

BENCO NEWSLETTER

A newsletter for Benco Staff



SELF CARE IS THE NEW HEALTH CARE

Self-care is a term used frequently in social media and health care settings, but it remains the most under utilized tool in our defense against burn out (a feeling of emotional, mental and even physical exhaustion that can be caused by prolonged stress), as well as, physical and mental health complications due to stress. Self-care is not optional, it should be included as part of everyone's daily or weekly health care routine.

Self-care is not selfish, the benefits are well documented. Stress is an internal response our brain has that tells our body to be on alert. Stress creates adrenaline in the body. When the amygdala perceives a threat, it activates the limbic system to prepare for the threat.

This heightened alertness can be helpful if you have a deadline, but can be harmful if you are in a constant state of hyper awareness. Stress can impact our physical health with higher blood pressure, headaches, muscle pain and tension. It can also cause anxiety, irritability and significant health issues. Chronic stress is linked to six leading causes of death including heart disease, cancer, lung ailments, accidents, cirrhosis of the liver, and suicide, according to the American Psychological Association.

This is where self-care comes in as part of your new-personalized health care plan. (Continued on page 2)

Do you know your worth?

To know your worth is to believe in your intrinsic value as a human being, and to know that you are worthy of respect and acceptance from others.

If we don't know and honor our own value as people, how can we ensure that others treat us with the dignity and respect we deserve?

Sometimes it helps to reaffirm our worth aloud, as our own personal mantra: I have value. I am enough just as I am. I cannot fail at being myself.





SELF CARE IS THE NEW HEALTH CARE CONT'D

To fully address the adverse impacts of stress, self-care needs to involve your nervous system. Your nervous system controls everything you do – walking, thinking, feeling, and even breathing. It's important that any kind of self-care you practice cares for both your body and your mind.

There are some activities that researchers recommend to help you do this. They include mindful breathing, meditation, and progressive muscle relaxation, which involves intentionally relaxing one muscle at a time.

When you make self-care a routine part of your life, research suggests that you can reduce stress and avoid burnout. Tuning into yourself and enhancing your emotional self-awareness through regular self-care is a great way to help create balance in your life.

For more resources on the science behind self-care and other self-care guidance log onto:

[HTTPS://WWW.MAYOCLINIC.ORG/HEALTHY-LIFESTYLE/STRESS-MANAGEMENT/IN-DEPTH/STRESS-SYMPTOMS/ART-20050987](https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-symptoms/art-20050987)

[HTTPS://WWW.OSC.ORG/THE-SCIENCE-OF-SELF-CARE/](https://www.osc.org/the-science-of-self-care/)

[HTTPS://WWW.CDC.GOV/EMOTIONAL-WELLBEING/FEATURES/REDUCE-STRESS.HTM](https://www.cdc.gov/emotional-wellbeing/features/reduce-stress.htm)

[HTTPS://WWW.HEALTH.HARVARD.EDU/MIND-AND-MOOD/SIX-RELAXATION-TECHNIQUES-TO-REDUCE-STRESS](https://www.health.harvard.edu/mind-and-mood/six-relaxation-techniques-to-reduce-stress)

Self care safety plan

Safety plans involve brainstorming ways to stay safe that may also help reduce the risk of future harm. These plans can be used in job settings, for emergency planning, personal safety and to address health issues.

Creating a self care plan helps to plan in advance ways to take care of yourself in the midst of crisis or trauma when other coping methods may be less effective.

See the link below or meet with the DOP, Misty Sorte, to start yours today.

[HTTPS://SOCIALWORK.BUFFALO.EDU/RESOURCES/SELF-CARE-STARTER-KIT/DEVELOPING-YOUR-SELF-CARE-PLAN.HTML](https://socialwork.buffalo.edu/resources/self-care-starter-kit/developing-your-self-care-plan.html) TEXT



Dates to remember



Happy Anniversary

January 29th Angie L

Laura's 7th Benco-versary
Bryn's 16th Benco-versary
Jodi H's 5th Benco-versary

Save
the
date

Shout outs



Polar Plunge! Saturday,
February 17, 2024
Willamette Boat Landing
@ Crystal Lake Sports
Fields
<https://support.soor.org/event/2024-corvallis-polar-plunge/e505679>

**Special thank you to
all of the Benco staff
who kept our residents
safe during the ice
storm. You are greatly
appreciated!**