



**Self-care: A practical approach to becoming a better caregiver**  
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# Introduction



- Contextualization
  - Paradox of Care
  - What is Self-care?
  - Typical profile of healthcare professionals
- Mindfulness
- Self-care wheel
- Self-care quiz
- 3 Dimensions of our wheel
- Closure

# What do you do?

[https://youtu.be/wCh\\_sxggMFo?si=WxrEsa5i2aocVpJr](https://youtu.be/wCh_sxggMFo?si=WxrEsa5i2aocVpJr)

# The paradox of care



- Healthcare professionals are often seen as superheroes, tirelessly caring for others and saving lives.
- However, even superheroes need to take care of themselves.
- Self-care is not just a buzzword; **it's a critical aspect of maintaining mental, emotional, and physical well-being**, especially for those in the healthcare industry.
- Long hours, demanding work, emotional challenges, stressful situations
- Putting your patients' needs first
- What do you do?

# What is Self-Care?

- **Self-care** is the practice of taking care of physical, mental, emotional, and spiritual aspects of your life to promote health and wellness.
- Doing something solely to look after your body and mind.
- Selfish indulgence? No!
- Starting a new trending hashtag? # No!
- Possible outcomes:

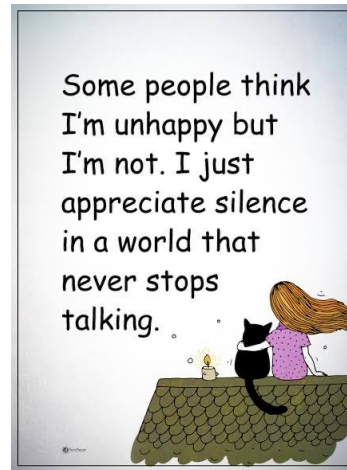
Manage stress

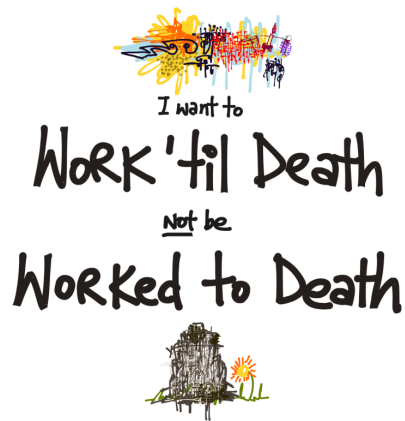
Lowers your anxiety

Reduces your risk of getting sick

Improves your energy & stamina

**Where do you find time to unplug, what do you do?**





What makes you get up  
in the morning to go to  
work?

What drives and  
motivates you...?

# Traits of a healthcare professional



- Professional values, behaviours and accountability
- Patient-centred care (empathy, holistic care, communication)
- Resilience
- Continuous learning
- Service-orientated
- Problem-solving
- Adaptable

# MINDFULNESS



# THE ART OF BEING

WE EAT WITHOUT EATING,  
WATCH WITHOUT WATCHING  
& LISTEN WITHOUT LISTENING

## RESEARCH SAYS:

Regularly practising mindfulness has shown to increase wellbeing, alleviate stress, lower blood pressure, decrease depression and anxiety, improve concentration and rewire one's brain. Although mindfulness practice has numerous possible health benefits, it is not a silver bullet.

It is important to seek professional help if you are struggling or feel overwhelmed. Nevertheless, it is worth trying out!

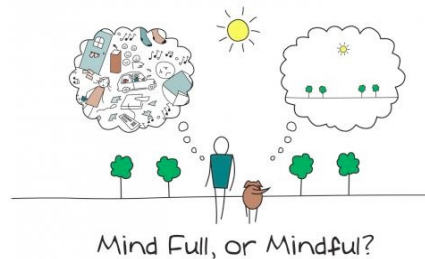


# MINDFULNESS



THE ART OF BEING

## Mindfulness Exercise (1)

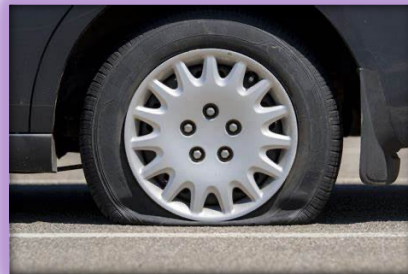


Holistic

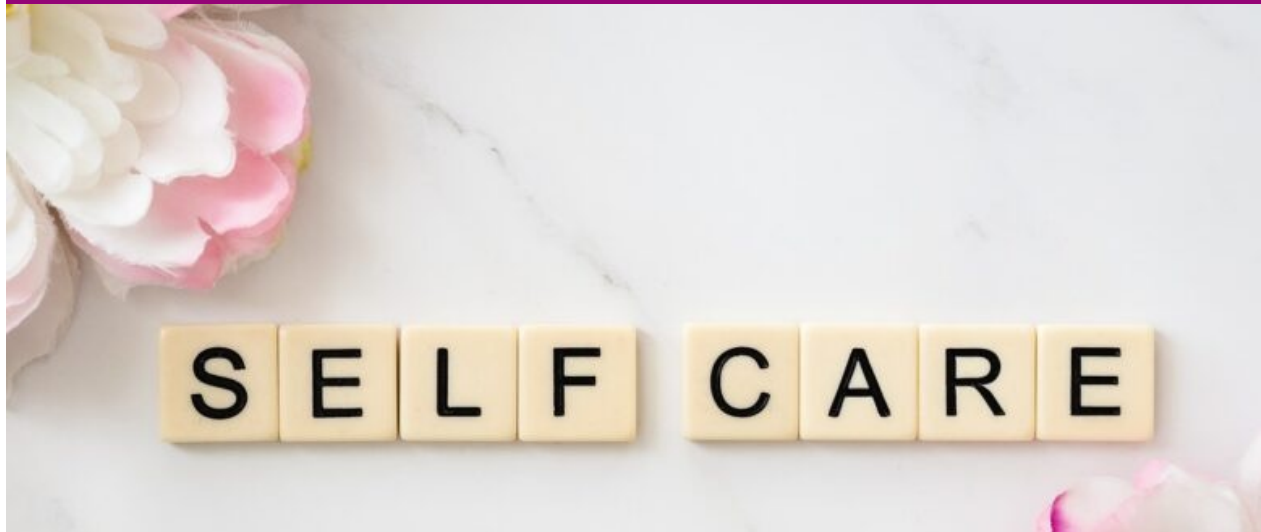
Balanced

Visual

Positive



# Self-Care Quiz



# Self-Care Quiz

**30-36 points: EXCELLENT;** Congratulations! Keep up the “good care”.

**22-29 points: Pretty Good;** you’re taking care of yourself however, it’s time to remind yourself that your needs are important. Begin with one change.

**15-21 points: Be Careful;** you “passed” but have some areas to work on. Think about your needs and then begin by selecting one area to improve.

**Less than 15 points: TAKE ACTION;** you need to make immediate changes to help yourself.

# Self-Care Quiz



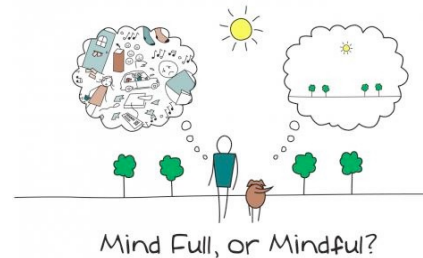
Reflecting on your score from the Self-Care Quiz, please – for yourself – write down one (realistic!) self-care priority you will commit to in 2025

# MINDFULNESS



THE ART OF BEING

## Mindfulness Exercise (2)



**3 Dimensions:  
Let's be practical**



# Physical Health

- Good sleep hygiene
- Exercise
- Good nutrition
- Preventing illness/disease/adherence to prescribed medication

**(You do not have to run the Comrades...)**





# Mental Health

- Take time for self-reflection
- Practice gratitude and/or meditation
- Healthy coping skills (self-reflection, journaling)
- Managing stress and dealing with difficult decisions effectively
- Consider therapy or join a support group

**(You do not have to start seeing five psychologists)**



# Emotional

- Laugh
- Practice self-love
- Cuddle with your pet
- Cry
- Explore a hobby
- Positive self-talk

**(You do not have to hop in the corridors at work!)**



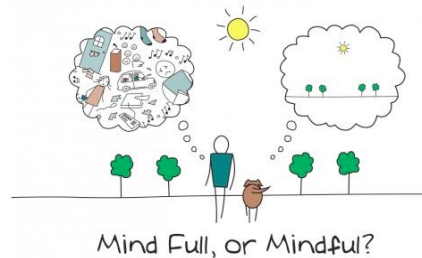


# MINDFULNESS



THE ART OF BEING

## Mindfulness Exercise (3)



# MY PERSONAL BILL OF RIGHTS

make mistakes and not be perfect

ask for what I want

say no to requests or demands I can't meet

express all of my feelings, positive or negative

change my mind

follow my own values and standards

say "I don't know"

say no to anything when I feel I am not ready, it is unsafe,  
or if it violates my values

determine my own priorities

not to be responsible for others' behaviour, actions,  
feelings or problems

have my own needs and wants respected by others

expect honesty from others

be angry at someone I love

be uniquely myself

my own needs for personal space and time

be in a non-abusive environment

change and grow

be treated with dignity and respect

be happy

I HAVE THE RIGHT TO:

Thank you!

Any  
questions?



Thank you for your time and participation!  
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