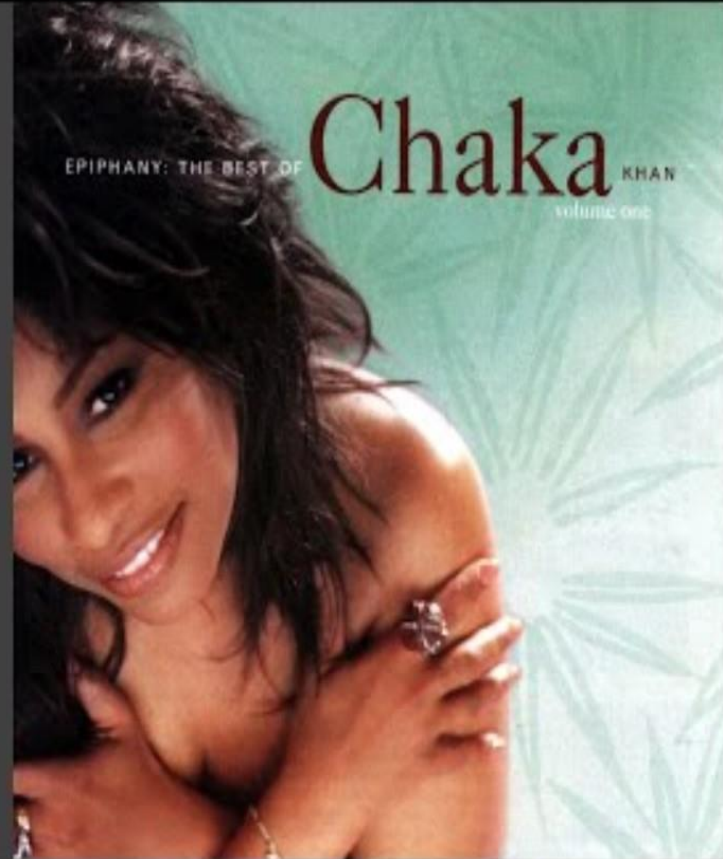




Elevate Your Impact Through Grit And A Commitment To Self-Care

Melanie Gray Ph.D, RN –The Confidence Coach



You **individually**
and as a body
of successful
women
represent all of
us!! Inspiring
hope,
confidence and
joy.



CELEBRATE!

Embrace and Celebrate Your Grit

- **Resilience**
- **Perseverance**
- **Determination**
- **Tenacity**
- **Courage**
- **Endurance**
- **Fortitude**
- **Resolve**
- **Persistence**
- **Mental Toughness**

The World Health Organization working definition of **self-care**.

“The ability of individuals, families and communities to promote health, prevent disease, maintain health, and cope with illness and disability with or without the support of a health-care provider”.

CREATE
HEALTHY
HABITS





Self- Care Is A Decision

- Self-care is the practice of looking after **YOUR** own health using the knowledge and information available to you.
- It is a decision-making process that empowers **YOU** to look after **YOUR** own health.

Self-Care

Embodies the Eight Dimensions of Wellness.



The **Occupational** Dimension Is One Small Part Of **YOUR Whole Being.**



What Is Happening To Your Other Dimensions of Health?

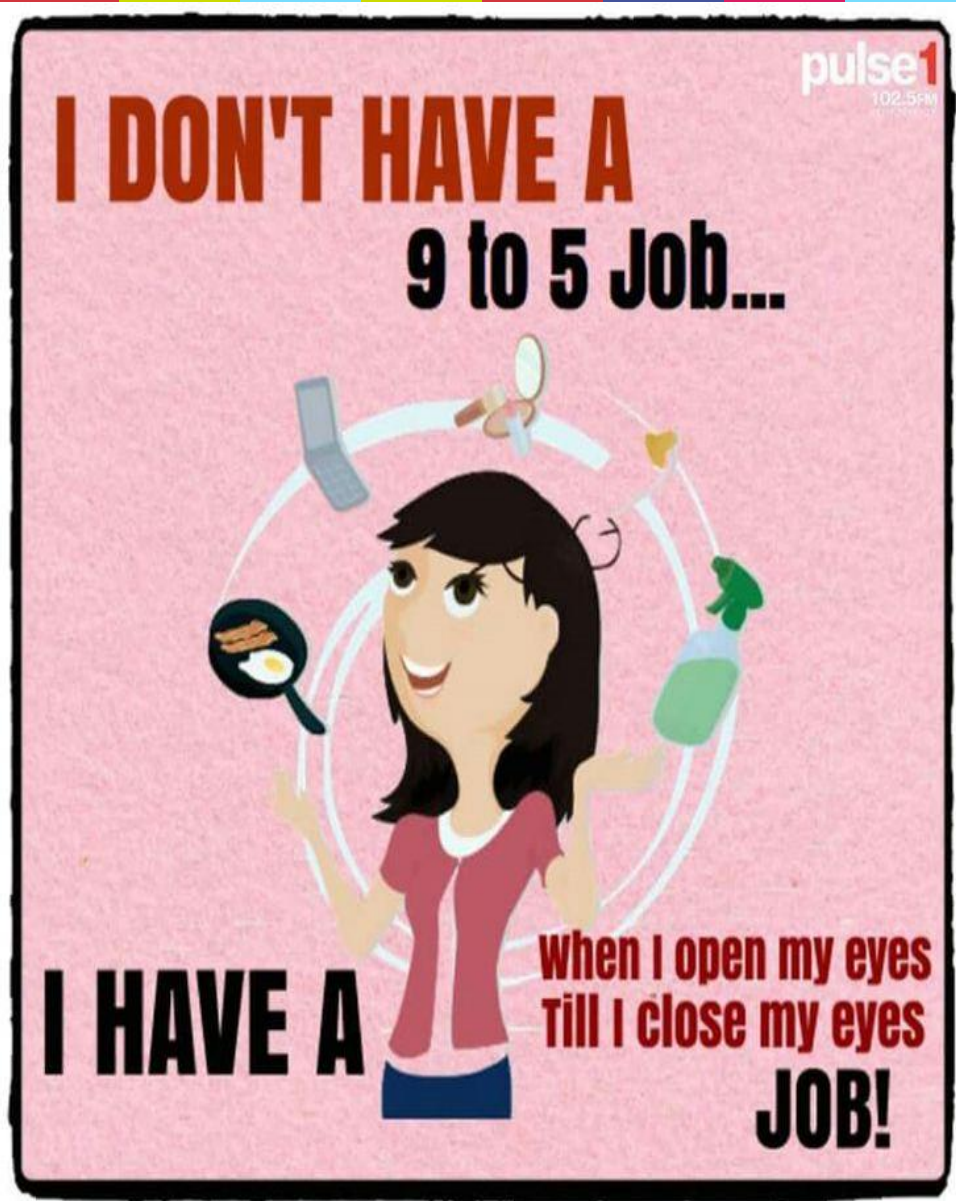


Not including your professional job title/role.



If someone asked you "tell me about yourself" what would you say?





Grit describes **YOUR** ability to persevere and remain passionate about long-term goals.


You are accustomed to pushing through tough situations.



YOU WILL NEVER
KNOW YOUR LIMITS
UNLESS YOU
PUSH YOURSELF
TO THEM

***PUSH THROUGH FOR
YOUR HEALTH AND
WELLBEING***





YOU TEACH PEOPLE HOW TO
TREAT YOU BY WHAT YOU
ALLOW, WHAT YOU STOP, AND
WHAT YOU REINFORCE.

- TONY GASKINS -





The Literature Prevails

The lack of Self- Care can lead to -burnout, depression, anxiety, sleep disorders, and a decreased quality of life, which negatively impacts professionalism and care delivery.

Self-Care Is Evidence Based

Self Care:

- Reduces Stress and Improves Well-being
- Boosts Mental Health and Reduces Anxiety and Depression
- Enhances Sexual and Reproductive Health
- Prevents Burnout and Improves Professional Performance
- Promotes Physical Health and Longevity





What do you think?

- Every year at least
-

- women are likely to experience a long-term health problem caused by childbirth?

Win Chocolate For Your Table

—

**When I think
about taking
time for myself I
feel_____.**
Why?



**Which of these
statements are true?**



I am too busy.



I don't have time.

We Must Elevate Your Position Of
Importance In Your Own Eyes

**You Are In A War For
Your Rest And Self
Care**





What Does All Look Like For You?

At What Cost?

Can Women Have It All?

**You must put
the oxygen
mask on
yourself.**



- If the well runs dry, no one can draw from it.
- Broken wings can't carry you to new heights.
- An un-watered plant withers away.
- To lift others, you must first ground yourself.



In today's society, exhaustion has become a badge of honor, often equated with productivity and self-worth, reinforced not only by daily demands but also by the relentless messaging we receive on social media that glorifies hustle culture and non-stop work.



True or False?

I have the right to
make **MY** self-care a
priority.

**MAKE
YOURSELF**
a priority

TYPES OF SELF-CARE



PHYSICAL

- Sleep
- Stretching
- Walking
- Physical release
- Healthy food
- Yoga
- Rest

EMOTIONAL

- Stress management
- Emotional maturity
- Forgiveness
- Compassion
- Kindness

SOCIAL

- Boundaries
- Support systems
- Positive social media
- Communication
- Time together
- Ask for help

SPIRITUAL

- Time alone
- Meditation
- Yoga
- Connection
- Nature
- Journaling
- Sacred space

At Your Table Discuss
What Self Care At
Work Would Look
Like To **YOU**?



Self-Care At Work

Fight The Sitting Disease

Sedentary lifestyles can double the risk of high blood pressure, atrial fibrillation, weakened muscles and joints and **more!**

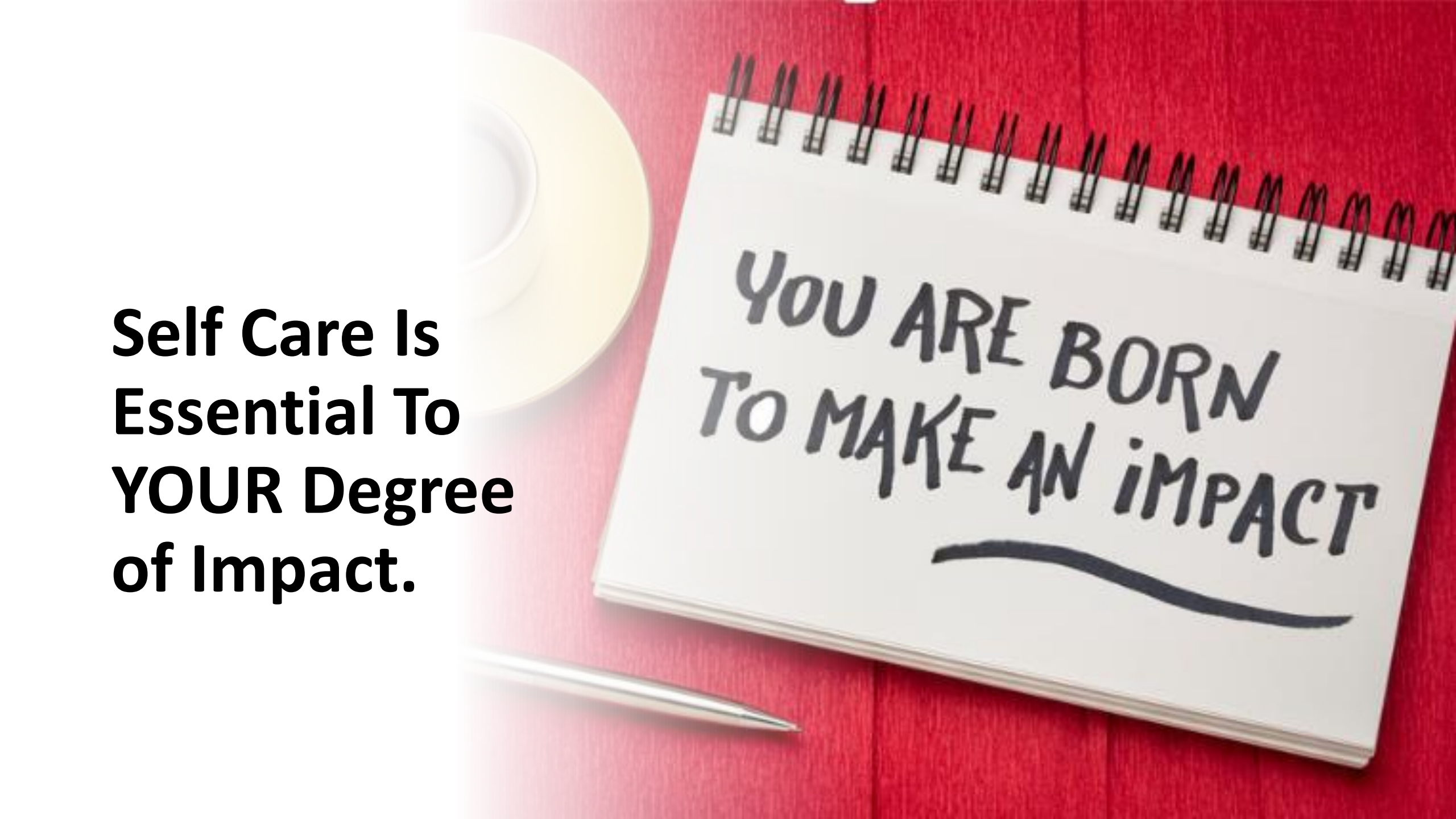




What Would Self-Care At Home Look Like For **YOU**?



**Self Care Is
Essential To
YOUR Degree
of Impact.**



**YOU ARE BORN
TO MAKE AN IMPACT**

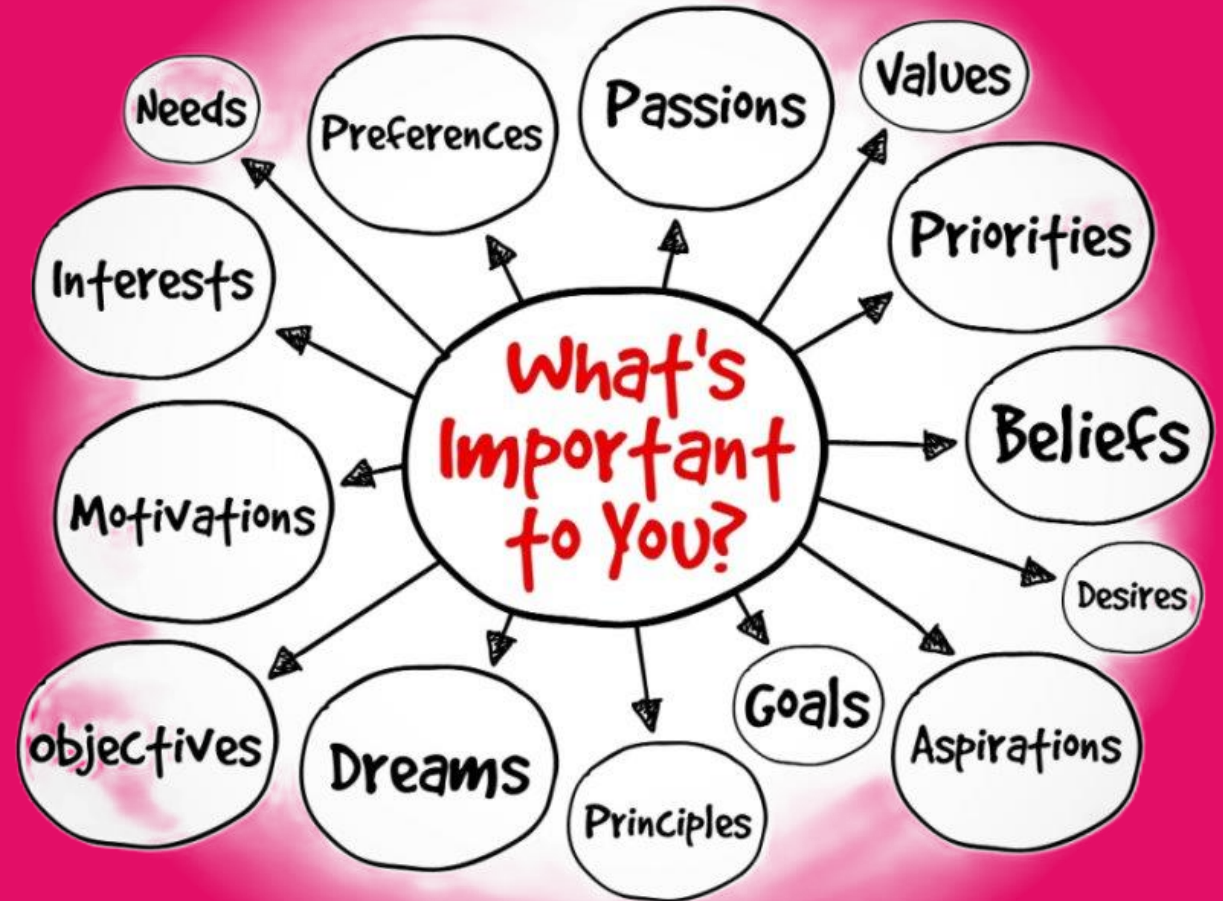
There is life after work

- **Enhancing your influence-** in your community and family
- **Enhancing your ability** – Be the change you want to see in the world
- **Able to drive positive change-** in all areas of influence



What is your personal mission and vision?

This is essential to your impact, resilience elevation and innovation.



Where are all the spaces you want to make an impact and have influence?



Family



Community



Average Life Expectancy of a woman is 80.2

What do you want to be recognized for as you advance in your career, transition into retirement, and reflect on your life post-retirement?

Quotes from the Late Dr. Myles Monroe

"The greatest tragedy in life is not death, but a life without purpose".

"The value of life is not in its duration, but in its donation".

"You are not important because of how long you live, you are important because of how effective you live".

"Most people are concerned about growing old rather than being effective".



Self-care is essential for sustaining your mental, emotional, and physical well-being. It empowers you to make a meaningful impact in your life, allowing you to show up fully for yourself and others.



IMPACT

Give Yourself Permission

To pause, take a
break and celebrate
the gift that you
— are.



**Commit to your
Your self-care.**

**2. Use the QR Code
To get your 54 page
self-care workbook to
solidify your self-care,
self-love practice**



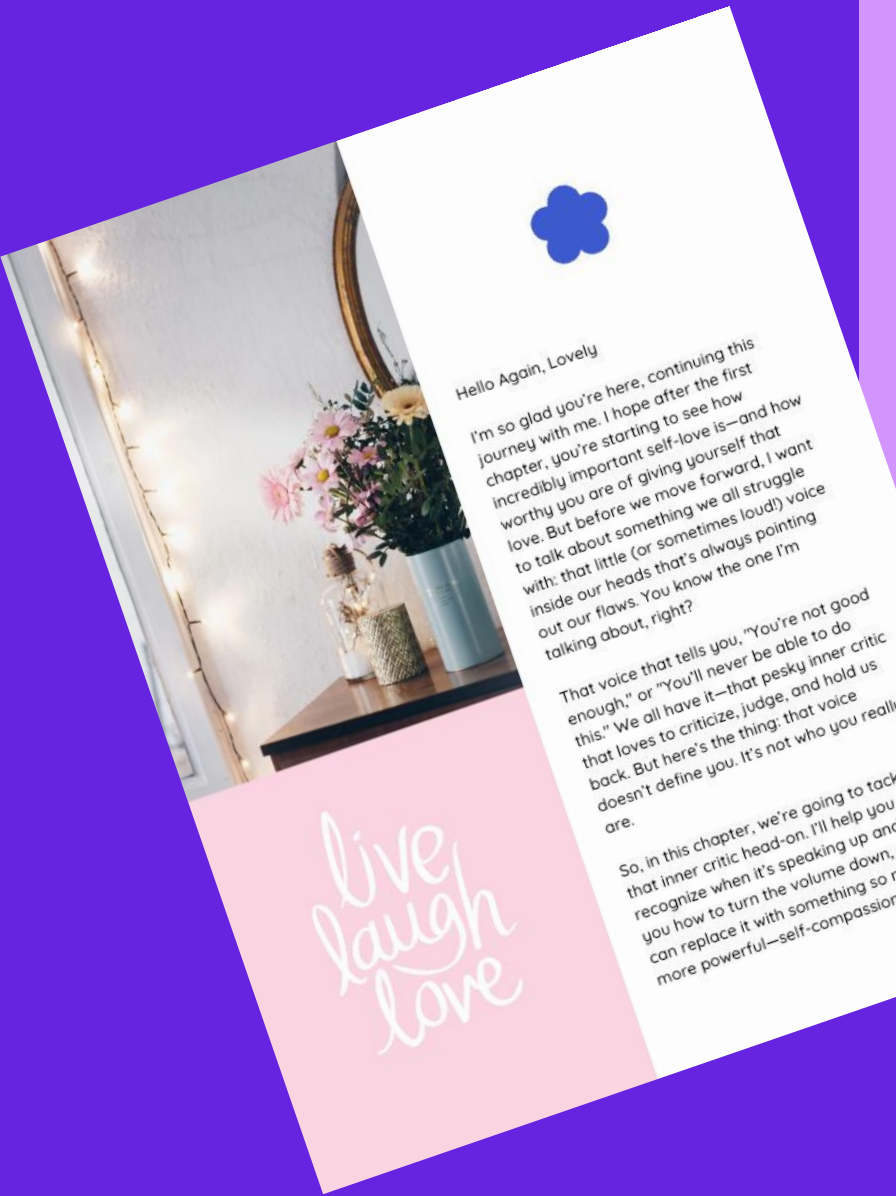


Elevate Your Impact: Through Grit and A Commitment to Self Care.

[I want to begin the journey for my self care](#)



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Hello Again, Lovely

I'm so glad you're here, continuing this journey with me. I hope after the first chapter, you're starting to see how incredibly important self-love is—and how worthy you are of giving yourself that love. But before we move forward, I want to talk about something we all struggle with: that little (or sometimes loud!) voice inside our heads that's always pointing out our flaws. You know the one I'm talking about, right?

That voice that tells you, "You're not good enough;" or "You'll never be able to do this." We all have it—that pesky inner critic that loves to criticize, judge, and hold us back. But here's the thing: that voice doesn't define you. It's not who you really are.

So, in this chapter, we're going to tackle that inner critic head-on. I'll help you recognize when it's speaking up and teach you how to turn the volume down, so you can replace it with something so much more powerful—self-compassion.

live laugh love



Reflection Time

What Does Self-Love Mean to You?

Now that we've talked about what self-love is, let's take a moment to reflect on what it means to you. Grab your journal or notebook, and take some time to answer these questions. There's no rush—this is your space to explore your thoughts and feelings freely.

When you hear the word "self-love," how do you feel?

What are some ways you already show yourself love? (Yes, you're already doing it in some ways, even if you don't realize it!)

Where do you feel you need the most help when it comes to loving yourself?

Reflection is just for you, so be as honest and open as possible. Sometimes, thoughts down on paper can be a huge step in recognizing where you are going.



Why Does Self-Love Matter?

You might be thinking, "Okay, but why is self-love such a big deal?" Well, the answer is simple: everything in your life flows from how you feel about yourself. When you love and value yourself, everything changes—your relationships, your mental health, your career, even how you handle life's challenges.

Here's the beautiful truth: self-love is like a ripple effect. When you take care of yourself and treat yourself with kindness, it spills over into every aspect of your life. You'll start to set healthier boundaries, make better decisions for yourself, and attract more positive energy into your world. It's not about being perfect or always feeling great, but rather about showing up for yourself, even on the tough days.

Let's break it down a bit more

You set healthier boundaries

When you truly love yourself, you stop letting people walk all over you. You understand that your time, energy, and feelings matter, and you become more confident in saying "no" to things that don't serve you.

You're more resilient

Life can be hard sometimes, right? But when you have a strong foundation of self-love, you're able to bounce back from setbacks faster. You learn to trust yourself, knowing that you'll get through the tough times.

You're more joyful

When you love yourself, you start to see the beauty in who you are, flaws and all. You celebrate your wins, however big or small, and you stop being so hard on yourself. Life becomes more joyful, and you begin to feel more comfortable in your own skin.

You improve your relationships

When you love yourself, you raise the standard for how others treat you. You attract healthier, more fulfilling relationships because you're no longer seeking validation from outside sources. You already know your worth.

Self-love truly is the foundation of a happy, balanced life. And the best part? It's something you can cultivate every single day.



You are a Gift

You must nurture the gift that you are through intentional self-care, allowing you to sustain your impact and continue being a source of inspiration to the world.

References

More than a third of women experience lasting health problems after childbirth.

<https://www.who.int/news/item/07-12-2023-more-than-a-third-of-women-experience-lasting-health-problems-after-childbirth>