

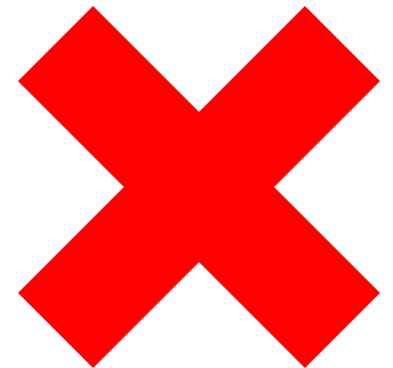
OUTSIDE OF YOUR NORM...

MIISHA CLEMONS, M.S.

DECEMBER 9, 2020

AGENDA

- REMOVING
- REVISING
- REVIEWING
- REFLECTING



GOAL



WITH THIS PRESENTATION THE GOAL IS TO GET CLARITY AND UNDERSTAND THAT SOMETIMES GROWTH, CHANGE, OPPORTUNITY COME IN A WAY THAT IS UNEXPECTED.

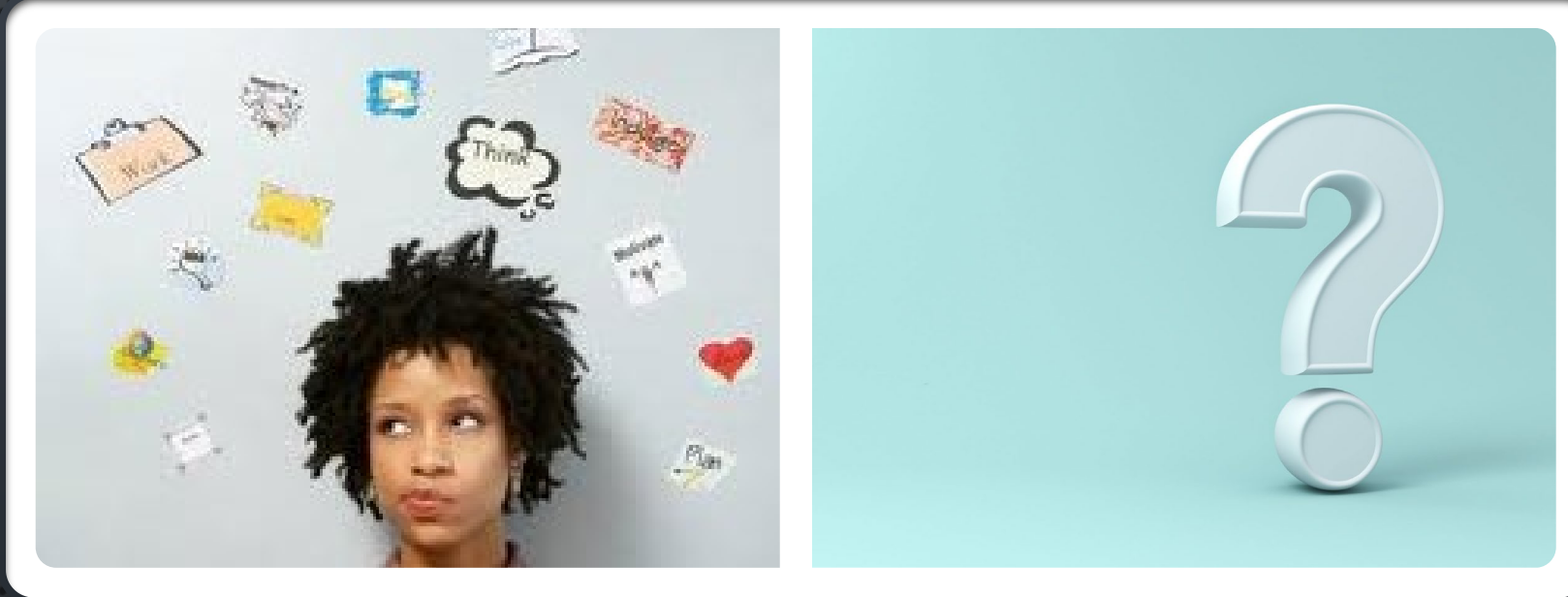
WHEN THINGS ARE OUT OF YOUR CONTROL THE OPPORTUNITY TO FIND THE “SILVER LINING” AND PEACE TRULY COMES WITHIN.

SO HOW HAVE YOU ADAPTED AND ADJUSTED? AND IF NEITHER, WHAT CHANGES ARE YOU WILLING TO MAKE?

*DISCLAIMER: I AM NOT A MEDICAL PROFESSIONAL, PERSONAL TRAINER/GURU. I AM SHARING MY PERSONAL EXPERIENCES THAT HAVE WORKED FOR ME.



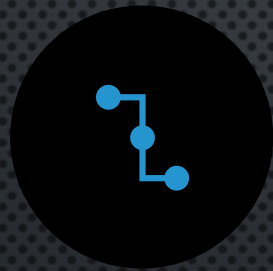
HOW ARE YOU FEELING
TODAY?



REMOVING

Q1 WHAT IS GOING: REMOVED FROM OUR "NORM"

WHAT WAS REMOVED...INVOLUNTARILY



CONNECTION



JOBS



ROUTINE



THESE WERE
DISRUPTED

THE PANDEMIC HAS CHANGED US!

It has forced us to slow down, explore our options, reevaluate relationships, know who our core group of dependable people are, and for some of us that our jobs can be effectively done from home.

More than four-in-ten Americans say their lives have changed in a major way

% saying that, as a result of the coronavirus outbreak, their personal life has ...

	Changed in a major way	Changed, but only a little bit	Stayed about the same
All adults	44	44	12
Men	41	46	12
Women	47	41	11
White	45	45	10
Black	34	43	22
Hispanic	47	43	10
Ages 18-29	43	45	12
30-49	46	43	10
50-64	42	42	16
65+	45	45	9
Postgrad	61	34	5
Bachelor's degree	54	40	5
Some college	43	45	12
HS or less	35	48	16
Upper income	54	39	6
Middle income	44	45	10
Lower income	39	44	16
COVID-19 state health impact to date			
High	51	39	9
Medium	43	44	12
Low	40	47	13

Note: Share of respondents who didn't offer an answer not shown. Whites and blacks include those who report being only one race and are non-Hispanic. Hispanics are of any race. "Some college" includes those with an associate degree and those who attended college but did not obtain a degree. Family income tiers are based on adjusted 2018 earnings. COVID-19 state health impact is based on per-capita cases and/or total number of cases. See Appendix for details. Source: Survey of U.S. adults conducted March 19-24, 2020.

"Most Americans Say Coronavirus Outbreak Has Impacted Their Lives"

PEW RESEARCH CENTER



REVISING

Q2 CHANGE IS NECESSARY: REVISING OUR ROUTINE

WHAT CHANGES DID YOU MAKE

- BECAME MORE TECH SAVVY
- WORK LIFE BALANCE
- SUPPORT
- BETTER COMMUNICATION
- THESE ARE OPPORTUNITIES FOR IMPROVEMENT AND LEARNING DESPITE THE LEARNING CURVE



REVIEWING

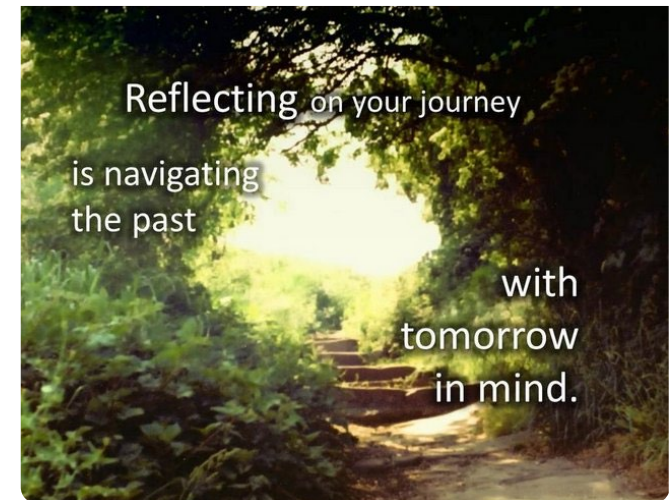
Q3 ADAPTING: OUR NEW NORMAL

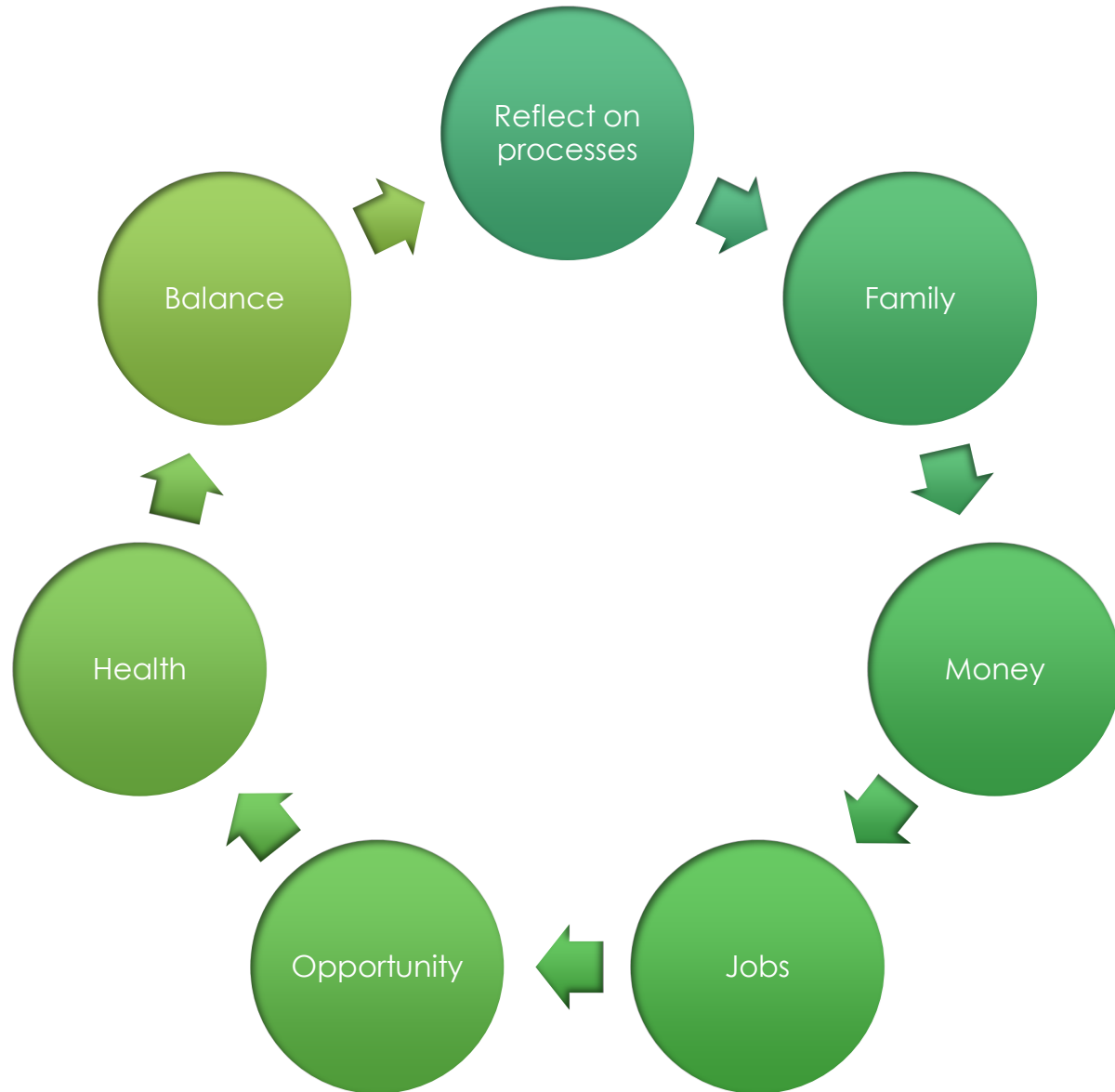
HOW DID THE SUDDEN CHANGES AFFECT YOU GOOD, BAD, INDIFFERENT

- KNOWLEDGE ABOUT TECHNOLOGY
- WHAT'S IMPORTANT IN LIFE
- BALANCE
- FAMILY QUALITY TIME
- TIME EFFICIENT
- SAVING MONEY

REFLECTING

Q4 MAKING THE BEST OUT OF IT: BETTER DAYS AHEAD





2020: THE YEAR OF VISION

THIS YEAR REVEALED SO MANY INEFFICIENCIES AND GAPS IN OUR LIVES.

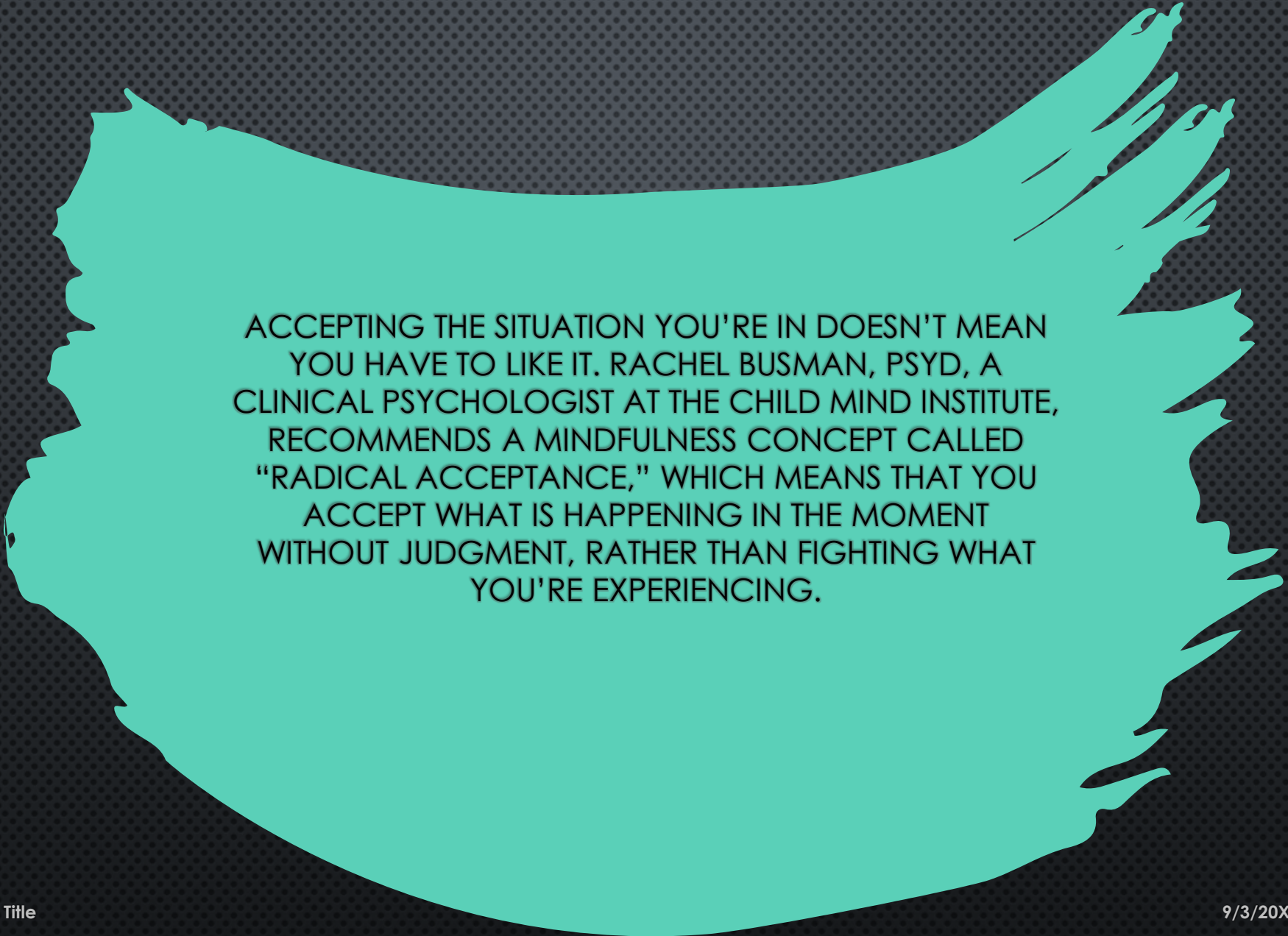


PARENT ENGAGEMENT

VIRTUAL LEARNING. CO-
PARENTING. QUALITY TIME
WITH KID(S)

CO-PARENTING IN A PANDEMIC

- COMMUNICATING WITH CO-PARENT
- SAFE COVID-19 PRACTICES FROM HOUSE TO HOUSE
- ESSENTIAL WORKERS AND FRONT-LINE WORKERS MAY IMPACT CO-PARENTING SCHEDULE AND RESPONSIBILITIES
- VIRTUAL VISITS/VIDEO CALLS IN PLACE OF TRADITIONAL SCHEDULE *UNLESS IT'S COURT ORDERED



ACCEPTING THE SITUATION YOU'RE IN DOESN'T MEAN YOU HAVE TO LIKE IT. RACHEL BUSMAN, PSYD, A CLINICAL PSYCHOLOGIST AT THE CHILD MIND INSTITUTE, RECOMMENDS A MINDFULNESS CONCEPT CALLED "RADICAL ACCEPTANCE," WHICH MEANS THAT YOU ACCEPT WHAT IS HAPPENING IN THE MOMENT WITHOUT JUDGMENT, RATHER THAN FIGHTING WHAT YOU'RE EXPERIENCING.

SINGLE PARENTING

- BE KIND TO YOURSELF. THESE ARE UNUSUAL TIMES
- WE STRIVE TO BE PERFECT PARENTS BUT IN THESE TIMES BE KIND TO YOURSELF
- TAKE TIME FOR YOURSELF
- FIND YOUR SUPPORT SYSTEM



NAVIGATING VIRTUAL LIFE



VIRTUAL LEARNING...AHHH!

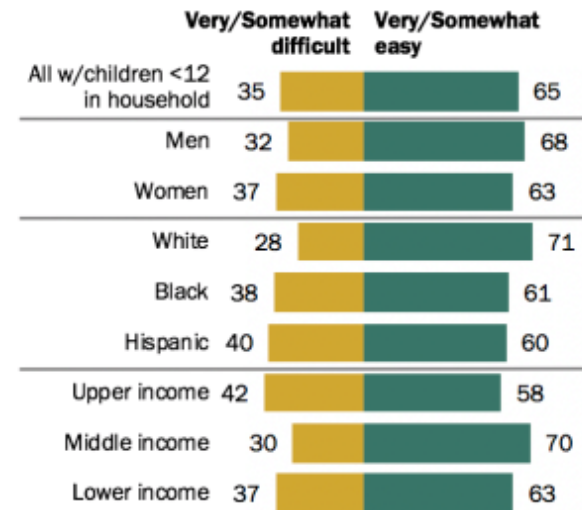
VIRTUAL LEARNING TIPS:

- TAKE BREAKS (NO SCREEN TIME), INCORPORATE PHYSICAL ACTIVITY AND EXERCISE
- ESTABLISH A ROUTINE AND DESIGNATED AREA FOR LEARNING
- TIME MANAGEMENT TO REVIEW YOUR CHILD(REN) WORK
- CONNECT WITH THE TEACHER PERIODICALLY

CHILDCARE CHALLENGES IN A PANDEMIC

About a third of adults with young children say handling child care responsibilities has been difficult

% of adults with children younger than 12 living in their household saying it has been ____ for them to handle child care responsibilities during the coronavirus outbreak



Note: Share of respondents who didn't offer an answer not shown. Whites and blacks include those who report being only one race and are non-Hispanic. Hispanics are of any race. Family income tiers are based on adjusted 2018 earnings. See Appendix for details. Source: Survey of U.S. adults conducted March 19-24, 2020. "Most Americans Say Coronavirus Outbreak Has Impacted Their Lives"

PEW RESEARCH CENTER



**“REDEFINING
NORMAL”:**

SELF CARE IS ESSENTIAL DURING COVID



DON'T LET SELF CARE BE
A TREND MAKE IT A
LIFESTYLE!

MIISHA CLEMONS



Do You Think You're Practicing Good Self-Care?

ANSWER BASED ON HOW OFTEN YOU DO EACH OF THE FOLLOWING STATEMENTS. MAKE SURE TO CHECK THE BOXES TO RECORD YOUR RESPONSES. AT THE END, YOU'LL FIND OUT HOW TO SCORE YOUR ANSWERS.

I DO THIS...	FREQUENTLY	OCCASIONALLY	RARELY	NEVER	DNA
1. I eat regularly (Breakfast, Lunch, Dinner or after fasting).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I exercise or do a fun physical activity if I'm feeling stressed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I take time to slow down and take care of myself when I'm sick (i.e. Get medical care or take some time off work or other engagements to rest).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I get enough sleep.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I make time to be with my thoughts and self-reflect.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I take time to express my thoughts or feelings, or have a creative outlet (i.e. writing your thoughts in a journal or expressive art).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I say no to extra responsibilities when my plate is already full.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I spend time with people who make me happy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I love myself and give myself positive affirmations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I allow myself to show emotions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I spend time with my pets or in spaces in which I feel comfortable.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I make time to do important things like creating a budget or studying.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I ask for help if I need it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I spend time with people I care about who care about me too (friends or family).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I unplug from harmful social media.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. I make quiet time for myself to complete necessary tasks.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. I take time to chat and get to know others (co-workers, students, neighbors, etc.).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. I set boundaries in my relationships with my partner, family, and friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. I take deep breaths if I find myself getting overwhelmed, and take time to tend to those emotions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. I strive for balance among work, family, relationships, play and rest.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Do You Think You're Practicing Good Self-Care?



SCORING

GIVE YOURSELF A 3 FOR ANSWERING "I DO THIS FREQUENTLY," 2 FOR "I DO THIS OCCASIONALLY," 1 FOR "I RARELY DO THIS" AND 0 FOR "I NEVER DO THIS." SKIP THE QUESTIONS YOU ANSWERED "THIS DOESN'T APPLY TO ME."

NOW THAT YOU'RE FINISHED AND HAVE YOUR SCORE, THE NEXT STEP IS TO FIND OUT WHAT IT MEANS. SIMPLY TAKE YOUR TOTAL SCORE AND SEE WHICH OF THE CATEGORIES BELOW APPLY TO YOU.

0-15 pts

It sounds like you may not be practicing a whole lot of self-care, but you can change that! Self-care is taking the time to care for myself in whichever ways work best for you. We know that to be in a healthy relationship we each need time for ourselves and our own interests, and sometimes even when we're single our work and school schedules can get in the way of us truly taking the best care of ourselves. It's important to remember that self-care is not selfish, it's self-LOVE. Chat with an advocate on www.loveisrespect.org

16-30 pts

It sounds like you may be practicing a little self-care, but could use some more guidance or ideas on how to best take care of myself. Remember: self-care is about taking the time to care for myself in whichever ways work best for you! Just start thinking about what you can do that makes you happy, and do it. Call, chat on www.loveisrespect.org or text LOVEIS to 22522 to speak with an advocate about more self-care ideas and what may be best for you.

31-45 pts

It sounds like you are doing a good job taking care of myself! Self-care is important for your emotional, mental, and physical well-being, so keep it up! If you're used to doing the same techniques or methods, maybe try something totally new. If you usually journal your feelings, try your hand at art. If you always go for a run or do a physical activity, try some meditation and deep breathing exercises too. New experiences can be fun!

46-60 pts

It sounds like you know all about self-care, and are excellent at taking those few moments to focus on you! Keep it up! Self-care can be a really positive thing for anyone, especially for people who have experienced some form of trauma.



WHAT IS SELF CARE?

It's your overall well being usually classified in 4 segments:

- Mental
- Spiritual
- Physical
- Emotional

How are you addressing your needs in these 4 areas? If you are struggling in certain areas how can you improve?

Mental Health Self Care Wheel

PHYSICAL

Take your full lunch break
Leave work at work
Take mental health holidays
Learn to say NO
Use your vacation time
Set boundaries

Take time for self reflection
Therapy or counseling
Meditation
Keep a journal
Be creative
Join a support group

PSYCHOLOGICAL

EMOTIONAL

Explore a hobby
Cuddle with your pet
Community engagement
Practice self love
Cry
Laugh

SPIRITUAL

Plan & set goals
Spend time with family
Learn a new skill
Read a book
Make time for friends
Reflect on who you are
& what makes you special

PERSONAL

PROFESSIONAL

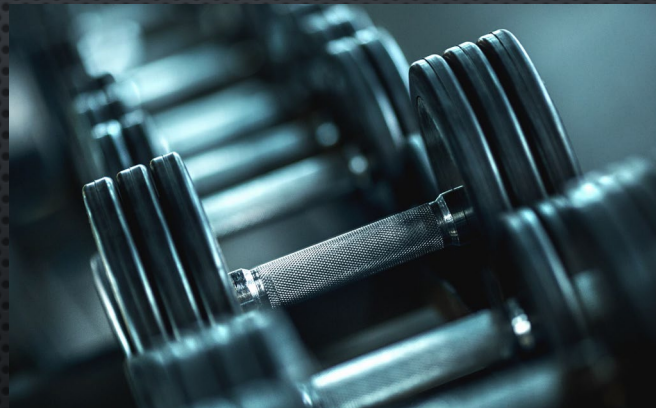
SELF CARE

SLEEP



6-7 hours per night

EXERCISE



3-4 times a week
minimum 30 minutes

HEALTHY FOOD



Eat from the food
groups and
eliminate sugar!!

SELF CARE

MEDITATION



5-10 minutes per day
in a special quiet
place.

STRESS



Remember ONE
THING AT A TIME!

SOCIAL CONNECTION



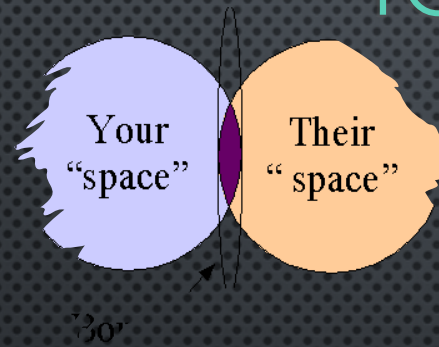
Zoom, social media,
calls, walking etc. ²⁹

PROTECT YOUR PEACE: BE GOOD TO YOURSELF SO YOU CAN BE GOOD TO OTHERS



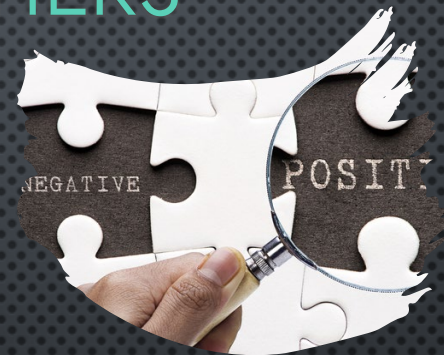
NEWS

SET A TIME LIMIT!!



BOUNDARIES

AVOID NEGATIVITY
AND BURNOUT



NEGATIVITY

ENOUGH SAID!



ENJOY QUIET TIME

YOU DESERVE IT!

BALANCE

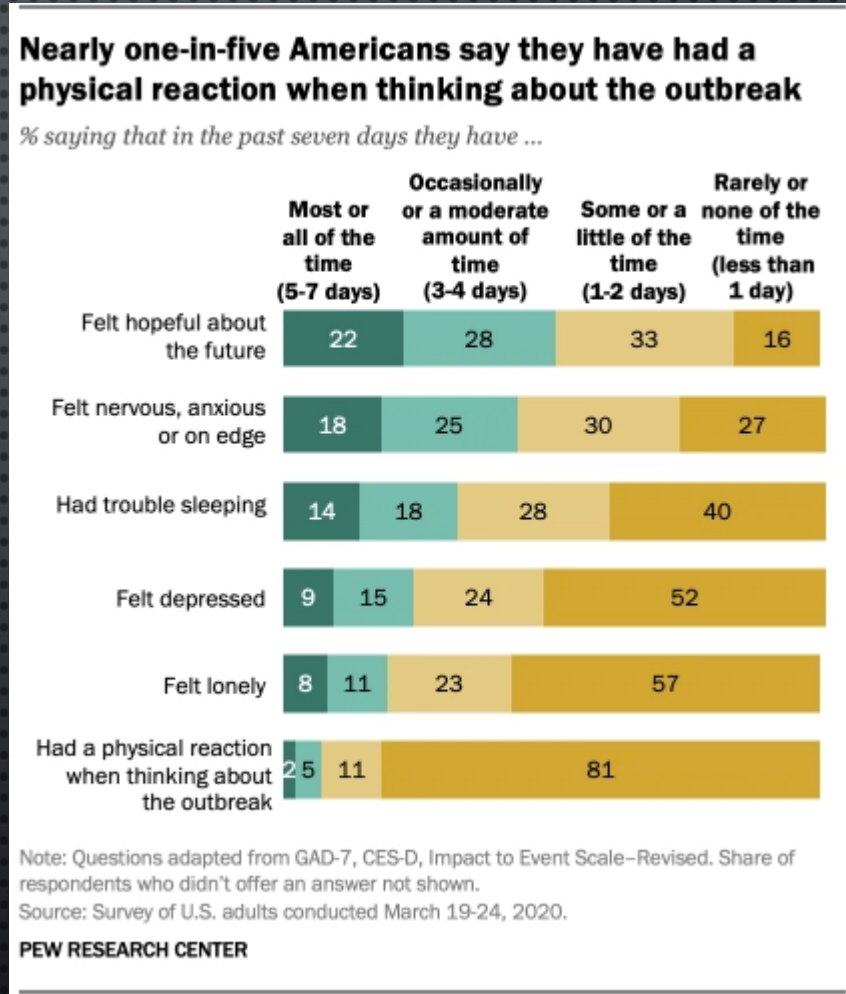
WITH EVERYTHING BEING ONLINE IT CAN CAUSE YOU TO WORK ADDITIONAL HOURS SIMPLY BECAUSE OF ACCESS/PROXIMITY.

MAKE SURE YOU UNWIND AND HAVE STRUCTURE, SO YOU DON'T BURNOUT!

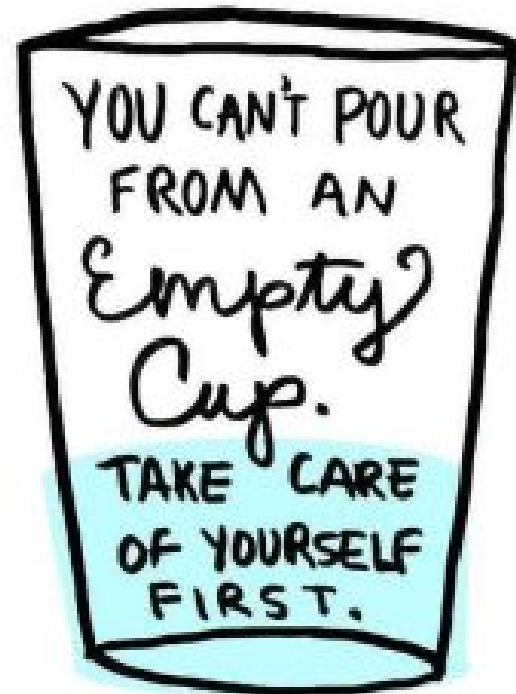


ANXIETY

HOW DO YOU OVERCOME INTRUSIVE THOUGHTS OR PHYSICAL REACTIONS?

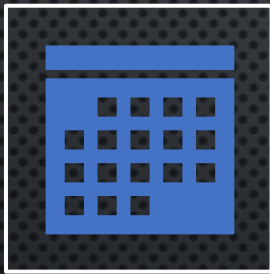


PRIORITIZING YOU!!!





CREATE A CALENDAR...HERE ARE THE RULES...



Get a calendar



Put yourself on it



Prioritize yourself

WHAT'S IMPORTANT TO YOU?



FAMILY



COMFORT



HEALTH



SAVING MONEY



CHANGING PACE



SELF CARE...10 IDEAS TO INCORPORATE

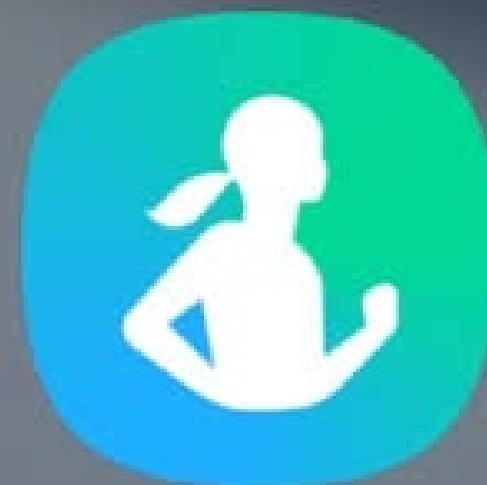
YOU DESERVE IT!

10 SELF CARE IDEAS YOU CAN BEGIN TODAY!

- EXERCISE
- MEDITATION
- MASSAGE THERAPY
- START A NEW HOBBY
- MEAL PREP-HEALTHY OPTIONS
- JOURNAL AND WRITE POSITIVE AFFIRMATIONS
- UNPLUG FROM TECHNOLOGY/SOCIAL MEDIA
- WATCH AN UPLIFTING AND/OR FUNNY SHOW OR MOVIE
- PAMPER YOURSELF
- CREATE YOUR VISION BOARD!



Strides



Samsung
Health

Calm



2021 HERE WE COME!!

REVELATIONS AND SITUATIONS

DURING 2020, WHAT ARE DID YOU LEARN THAT YOU WOULD HAVE NOT INITIATED ON YOUR OWN AND HAS RESULTED IN A BENEFIT FOR YOU AND YOUR FAMILY?





FOOD

DREAMS

balance

MILLIONS USING
and LIVING THE

Generous Spirit



MULTIPLE
STREAMS OF INCOME

ALIGN, EXPAND and SUCCEED

TIME
FREEDOM

JOY INSPIRING MILLIONS

Relationships



Giving Back

A Healthy Body

LOVING, FUN, GROWING

FINANCIAL
FREEDOM

SPIRITUAL
GROWTH



TRAVEL

IN THE FLOW

FAITH

Bolivia

Leader

QUALITY FAMILY TIME

THE WORLD



DESTIN JEWELERS #1



ASPIRE TO INSPIRE



THANK YOU

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