

The background is a dark blue gradient with abstract white and light blue circular patterns. On the left side, there is a large circular scale with tick marks and numbers ranging from 140 to 260. Several smaller circles with arrows and partial lines are scattered across the background, suggesting a technical or scientific theme.

WHO CARES? OVERCOMING THE BARRIERS TO SELF-CARE

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INTRODUCTION

- Simon Niblock, MA, LMFT-A
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- Gender tailored relationship & behavioral therapy
- Agency & private practicing since 2007

QUESTION 1

How many of you are currently trying to make some personal change related to self-care – that would improve the quality of your life?

QUESTION 2

How many of you consider your self-care intentions to be challenging, difficult or simply unsuccessful?

LEARNING OBJECTIVES

1. Explore what motivates us to adopt self-care practices.
2. Recognize some of the common barriers in adopting self-care.
3. Identify 3 strategies that can help improve your ability to implement and maintain positive self-care practices.

WHAT IS SELF-CARE?

- Self-care is the practice of purposeful and self-initiated actions and attitudes that contribute to the establishment and maintenance of life, health, well-being and personal development.

WHY IS SELF-CARE SO DIFFICULT?

- It requires mental, emotional and physical effort.
- It elicits feelings about ourselves that can be difficult to face.
- It can reveal 'truth-bombs' that we've been avoiding.

WHAT ARE THE COMMON BARRIERS TO SELF-CARE?

- Our relationship with ourselves;
- Our relationship to our self-care practice; &
- Our access to necessary resources.

COMMON BARRIERS

- Ambivalence
- Lack of knowledge and/or behavioral modeling.
- Low sense of motivation, perceived choice, or self-belief.
- Absence of future self-continuity.
- Negative/maladaptive social, relational and cultural influences.
- Resources: insufficient (actual or perceived) availability.

SUCCESSFULLY ADOPTING AND MAINTAINING SELF-CARE

- Three factors influence our capability to successfully adopt healthy, enduring self-care practices.

Agency + Motive + Ability = Action

3 STRATEGIES

- Determine your readiness to adopt a self-care practice;
- Examine and create a healthy relationship with your intended self-care practice; &
- Identify and develop your ability to successfully implement a self-care practice.

The background features a dark blue gradient with a subtle pattern of white stars. Overlaid on this are several technical diagrams: a large circular gauge with numerical markings (100, 110, 120, 130, 140, 150, 160, 170, 180, 190, 200, 210) and an arrow pointing upwards, located in the upper right; a smaller circular gauge with an arrow pointing downwards, located in the lower right; and a circular diagram with an arrow pointing left, located in the lower left. The text is centered in white.

Strategy 1

Explore beliefs, desires & willingness

- Be the agent of your agency -

WHAT'S YOUR SENSE OF AGENCY?

- **Agency** is described as the capacity of an individual to act independently and to shape their experiences and life trajectories.
- By exploring our sense of agency, we can examine our relationship with our practice.
- This improves our ability to put our practice into action and to maintain it.

WHAT'S YOUR SENSE OF AGENCY?

- **Belief** - *self-worth, self-esteem, trust, faith, confidence, efficacy.*
- **Desires** - *motivation, wants, longing, intention.*
- **Choice** - *awareness, willingness, commitment, decision-making.*

REFLECTION

- Do I believe that I am worthy of my self-care intention? Am I confident that I can achieve my goal? Am I being selfish by putting my needs before others?
- Am I doing this out of a sense of obligation or personal free-will? What do I really want from this action? Is this desire congruent with me as a person?
- What will I learn about myself if I undertake this action?

The background is a dark blue gradient with a subtle pattern of small white stars. Overlaid on this are several technical diagrams. In the top right, there is a large circular gauge with concentric rings and numerical markings from 80 to 210. In the bottom right, there is a diagram with two concentric circles and a dashed arrow pointing upwards. In the bottom left, there is a diagram with a dashed arrow pointing to the left. In the top center, there is a small circular diagram with a dashed arrow pointing downwards.

Strategy 2

Create a healthy relationship

- Am I aligned with my motives? -

WHAT MOTIVATES YOU?

- **Motives** are the instrumental forces that drive and direct our behavior and are based on a series of **tacit beliefs** that we have about ourselves.
- If our motives are misaligned with our sense of self, then we are more likely to experience disruption, resistance, or inaction.

WHAT MOTIVATES YOU?

- **Biological:** hunger, thirst, oxygen, regulation, sleep, pain avoidance, sex, maternal.
- **Social:** achievement, power/influence, acquisition, stimulus and exploration and affiliation.
- **Personal:** force of habits, goals of life, aspiration, attitudes and interests.

REFLECTIONS

- Why am I considering a particular self-care action?
- What really, truly motivates me?
- What's my relationship with my self-care intention?
- How and why did I connect with this self-care intention?

The background is a dark blue gradient with a starry space pattern. On the right side, there are several technical diagrams, including a large circular gauge with numerical markings from 80 to 210 and a smaller circular diagram below it. On the left side, there are faint circular diagrams and arrows. The text is centered in the middle of the image.

Strategy 3

Develop your ability

- Have I got the smarts, the right options and the tools? -

WHAT'S YOUR ABILITY?

- We can be motivated, and ready to implement self-care, but our lack of ability may hinder us.
- Ability is the power, capacity or competence to carry out an intentional action. There are three components that form ability.

WHAT'S YOUR ABILITY?

- Knowledge: a person must have knowledge of the courses of action open to them, as well as knowledge of the effectiveness and desirability of those actions.
- Evaluation: A person needs to assess the options and decide on the course of self-care behavior to be taken.
- Resources: a person must have the resources (physical, psychological, emotional, and material) to take the necessary actions.

REFLECTION

- Am I aware of all the available self-care options open to me? What works, what doesn't? Is there evidence that supports my choice?
- What self-care option do I prefer? How do I make a decision that best suits my needs?
- Do I have the means to fulfil my self-care needs? What do I need to do to acquire the right resources if I don't currently have them? Do I control the use of my own time?

SUMMARY

Agency + Motive + Ability = + Self-care Practice

- Determine your sense of agency;
- Examine and create a healthy relationship; &
- Identify and develop your abilities.

Q&A

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The background is a dark blue gradient with a subtle pattern of white stars and technical diagrams. On the right side, there is a large circular diagram with concentric circles and radial lines, resembling a technical drawing or a gauge. At the bottom left, there are smaller circular diagrams with arrows indicating rotation. The overall aesthetic is clean and professional, suggesting a focus on technology or engineering.

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