



## Free Webinar 1

# “Self-care and effective thinking”

Meaning-making in volunteering and working with refugees  
and asylum seekers

*Good practices, ideas, reflections*

In cooperation with Indigo Volunteers

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## Creating brigdes

*Between people, professions, places, islands,  
cultures, experiences...*

EMPOWERMENT • SELF-CARE • CAPACITY BUILDING •

**From the Social Self-I Project to «Creating Bridges»**



## Key-aims of the Webinar

- ❖ To establish a connection and a channel of exchange
- ❖ To share good practices and information
- ❖ To foster motivation and interest
- ❖ To Promote reflection and awareness
- ❖ To facilitate self-reflection, present centeredness and clear thinking



- 👉 Meaning-making in and of volunteering
- 👉 Treasuring experience
- 👉 Self-care and resilience
- 👉 Effective thinking

## Important sources of life meaning

- Self acceptance
- Having a sense of personal value
- Significant relationships (family, friends, colleagues, etc.)
- Vocation, realisation, express one's potentials
- Having a purpose, a scope to achieve and actualise
- **Altruism, helping other people**
- Self transcendence
- Spirituality or a religious sentiment



Source: Martin Seligman; Clara Hill.



### Life meaning and sense

- ❖ **What does the volunteering experience mean to me?**
  
- ❖ **Motivation, values, interests, aims:**
- ❖ .....
- ❖ .....
- ❖ .....
- ❖ .....



## Quality of life

- ❖ Activate your resources and those available in your environment
- ❖ Cultivate and nurture your self with positive thoughts, emotions, attitudes and behaviours

## Facts vs. opinions, beliefs

- The way we think about our experiences, people, situations influences the way we behave and the outcomes we obtain



## Present centeredness

- ❖ We can only experience what we are doing, thinking, feeling at the moment
- ❖ Changes in our attitudes, behaviors can only occur in the present
- ❖ The actuality of present centeredness results in a clear contact with the environment (people, tasks, situations) etc.

## Proneness toward helping

What to do?

Develop resiliency by self-care



**Atlas** (II century A.D.). Today: Archeological Museum of Naples.

## Developing resiliency (I)

**Hardiness:** (tenacity, resistance) the capacity to resist to prolonged stress.  
A person characterized by this quality, when faced with difficulties, instead of feeling overwhelmed, decides to face actively the situation, mobilising resources, both personal and those available in the environment, accepts change and considers crisis as a challenge, as an opportunity to test herself, to grow and learn.

**Coping:** behaviours and attitudes shown by people when facing challenging and stressful situations in order to find an adjustment to changing situations.

Source: Workshop on volunteering; K. Anagnostopoulos, Daniela Sacco, Rome.

## Developing resiliency (II)

### ***Taking care of yourself implies:***

- paying attention to needs and feelings
- dedicating time to activities you like and help you feeling good
- assume a healthy and active lifestyle and habits

### ***Develop creativity***

As a safe «mental space-time dimension» where to freely experience, freely aspects of your life, sooth pain, express emotions, looking at situations from a new standpoint.



## Life meaning and sense

- ❖ **Building resiliency**
- ❖ **Cultivate and value personal characteristics/features, interests, experiences**
- ❖ **Being inspired by personal values**
- ❖ **Creating your life every day, every moment**



## Self-care strategies and practices

- ❖ **Thinking attitudes affect the self-care strategies**
- ❖ **Create time for yourself (rest, care for your body)**
- ❖ **Quality and length of sleep**
- ❖ **Nutritious food, regular meals**
- ❖ **Reflect and recharge batteries**
- ❖ **Exercise, relaxation and breathing practices (e.g. yoga)**
- ❖ **Always keep a positive attitude**



## Self-care strategies

### Keeping boundaries

- ❖ **Preserve your boundaries in terms of:**
  - **time**
  - **Exposure (refrain from additional exposure)**
  - **Relationships**
  - **Topics of conversation**
  - **Wise use of leisure time**

**Are you taking care of yourself?**



## Thinking attitude

- ❖ **Retain only representations that are consistent with your goals**
- ❖ **Free yourself from concepts, habits and feelings that limit your realisations**
- ❖ **Always keep a positive attitude**

## Effective thinking About non attachment to results



- ❖ Keep the thought of that which you want to achieve firmly in your mind
- ❖ At the same time, free yourself from attachment to results
- ❖ Let the process unfold

## Practice Effective thinking

- Affirm your strengths, your potentials, as they can be expressed and are manifested
- Trust in your inner resources
- Keep thoughts open to the unknown, recognise opportunities
- Pay attention that the last thoughts you have when you go to sleep be that of health, hope, success
- ...



## Practicing deliberately and constantly your abilities:

- ❖ while involved in volunteering,
- ❖ in study and work
- ❖ in daily activities, in simple daily acts
- ❖ in interpersonal relationships (intimate and social)
- ❖ caring for your self
- ❖ through self-reflection
- ❖ by continuous learning
- ❖ .....

### Keep a sense of direction

- Acquire awareness and the ability to recognise and use effectively your knowledge, abilities, capacity, in different contexts and situations.
- Be involved in a process of continuing learning and personal enrichment
- Recognise and value your talent, attitudes, personal preferences

## Practice WILL

- Allow yourself, act with courage in expressing your potentials, as they can be expressed and are manifested
- Trust in your inner resources
- Keep thoughts open to the unknown, recognise opportunities
- Attribute sense to all that you do in your life
- ...
- ...

## Present centeredness and concentration



Keep your mind centered in the present (here and now)

Concentrate on the action/activity of each present moment

Let come and go distracting thoughts. If they arise let them come and go.

## Affirm and practice steadily

- ❖ Affirm that which you are able to do
- ❖ Practice and exercise
- ❖ Conceive positive thoughts
- ❖ Keep a positive self image
- ❖ Recognise and praise, even small steps and gestures

## Give a direction to our mind and thoughts

There is no difficult situation, both external and internal, physical or psychological, a sense of tiredness, disease that can forbid concentration. It is the opposite.

It is a mistake to think that concentration requires external or internal conditions. It can be practiced in any condition as it implies the use of Thought (R. Descartes), the only activity free in itself, that has nothing to do with the support through which it becomes manifest (M. Scaligero; W. Bion).



## Purpose, goals and will

- ❖ Adopt a self-empowerment approach
- ❖ Recover and develop an image of mastery and capacity



## Moments of intimate creativity

- ❖ Do every day something different from yesterday or in a way different from how you did it yesterday
- ❖ Take a step forward (a small progress) every day
- ❖ Those who seek and realise something new each day have a mentality in constant evolution

**Thank you for your participation**

**Arrivederci!**

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### **There are many ways to express yourself**

- ❖ By narrative, audio registration
- ❖ *Writing*
- ❖ Painting
- ❖ Imagery and creative thinking
- ❖ Offering and transferring your knowledge, competence to other people; teaching.

- Fosters creativity
- Increases self-esteem
- Helps to reduce stress
- Increases the ability to solve problems and find solutions
- Helps communication and cooperation
- Promotes integration between the sensory-body andthe mental dimensions