A WOMAN’S SELF CARE WHILE JUGGLING MULTIPLE ROLES

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WHY A “WOMAN’S SELF CARE”?

• Hunters and Gatherers
• Role of Industrial Revolution
• Gender Role Differences
• Physiological Differences

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JUGGLING MULTIPLE ROLES

• Good or bad for health?
• Health and Retirement study
• Number of roles as related to importance
• Role conflict

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ETHICAL IMPERATIVE

- Beneficence
- Nonmaleficence
- Fidelity
- Autonomy
- Justice - Self Care

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THE PARADOX OF SELF-CARE

• No time to sharpen the saw
• Personalized to caretaker
  (individual, physician, therapist, etc.)
• Self compassion

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FUNDAMENTAL LESSONS

- Self-care principles or strategies
- Broad instead of deep
- Interdependence of person and environment
- Motivation

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1. Self value
2. Refocusing on rewards
3. Recognizing hazards
4. Minding the body
5. Nurturing relationships
6. Setting boundaries

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SELF-CARE STRATEGIES (CONT.)

7. Restructuring cognitions
8. Sustaining healthy escapes
9. Creating flourishing environments
10. Undergoing personal therapy
11. Cultivating spirituality and mission
12. Fostering creating and growth

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