ball firmly for 5 seconds.
- Repeat 10 times.
- Switch hands and repeat.



Stretching and Strengthening Activities for Massage Therapists

Reach and pull

- Start with your open palms at your sides.
- Pull your hands up to your chest height, closing the palms into fists.
- Without stopping, continue the upward thrust of your hands over your head, extending your fingers out and inhaling simultaneously.
- Reverse the direction, bringing your arms back down.
- Close your hands as you pass your chest, and reopen them as they reach your sides, exhaling forcefully.
- Keep your pace slow and your movements graceful.
- Repeat the sequence 5 times, but stop immediately if you become lightheaded.

Nutrition

Nutrition The way our bodies take in and use food.

Diet Food or drink consumed to supply the processes of nutrition.

Nutrient A substance that provides nourishment and affects metabolic processes such as cell growth and repair. Examples: protein, carbohydrates, fats, vitamins, minerals, water, and dietary fiber.

Nutrition

Proteins Composed of amino acids. Assist growth and energy needs. Help build and repair tissues and blood. Help form antibodies to fight infections.



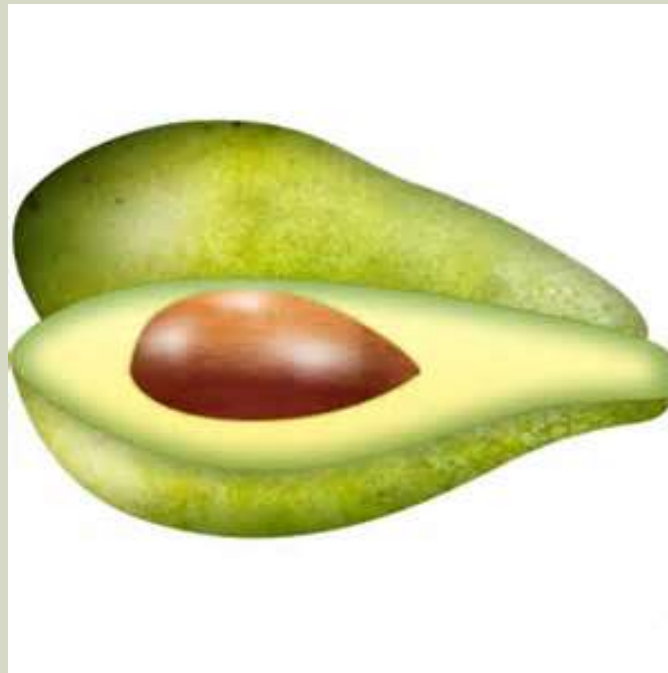
Nutrition

Carbohydrates (AKA: saccharides, sugars) Most common and preferred source of energy for the body.



Nutrition

Fats (AKA: triglycerides) Energy source that acts more as a reserve stored for later use. Protect and insulate the body.



Nutrition

Vitamins Water or fat soluble. Essential for metabolic reactions in the body.



Nutrition

Minerals Chemical elements found in nature. Vital in regulating many body functions.



Nutrition

Water Most important nutrient. Regulates body temperature and transports all other nutrients. Recommended half ounce per pound of body weight per day.



Nutrition

Dietary fiber (AKA: roughage) Found in the walls of plant cells. Types: soluble and insoluble.

Soluble dietary fiber Reduces cholesterol levels.

Insoluble dietary fiber Acts as a laxative.



Nutrition

Maintaining Body Weight and Weight Loss

Consume less than your base caloric need. (Be compassionate, but include it in health care goals, if relevant).



Stress Reduction

Stress The response of the body to any demand placed on it. Up to a certain point it is healthy.



Stress Reduction

Most stress-diseases are related to psychological stress (this relates to our perceptions of and attitudes toward stress, as much or more than the circumstances).

Stress Reduction

What are three circumstances that are currently causing you stress?

Stress Reduction

What are some of your usual perceptions or attitudes that may add to your stress?

Stress Reduction

Stress Reduction

- Deep breathing modulates your stress response dramatically.
- Affirmations. What beliefs may or may not be serving you? What positive statements, thoughts, or beliefs could help you change your attitude?
- Prioritize. Manage your time and space.
- Meditation
- Enjoy yourself!

Self Care

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