

Course Description

Self-care involves making choices that reflect a consciousness of well-being. As we become aware of the care of our mind, body and spirit, we discover that when we are our best self, we make contributions to our family, our communities and our world consciously.

People usually treat self-care as either a wellness practice (“take a bath, get a massage”) or a political statement (“self-care is resistance”). But once you start looking at it ethically—especially in leadership, ministry, activism, or caregiving—it gets complicated fast. At its core, self-care is an ethical issue because it involves responsibility for the instrument through which you serve the world: *yourself*. In spiritual traditions this shows up as:

- Stewardship of the body
- Guarding the heart or mind
- Sabbath / rest practices
- Balance between contemplation and action

The ethical claim is simple:

- If your work affects others, you have a responsibility to maintain the physical, emotional, and psychological conditions that allow you to serve well.
- For clergy, therapists, teachers, and activists, burnout doesn’t just harm the individual — it harms the people relying on them.

This course will provide guidelines and action plans for instilling practices of self-care in the areas of awareness, mindfulness, setting boundaries, letting go, forgiveness and self-love. The class will be both reflective and interactive as we build self-awareness and share what works in applying self-care practices into daily life. We will identify how to use this foundation in times of stress and chaos as well.

Course Learning Objectives

Upon completion of this course, learners will be able to:

- Clearly articulate the benefits of self-care, including ethical considerations.
- Identify potential self-care deficiencies and incorporate preventive measures.
- Differentiate and attend to the various dimensions of self-care.
- Recognize and self-correct old patterns of unhealthy choices, thoughts and words.

Text/Readings

- Articles and videos provided in class

Class 1: “Self-Care – What is it?”

Module Learning Objectives

By the end of this module learners will be able to:

- Identify 4 potential ways to engage in self-care
- List 8 dimensions of wellness with examples
- Describe three ways your life needs to be re-balanced (additions & subtractions)

Module 1 Assignments	Due Date
<p>Reading(s) - PRIOR TO FIRST CLASS</p> <ul style="list-style-type: none"> • https://psychcentral.com/blog/self-care-why-is-it-so-important-why-is-it-so-hard/ <p>Video(s)</p> <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=aSIYrAgk9Jw [11:29 min] 	DAY 1
<p>Handout(s) PRIOR TO FIRST CLASS</p> <ul style="list-style-type: none"> • Handout: Eight Dimensions of Wellness Handout (PDF) 	DAY 1
<p>Zoom Class Session</p> <ul style="list-style-type: none"> • Introduction to Self-Care, Nature of Humankind, 4 Functions of Consciousness • The Eight Dimensions of Self-Care • Overview of the Spiritual Practice of Self-Care • Intro Self-Care for the Body – Our Sensing Nature • Review syllabus, questions, concerns, appreciations 	DAY 1
<p>HOMEWORK</p> <ol style="list-style-type: none"> 1. Read articles, watch videos, review handouts 2. Be prepared to discuss readings 	DAY 1

**Class 2: “Self-Care – Our Sensing Nature”
 DAY 2**

Module Learning Objectives

By the end of this module learners will be able to:

- Discover areas of the body that are neglected in self-care practices
- Identify *new* ways to practice self-care for the body
- Describe ways your body needs to be re-balanced (additions & subtractions)
- Rest and relax to restore your body’s healing mechanisms

Module 2 Assignments	Due Date
<p>Reading(s)</p> <ul style="list-style-type: none"> • Read Selfcare_Sensing.PDF • https://psychcentral.com/blog/what-self-care-is-and-what-it-isnt-2/ <p>Video(s)</p> <ul style="list-style-type: none"> • https://youtu.be/PcxkFnf0aOU [20 min] Body Scan Meditation 	<p>DAY 2</p>
<p>Handout(s)</p> <ul style="list-style-type: none"> • Tiny Self-Care for the Body (PDF) 	<p>DAY 2</p>
<p>Zoom Class Session #2</p> <ul style="list-style-type: none"> • Review homework, discussion of SENSING NATURE practice • Self-Care for Body • Intro Self-Care for the Mind – Our Thinking Nature • Questions, concerns, appreciations 	<p>DAY 2</p>
<p>HOMEWORK</p> <ol style="list-style-type: none"> 1. Read articles, watch the Body Scan Meditation Video, review handouts for next day’s class (SEE ABOVE) 2. Pick at least two practices from pages 4-6, try them out and reflect your experience in your journal. 	<p>DAY 2</p>

Class 3: “Self-Care – Our Thinking Nature”
DAY 3

Module Learning Objectives

By the end of this module learners will be able to:

- Discover areas of the mind that are neglected in self-care practices
- Identify *new* ways to practice self-care for the mind
- Recognize and interrupt unhealthy self-talk and negative thought patterns
- Know the difference between thought and feeling language

Module 3 Assignments	Due Date
Reading(s) <ul style="list-style-type: none"> • Read Weapons Of Scarcity (PDF) • https://courtneyharriscoaching.com/giving-and-receiving-for-self-care/ 	DAY 3
Handout(s) <ul style="list-style-type: none"> • Tiny Self-Care for the Mind (PDF) 	DAY 3
Zoom Class Session #3 <ul style="list-style-type: none"> • Review homework • Self-Care for Mind/Thinking • Intro Self-Care for Emotions – Our Feeling Nature • Questions, concerns, appreciations 	DAY 3
HOMEWORK <ol style="list-style-type: none"> 1. Read article and Weapons of Scarcity PDF 2. Pick at least two Weapons of Scarcity from the document (starting on page 3) and answer the questions and reflect your experience in your journal. 3. Review handout for next day’s class 	DAY 3

Class 4: “Self-Care – Our Feeling Nature”
 DAY 4

Module Learning Objectives

By the end of this module learners will be able to:

- Discover areas of our emotional nature that are neglected in self-care practices
- Identify *new* ways to practice self-care for emotional well-being
- Articulate a more expansive feeling vocabulary
- Deep dive into self-compassion

Module 4 Assignments	Due Date
<p>Reading(s)</p> <ul style="list-style-type: none"> • https://www.kellyisola.com/self-compassion-and-meditation/ SELF-COMPASSION AND MEDITATION <p>Videos</p> <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=11U0h0DPu7k (Self-Compassion) • https://www.youtube.com/watch?v=DsDVCQnqcy4 (Why What We Feel Matters More Than What We Think) 	<p>DAY 4</p>
<p>Handout(s)</p> <ul style="list-style-type: none"> • Feeling Wheel (PDF) • Daily Examen (PDF) 	<p>DAY 4</p>
<p>Zoom Class Session #4</p> <ul style="list-style-type: none"> • Review homework • Self-Care for Feeling Nature • Intro Self-Care for Spiritual Care – Our Intuiting Nature • Questions, concerns, appreciations 	<p>DAY 4</p>
<p>HOMEWORK</p> <ol style="list-style-type: none"> 1. Read web article SELF-COMPASSION AND MEDITATION, do the meditation exercise at end of article 2. Watch videos 3. Do the Daily Examen exercise. 	<p>DAY 4</p>

**Class 5: “Self-Care – Our Intuiting Nature”
 DAY 5**

Module Learning Objectives

By the end of this module learners will be able to:

- Discover areas of our intuiting nature that are neglected in self-care practices
- Know strengths & limitations with compassion for self and others
- Differentiate between unhealthy and healthy boundaries

Module 5 Assignments	Due Date
Reading(s) <ul style="list-style-type: none"> • https://projectyourself.com/blogs/news/spiritual-self-care-everything-you-need-to-know • https://www.psychologytoday.com/us/blog/the-power-of-parallels/202408/is-it-intuition-or-anxiety 	DAY 5
Handout(s) <ul style="list-style-type: none"> • Tiny Self-Care for the Soul (PDF) • Self-Care Bingo (PDF) 	DAY 5
Zoom Class Session #5 <ul style="list-style-type: none"> • Review homework • Self-Care for Intuiting Nature • Questions, concerns, appreciations 	DAY 5
HOMEWORK <ol style="list-style-type: none"> 1. Read web article 2. Watch video 3. Review 8 Dimensions of Wellness (Class 1) 	DAY 5

Final Paper

Submit a summary of the Self-Care Journey (1000 words), DUE _____