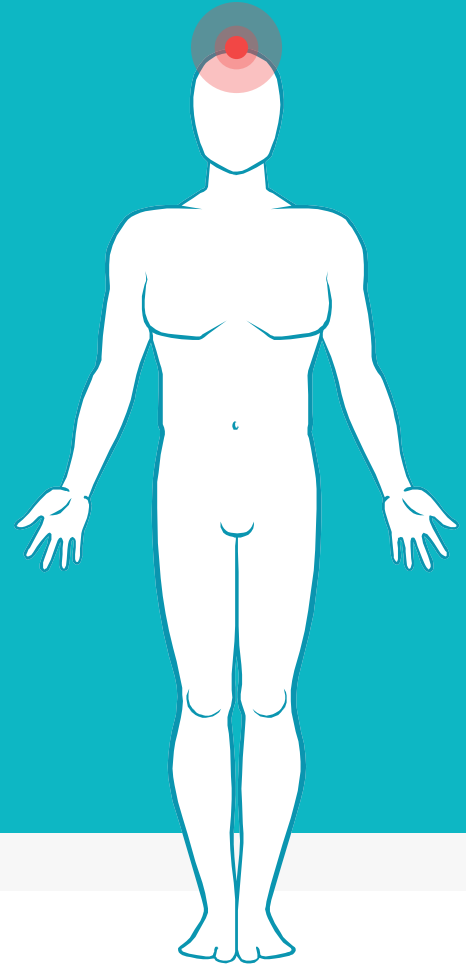


Self care as a solution
to uneven access to
mental health care



“The individual who wishes to have an answer to the problem of evil has a need, first and foremost, of self-knowledge”

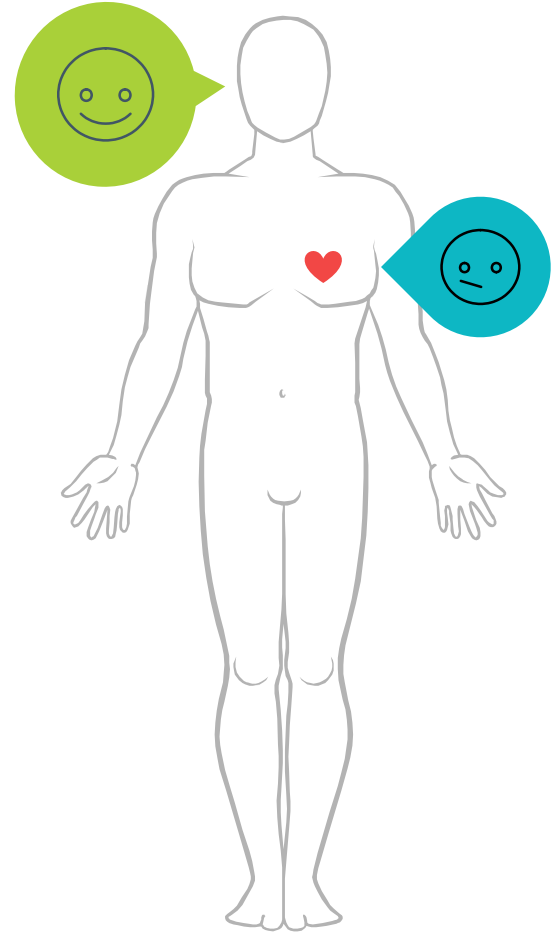
- Carl Jung

Quoted in Romancing the Shadow



Romancing the Shadow

- “It requires one eye turned out toward the world of light, while the other eye is turned in toward the world of darkness”
- “Means reading the messages encoded in the events of our Daily lives”



Our Shadow

It asks us to stop blaming others

It asks us to take responsibility

It asks us to move slowly

It asks us to deepen awareness

It asks us to hold paradox

It asks us to open our hearts

It asks us to sacrifice our ideals of perfection

It asks us to live the mystery



“Once a week people in the thousands show up for their regular appointment with a therapist...”

- *Thomas Moore*

Care of the Soul



Care of the Soul

Honoring your soul

- ▶ Look at “problems” and find their value
- ▶ All “negative” aspects have a positive side your soul is yearning for
- ▶ Care vs Cure
 - ▶ Cure - “no longer worrying about what bothers you”
 - ▶ Care - Ongoing attention without end

Disowning your soul

- ▶ Cutting away “problems” instead of integrating them
- ▶ Sidestepping negative moods and feelings
- ▶ Two shadows
 - ▶ Who we choose not to be
 - ▶ True Evil in the world

How do you practice self care?

The basics of Self Care

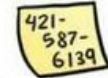
- Get Creative
- Journal
- Find someone to rely on
- Its OK to say “No”
- Do something fun

EMERGENCY CARE WALL

for sadness



for loneliness



best friend's
phone #

for self-doubt



list of reasons
why you can

for anger



for worry



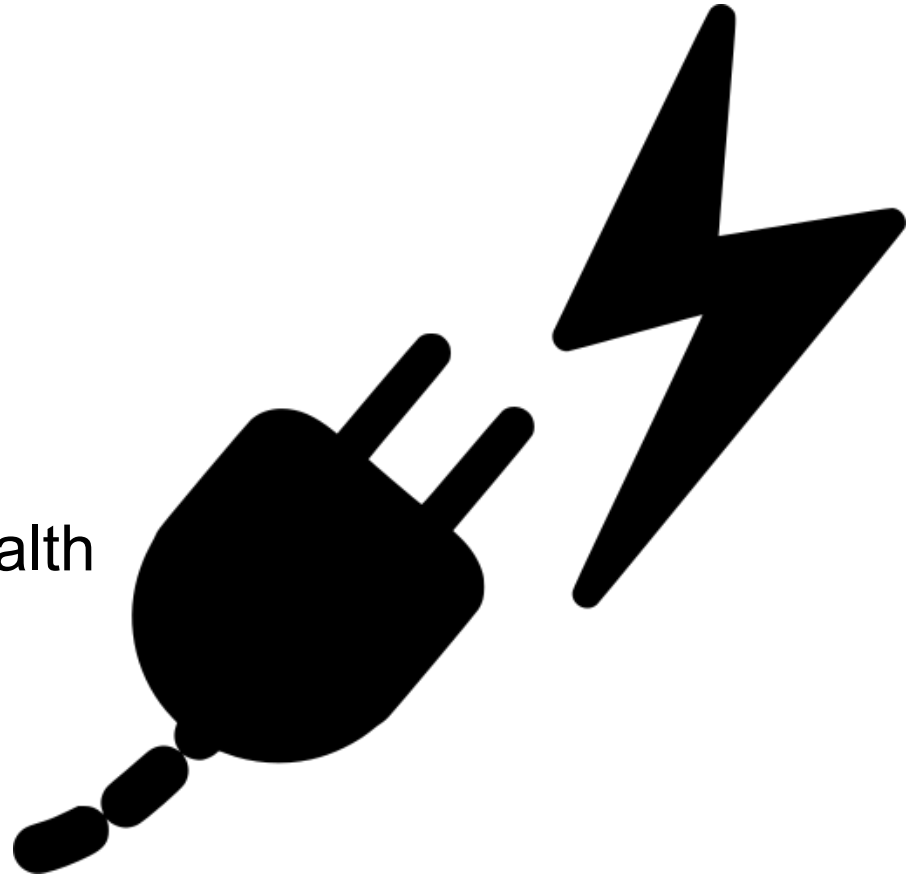
for other



CHIBIRD

Protect your Mental Health

- Avoid Guilt
- Notice The Positive
- Recharge yourself
- Protect your Physical Health



Protect your Physical Health

- Exercise daily
- Eat well
- Get enough sleep
- Avoid alcohol and drugs

- [Practice relaxation exercises](#)



Practice Relaxation Exercises

- **Deep Breathing**
 - Breathe from abdomen, not chest
- **Progressive Muscle Relaxation**
 - Start at the top of toes, tense and then release every muscle as you progress up through your body to your head
- **Mediation**
 - Try a guided meditation app



Meditate

12

Sleep

Anxiety

Beginners

Stress

Self-Care

Inner Peace

Focu



Staying on Track



Home



Calming Flight
Anxiety



Sleep



Mindfulness at
Work



Meditate



College
Collecti



Screenshot by Sarah Knight Source: [Calm](#)

Works Cited

- “Experience Calm.” Retrieved from <https://www.calm.com/>
- Lexa. (2018, July 18). Seven Self-care Suggestions. Retrieved April 11, 2019, from <https://youmatter.suicidepreventionlifeline.org/seven-selfcare-suggestions/>
- Moore, T. (1992). *Care of the soul*. New York: HarperCollins.
- “Taking Care Of Yourself.” National Alliance on Mental Illness. Retrieved from <https://www.nami.org/Find-Support/Family-Members-and-Caregivers/Taking-Care-of-Yourself>
- Zweig, C., & Wolf, S. (1999). “Romancing the Shadow: A Guide to Soul Work for a Vital, Authentic Life.” New York: Ballantine Pub Group.