

# WN4DC Mini-counseling course

Affirming Self-care



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## About This Course

This webinar will review how to affirm self-care



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## Learning Objectives

- State two benefits of noticing self-care
- Craft 2 of the 7 affirmations of behaviors and abilities in clients who are learning about self-care



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## 7 Things to Affirm

1. The **DESIRE** to change towards self-care and self-kindness.
2. The ability to **SEE CHOICES** or **OPTIONS** aren't tied to restriction of deprivation.
3. The **ABILITY** to identify sustainable steps toward change.
4. The willingness to **COMMIT to SELF-CARE** vs. being a specific weight or size.
5. **ACTION.**
6. The **EFFORT** to engage in self-care despite the surrounding diet-culture.
7. The **INSIGHT** after reflection of goals and values.



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## Crafting Affirmations

**Affirming self-care** instead of focusing on weight-loss desires for people with diabetes.

- Desire to care for the body regardless of weight or weight change.



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## Crafting Affirmations

- Ability to see all bodies need care regardless of size.
- Ability to identify steps toward self-care.
- Willingness to commit to self-care.
- Being able/aware of what self-care is for them.



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## Crafting Affirmations

- The effort to engage in self-care, including managing a chronic disease.
- Insight after engaging in self-care or responding to the body with self-compassion.



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## Practicing Affirmations for Self-care

- Desire to care for the body regardless weight or weight change. *Congratulations for wanting to care for yourself.*
- Ability to see all bodies need care regardless of size. *This shift, that your body needs care, is important.*
- Ability to identify steps toward self-care. *"Nice! You are looking for ways to care for your body."*



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## Practicing Affirmations for Self-care

- Willingness to commit to self-care. *"It is lovely to witness your committed [to caring for your body, regardless of your weight]."*
- Being able/aware of what self-care is for them. *"Wow, you are seeing what self-care is for you - vs what the experts are suggesting!"*
- The effort to engage in self-care, including managing a chronic disease. *"Well done. You are making the effort to care for yourself."*
- Insight after engaging in self-care or responding to the body with self-compassion. *"You are making a lot of connections regarding how self-care changes your thinking."*



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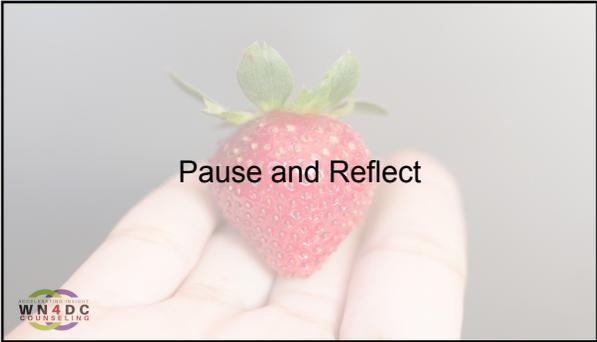
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**Learning Objectives**

- State two benefits of noticing Self-care for diabetes care
- Craft 2 of the 7 affirmations of behaviors/abilities in clients who are learning about self-care



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**Writing Prompts: Practicing Affirmations Self-care**

- Desire to care for the body regardless weight or weight change.
- Ability to see all bodies need care regardless of size.
- Ability to identify steps toward self-care.

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## Practicing Affirmations for Self-care

- Willingness to commit to self-care.
- Being able/aware of what self-care is for them.
- The effort to engage in self-care, including managing a chronic disease.
- Insight after engaging in self-care or responding to the body with self-compassion.



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