

# Welcome

- Thank you for joining this event: **Beyond bubble baths: Self-care during a pandemic** hosted by Prosper Canada on behalf of the ABLE Steering Committee.
- The session will begin shortly.

## Technology Details:

For technical assistance during the session, please email [events@prospercanada.org](mailto:events@prospercanada.org)

Participants should connect using VOIP. Please check that the volume is turned up on your computer, and that you have enabled your web-camera and microphone.

If dial in option is required, please check your event invitation under the “Join by phone” details

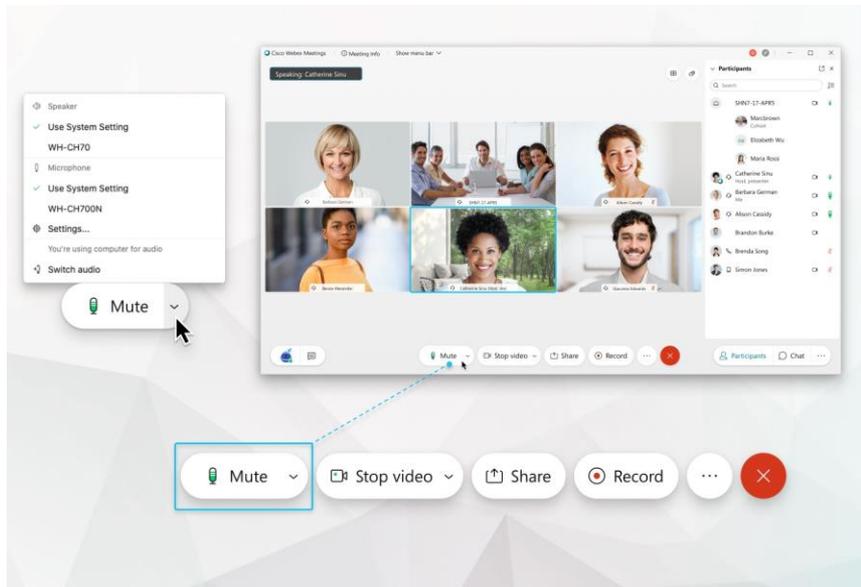
Access Code: **132-303-4891**

#2021ABLE



# Session logistics

Please keep your microphone on mute when you are not speaking during today's session.



For closed captioning, please click the “CC” button on the bottom left-hand corner of the meeting platform.





# **Land acknowledgement**

# 2021 ABLE virtual series

## Recover and Rebuild: Helping Canadians build financial security during the pandemic and beyond

The **2021 ABLE Financial Empowerment (FE) virtual series** is a collection of online financial empowerment events designed to provide financial empowerment stakeholders with knowledge, tools, resources and insights on financial topics to help struggling Canadians build financial resilience through the pandemic and recovery.

- **Spring series** – designed for practitioners, interactive
- **Fall series** – designed for all FE stakeholders

**The 2021 ABLE virtual series is hosted by Prosper Canada on behalf of the ABLE Steering Committee.**



# About us

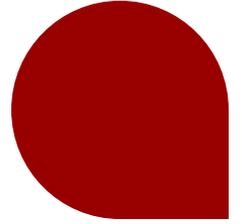


**ABLE** is a cross-sector community of practice working to reduce poverty through financial empowerment.



**Prosper Canada**

**Prosper Canada** is a national charity dedicated to expanding economic opportunity for Canadians living in poverty through program and policy innovation.



# Sponsors

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# Worksheet for today's session

Download link: Word document

<https://learninghub.prospercanada.org/wp-content/uploads/2021/06/Prosper-Canada-Workshop-Handout.docx>

Download link: PDF version

<https://learninghub.prospercanada.org/wp-content/uploads/2021/06/Prosper-Canada-Workshop-Handout.pdf>

# BEYOND BUBBLE BATHS AND FACE MASKS: A CRITICAL LOOK AT SELF-CARE IN A PANDEMIC

Hosted by Prosper Canada

Presented by Amilah Baksh, MSW, RSW

This is a lot.  
Can we just sit  
with that? That  
this is a lot?

LAYLA F. SAAD





SCHEDULE  
FOR THE  
AFTERNOON

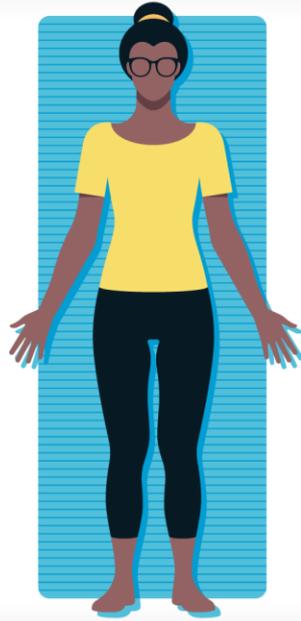
- Setting Our Intentions: Acknowledging the Land
- Mindfulness and Presence – Checking in with Ourselves
- Expanding our Definition of Self-Care
- What do we need right now?
  - What do our communities need?
- Creating a Self-Care Plan

# LAND ACKNOWLEDGMENT

- The City of Hamilton is situated upon the traditional territories of the Erie, Neutral, Huron-Wendat, Haudenosaunee and Mississaugas. This land is covered by the Dish With One Spoon Wampum Belt Covenant, which was an agreement between the Haudenosaunee and Anishinaabek to share and care for the resources around the Great Lakes. We further acknowledge that this land is covered by the Between the Lakes Purchase, 1792, between the Crown and the Mississaugas of the Credit First Nation.
- Today, the City of Hamilton is home to many Indigenous people from across Turtle Island (North America) and we recognize that we must do more to learn about the rich history of this land so that we can better understand our roles as residents, neighbours, partners and caretakers.



BODY  
SCAN



# CRITICAL REFLECTION

- A process by which we identify the underlying assumptions and values that influence our thoughts, feelings and actions, and how these have been shaped by our personal histories and social locations
- Practicing this allows us to identify the role of the broader context; to make connections between the assumptions underlying our thoughts, feelings and reactions and to align ourselves with our preferred values
- We can use our emotional experience as an entry point; explore the experience from our own perspective and the perspective of the other, and identify how the 'invisible structures' of privilege and oppression may play a role in our experiences

I HAVE COME TO BELIEVE THAT  
CARING FOR MYSELF IS NOT  
SELF-INDULGENT. CARING FOR  
MYSELF IS AN ACT OF SURVIVAL.

- AUDRE LORDE

"It is self-preservation,  
And that is an act of political warfare."

# WHAT IS SELF-CARE?

## THE SELF-CARE ICEBERG

@heatherderanja

WHAT WE "THINK"  
SELF-CARE LOOKS LIKE  
(WHAT WE "SEE")

EXERCISE

BUBBLE BATHS

SKIN CARE SPA DAYS MASSAGES

WHAT SELF-CARE  
REALLY LOOKS LIKE  
BEHIND THE SCENES

TRAUMA HEALING

PURGING NEGATIVITY

INNER CHILD HEALING

CRYING/FEELING EMOTIONS

SETTING BOUNDARIES

GETTING PROPER REST

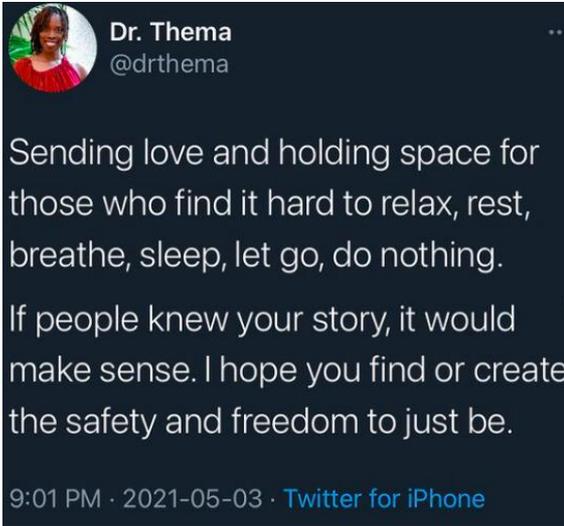
LETTING GO OF ATTACHMENTS

MEDITATION

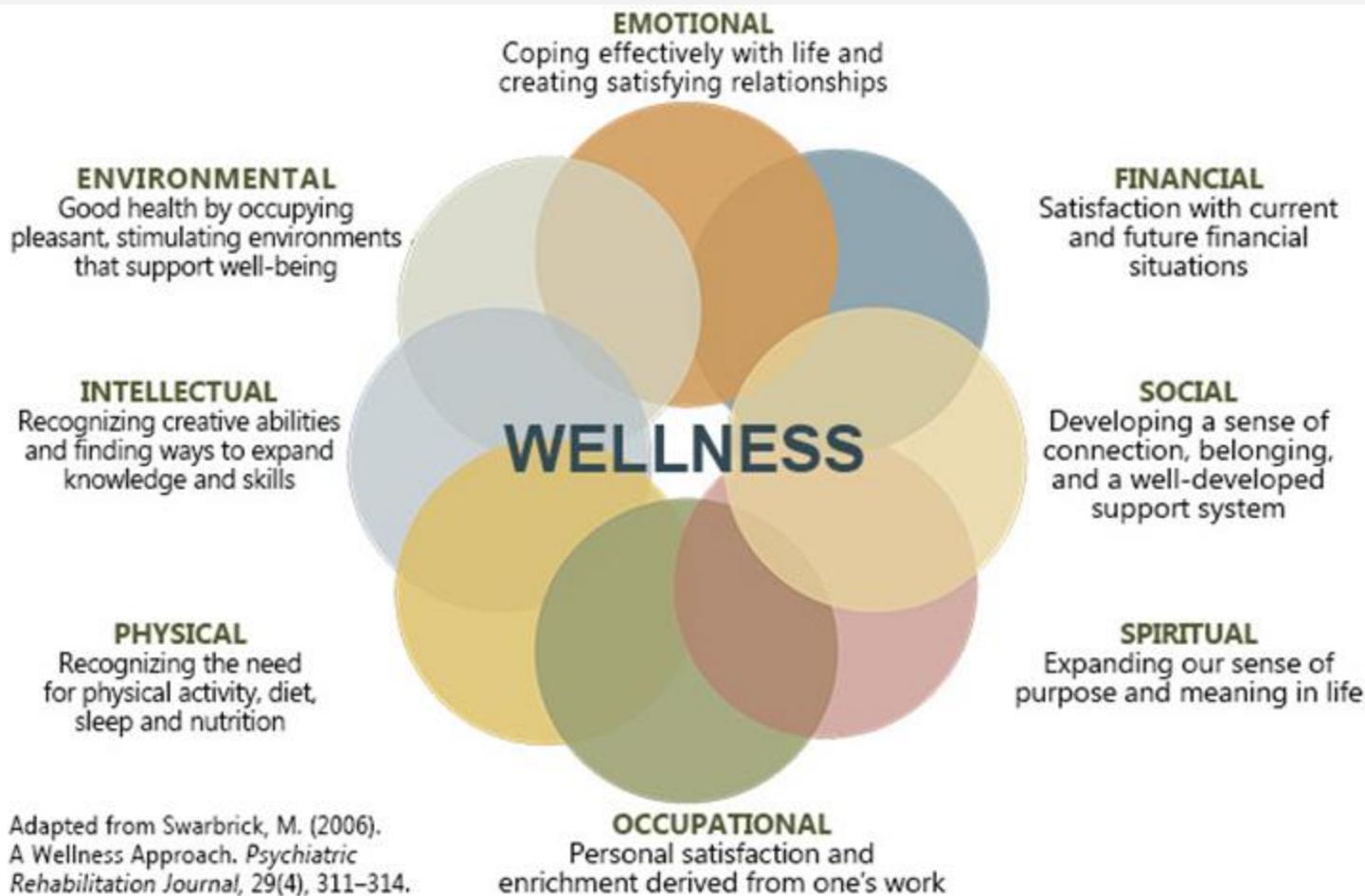
DIFFICULT  
CONVERSATIONS

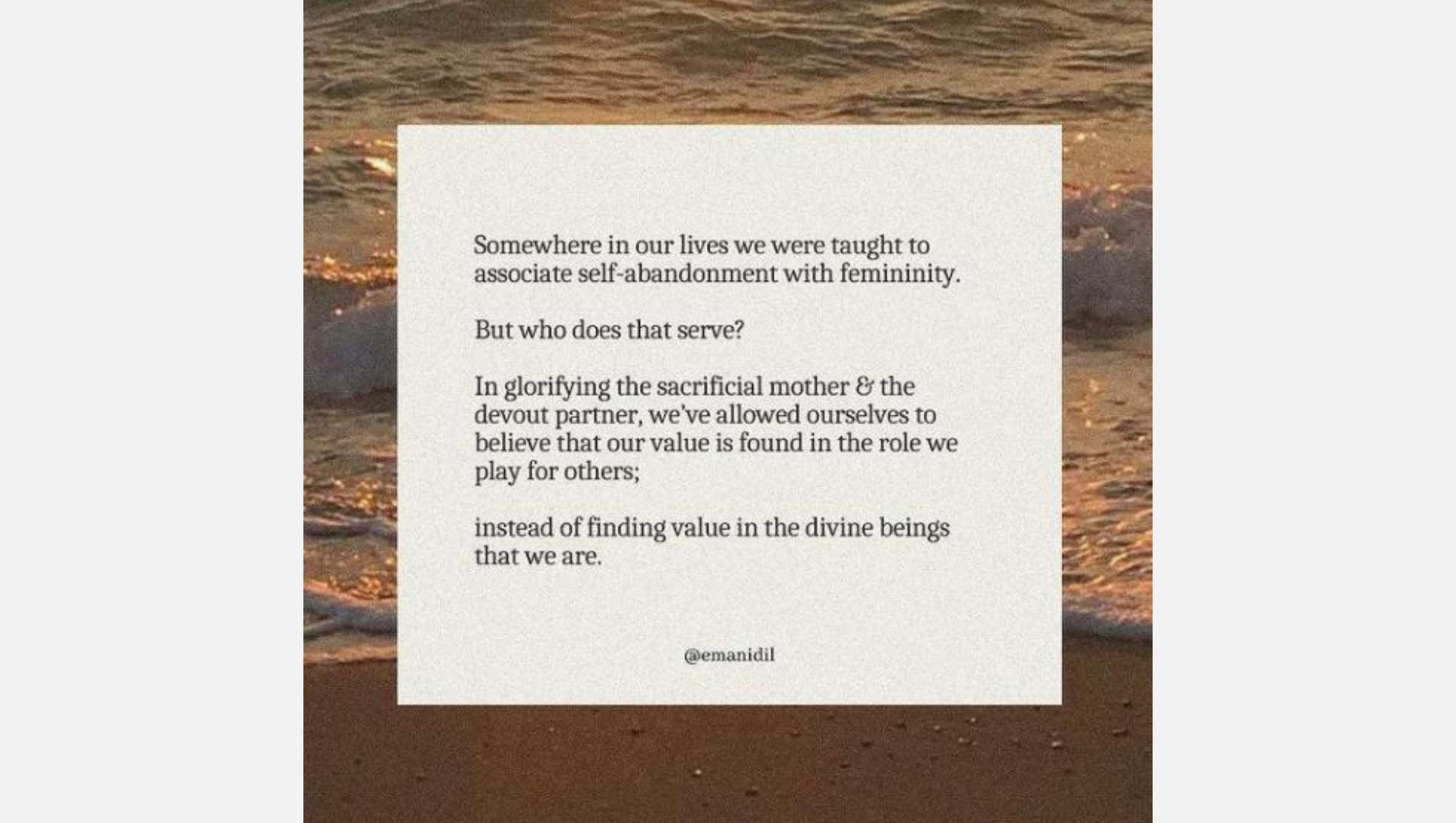
LEARNING FROM  
TRIGGERS

NOURISHING YOUR  
BODY



## EXPANDING OUR DEFINITION





Somewhere in our lives we were taught to  
associate self-abandonment with femininity.

But who does that serve?

In glorifying the sacrificial mother & the  
devout partner, we've allowed ourselves to  
believe that our value is found in the role we  
play for others;

instead of finding value in the divine beings  
that we are.

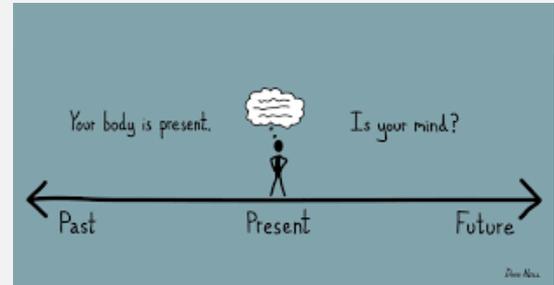
@emanidil

## ALTERNATIVE 'SELF CARE' PRACTICES

- Activism – recognizing our interconnectedness, and the idea that ‘None of us are free until all of us are free’; using our values to drive us forward and our privilege to push for change
- Finding your community – we simply cannot do this alone. There is nothing wrong with that. Think about the ways you invest in the people around you, and the ways they invest in you.
- Setting boundaries – we cannot be all things to all people at all times. How do we ‘protect our peace’?
- Tuning out and tuning in – turning off technology, disengaging from social media, distancing ourselves from the news. What do you need to give yourself permission to do?
- Self-compassion – perhaps the most significant mental shift lies in offering ourselves the latitude to be human, feel the full range of emotions, and not do a single thing about it.

# FINDING BALANCE

- Finding balance is the ‘missing piece’ for a lot of us – we know what to do but something gets in the way
- Acting based on your values – why is this important to you?
- Practicing self-care mindfully
- “How do we prioritize our well-being?” What mental script activates when you hear that phrase?
- Challenging/responding or acknowledging/abandoning your inner critic
  - These strategies are very different, some will find challenging the critic easier; etc – going to therapy or talking circles to work through and enhance these skills



# CREATING A SELF-CARE PLAN

- When was the last time you felt a sense of joy, peace, calmness, contentment?
- In looking at this chart, what are elements that you have been able to do?
- What are the roadblocks that prevent you from engaging in certain forms of self-care?
  - Time, energy, value?



**YES, SITTING IN YOUR CAR ALONE IN YOUR PAJAMAS, CHOWING DOWN ON FAST FOOD WHILE RAPPING ALONG TO SONGS ABOUT DRUGS AND MONEY IS A COMPLETELY VALID FORM OF SELF-CARE**

@MARRIAGEANDMARTINIS

# 5 MIN self care



Take some deep breaths



Drink a glass of water



Do some stretches



Spend 5 mins organising



Write down 3 things you are grateful for



Say affirmations aloud

@theself\_carekit

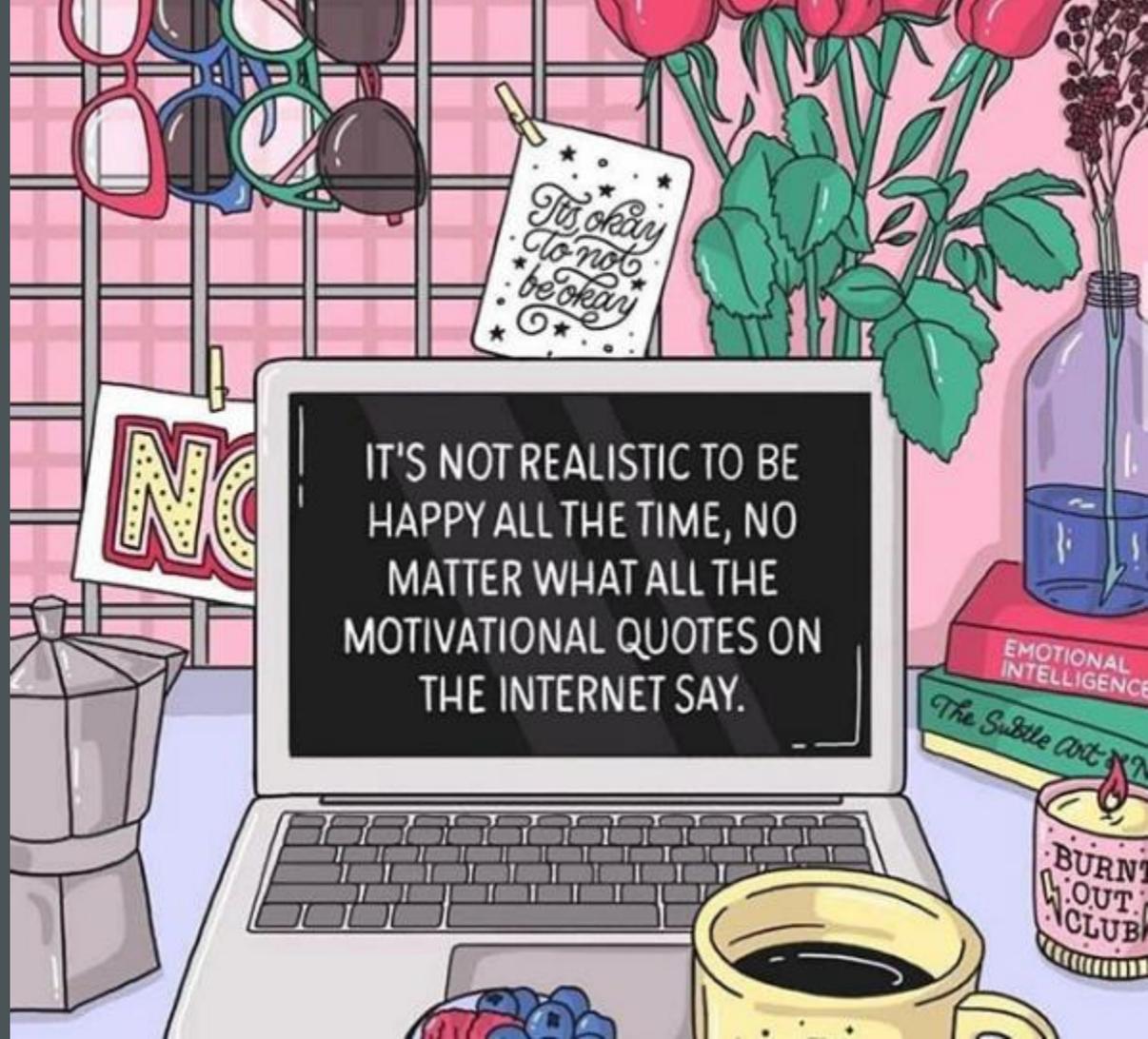
## TAKING OUR TIME

WHILE THE OUTSIDE WORLD RUSHES TO MOVE ON, THE EXPERIENCE OF THE PANDEMIC HAS YET TO FULLY LEAVE MY BODY. PARTS OF MY BODY, MY MIND, MY SPIRIT ARE STILL TRAPPED IN THE LIMBO OF PANDEMIC DESPAIR, PANDEMIC DEPRESSION, PANDEMIC NUMBNESS, PANDEMIC SURVIVAL. I WILL NOT BE PRESSURED TO MOVE AT THE BREAKNECK SPEED OF CAPITALISM THAT WANTS TO FORGET EVERYTHING. I WILL REMIND MYSELF AS OFTEN AS I CAN TO MOVE AT THE PACE OF MY OWN HEALING, AND BE ATTUNED TO MY OWN SLOW AND TENDER NEEDS.

YUMI SAKUGAWA

# CHECKING OUT

- Share any highlights from the workshop
- Share a (small, meaningful, consistent, personal) self-care activity you plan to engage in OR you already engage in



# Thank you for joining us

Today's event is part of the **2021 ABLE virtual series**. Please visit [ablefinancialempowerment.org](https://ablefinancialempowerment.org) to view a complete list of events.

The next event is on:

**June 23, 2021 – 1:00 PM EDT**

**Webinar: Steps to building more equitable and inclusive programs**



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