

EIGHT DIMENSIONS OF SELF-CARE

Focusing on the Total Wellness of Employees by Encouraging and Practicing Self-Care



EMOTIONAL
SPIRITUAL
APTITUDINAL



RELATIONAL
COGNITIVE
PHYSICAL
ENVIROMENTAL
FINANCIAL



A Note From Our CEO

To our colleagues, clients, and friends,

In 2020, we saw a change in the fabric of our society. It has been a stressful year to say the least; our businesses, healthcare system, economy, and relationships have been tested. **We've all been affected and had to evolve.**

While there were many challenges, we at GoPivot committed ourselves to learning and adapting. Finding silver linings became a rally cry: **What could we learn? How could we improve our platform and services for our clients? How could we improve as individuals and employees?**

It became increasingly clear that a focus on Self-Care fit into our model of Total Wellness. I've said it time and time again: **employers have to focus on the whole person.** If your employees aren't well, they can't be their best. They can't be fully engaged and productive, let alone safe, in the workplace if their primary needs as humans aren't met.

With that in mind, we've decided to double down on Self-Care in 2021. Our client programs and challenges, marketing programming, and corporate culture will all focus on the Eight Dimensions outlined in this eBook. We'll walk the walk. We'll share our expertise and use our proven methodology to **Give Everyone a Reason to Change.** We welcome you to join us in this journey.

Let's do this, together!

In health,



CEO, GoPivot

What is Self-Care and Why is it Important to Employers?

Don't let the popular depictions of self-care in social media and on the news fool you; self-care is much more than taking a bubble bath or sipping hot tea. It's a recognized practice defined by the World Health Organization (WHO) as "what people do for themselves to establish and maintain health, and to prevent and deal with illness."

And while the terminology may be novel, Self-Care is not a new concept. People have been taking measures to prevent disease and promote health, with and without a healthcare provider, for generations.



self-care

/,self'ker/

The practice of taking an active role in protecting one's own well-being and happiness.

Oxford English Dictionary



In recent years, Self-Care has been increasingly recognized as a priority in corporate America - and for good reason. Both employers and employees don't just benefit from practicing self-care; it is essential to be successful. Businesses that support Self-Care practices amongst their workforce benefit from lower employee attrition while increasing employee productivity, employee engagement, and overall business success.

If employers want healthy, clean, energetic, and safe workplaces, they need to encourage, model, and practice Self-Care.



While there are many models of Self-Care, at GoPivot we've defined Eight Dimensions of Self-Care: **Physical, Emotional, Spiritual, Financial, Cognitive, Aptitudinal, Relational, and Environmental.**



Physical: How we eat, move, and rest

Physical Self-Care promotes proper care of our bodies for optimal health and functioning. It includes incorporating physical activity, nutrition, and adequate sleep into our lifestyle. Attention to this dimension helps to prevent chronic disease, improves immunity, and is the foundation for the other seven dimensions of Self-Care.

Physical Self-Care also encompasses regular and preventative screenings and paying attention to the signs of illness.

PIVOT POINTER

PHYSICAL SELF-CARE CHECKLIST

- Eat a whole foods diet with a focus on fruits and vegetables
- Drink plenty of water
- Get 7-9 hours of sleep each night
- Move regularly – roughly 20-40 minutes every day
- Schedule regular health check-ups and have an understanding of key health indicators (weight, glucose, cholesterol, blood pressure)



Emotional: How we express ourselves

Managing stress, coping with difficult emotions, and cultivating mindfulness are all ways to practice Emotional Self-Care. The way we feel greatly affects the way we approach our daily life, both personally and professionally.

Emotionally healthy people feel confident, in control of their feelings and behaviors, and have the resiliency to face life challenges and stressors. Allowing emotions to build up, ignoring them, or attempting to numb them in unhealthy ways can affect physical health, relationships, and work performance.

PIVOT POINTER

EMOTIONAL SELF-CARE CHECKLIST

- Practice gratitude
- Notice and address your self-talk (both positive and negative)
- Establish clear and firm boundaries
- Seek guidance from a mental health professional
- Incorporate activities that involve each of your senses: smell, taste, touch, sight, and sound. Listen to music, eat your favorite food, light your favorite candle, play with your pet, or watch your favorite movie.



Financial: How we allocate our resources

Stress around finances and one's relationship with money are one of the largest contributing factors to our cognitive and emotional wellbeing. Financial Self-Care is all about having a clear understanding of how we earn, spend, give, save, and manage our finances.

To practice Financial Self-Care, it's important to get a clear understanding of our current financial situation. To do this, we ask ourselves questions like: How much does my lifestyle cost today? And how much will I require in the future? When I think about how much I need to be healthy and happy, what exactly do I need?

PIVOT POINTER

FINANCIAL SELF-CARE CHECKLIST

- Set a budget and get a clear understanding of your finances
- Sell items you no longer use or want
- Start or contribute to an emergency fund
- Seek guidance from a financial advisor to make sure you're on the right path
- Contribute the maximum to your retirement fund
- Pay off debt



Spiritual: How we illuminate our inner truth

Spiritual Self-Care is often overlooked and is arguably the most personal dimension on this list. While this may have different meanings for different people, Spiritual Self-Care focuses on the actions we take to deepen our connection with our higher self – who we truly are and what matters most to us at our core.

Driven by our deep desires, Spiritual Self-Care strategies help you to identify your unique strengths and gifts, spiritual nature, values, personality, and individual beliefs. Separate from the ego and driven by the soul, it encompasses everything that makes us unique as individuals.

PIVOT POINTER

SPIRITUAL SELF-CARE CHECKLIST

- Identify your core values and evaluate how these align with your lifestyle
- Have daily quiet time
- Do a good deed/volunteer
- Practice being present in everyday life
- Create a vision board



Cognitive: How we think

Cognitive Self-Care is all about using and expanding our knowledge and skills. When we practice Cognitive Self-Care, we participate in activities that cultivate mental growth. Reading, doing challenging puzzles such as crosswords or Sudoku, debating issues with others who have opposing viewpoints, learning a new language or musical instrument, trying a new hobby, or teaching and tutoring others are all ways to maintain or improve our Cognitive wellness.

PIVOT POINTER

COGNITIVE SELF-CARE CHECKLIST

- Read a book on a new topic
- Do a puzzle
- Take a class
- Engage in a hobby
- Listen to a podcast

When we challenge ourselves to learn a new skill, we are contributing to our Cognitive health. People who pay attention to their Cognitive wellness often find that they have improved concentration, better recall, and stronger critical thinking skills.



Aptitudinal: How we contribute to the world

The Aptitudinal dimension of Self-Care focuses on our contributions to the world. In this dimension, we explore our purpose—what we are uniquely suited to do in this world, both personally and professionally. By enlisting Self-Care strategies that support this dimension of our lives, we become more aligned with our strengths so we can make a more meaningful contribution to the world.

When we understand our strengths, unique skills, and talents, we learn more about our life's calling. It's important to note that this may or may not be our current career; rather, it could be how we contribute to the world outside of our work.

PIVOT POINTER

APTITUDINAL SELF-CARE CHECKLIST

- Identify your strengths and use them
- Have meaningful, thought-provoking conversations
- Teach a class
- Mentor someone
- Volunteer your time
- Seek out professional development and counsel



Environmental: How we harmonize with our surroundings

Environmental Self-Care is related to our surroundings in the world. This dimension of Self-Care connects overall well-being to our environment. It's nearly impossible to feel our best when we are surrounded by clutter and disorganization or feel unsafe in our environment.

Ways to practice Environmental Self-Care include recycling, keeping a clean home and work environment, purchasing products with minimal packaging, and conserving energy and water. It is also important to spend time in nature to fully practice this dimension of Self-Care.

PIVOT POINTER

ENVIRONMENTAL SELF-CARE CHECKLIST

- Reduce waste by reducing and reusing
- Participate in neighborhood nature clean-ups
- Improve your air quality with house plants
- Develop good cleaning habits using natural and non-toxic cleaning and beauty products
- Take steps to purchase more sustainable and environmentally friendly products



Relational: How we connect with others

Relational Self-Care cultivates a sense of connectedness and belonging. The Relational dimension involves creating and maintaining a healthy network. Practicing Relational Self-Care might involve asking a colleague or acquaintance out for lunch, joining an organization, setting healthy boundaries in relationships, using honest communication, being authentic with others, and treating others respectfully.

PIVOT POINTER

RELATIONAL SELF-CARE CHECKLIST

- Call or visit relatives and friends – or, send a letter
- Have a family dinner
- Practice inclusivity
- Define healthy boundaries in relationships and reduce exposure to toxic relationships
- Ask for advice or help when dealing with situations

In this dimension, we explore our relationships—friendships, partnerships, and family relationships. By enlisting Self-Care strategies that support this dimension of our lives, we foster healthier connections by establishing boundaries that are mutually beneficial and respectful.