

IABH Conference 2024

# SHIFTING HOW WE THINK ABOUT SELF CARE

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# Overview

01



Current views  
of Self-Care

10 Areas of  
Wellness



02



03



Goal Setting

Putting it all  
together



04



A still life composition for a self-care theme. On the left is a glass oil bottle with a wooden stopper. In the center is a white towel with a yellow rose and green leaves. In the foreground are four stacked dark stones. On the right is a lit candle. The background is a bamboo mat. The entire image is overlaid with a semi-transparent blue filter and decorative blue geometric shapes on the left and right sides.

# SELF - CARE

Common views & myths

**“Self-care stuff is too expensive”**

“By the end of the day, I’m done and can’t think about doing even one more thing”

# SELF-CARE

Common views & myths

**“I don’t have time”**

“I feel guilty doing things for me when my family has all these needs”

“It’s self indulgent and a luxury I don’t have”

**“I’m just not into all that stuff”**



# SELF-CARE

Facts

Self-care is taking care of  
your whole self

Self-Care helps us  
prepare for and bounce  
back from hardships in life

# SELF-CARE

## Facts

Self-Care is a necessary part of taking  
care of your health and wellness

# Types of Self-Care

## Maintenance



## Preparatory



## Emergency



# 10 Areas of Wellness

- Occupational
- Intellectual
- Environmental
- Financial
- Mental
- Spiritual
- Emotional
- Cultural
- Physical
- Social





# GOAL SETTING

SMART and then some...

Keep goals  
**SMART:**

**S**pecific  
**M**easureable  
**A**chievable  
**R**elevant  
**T**imebound

**Plan for  
barriers:**

What might get in the  
way?

How can I minimize  
obstacles?

**Plan for  
success:**

What value & benefit  
does this bring?

How else can I  
recognize my efforts?

How will I celebrate  
progress?

# Putting it all together...

1

Challenge  
current concept  
of self-care

2

Identify your  
wellness  
priorities

3

Map out your  
goals- Keep it  
SMART

4

Plan for barriers  
& successes

# Go for it!

- Occupational
- Intellectual
- Environmental
- Financial
- Mental
- Spiritual
- Emotional
- Cultural
- Physical
- Social



**Environmental**  
Enjoy my living  
space/home more



**Financial**  
Save up for a  
vacation next summer



**Intellectual**  
Decrease mindless  
scrolling on socials



**Occupational**  
Increase work/life  
balance

# THANK YOU

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