

# Self Care for the Personal Trainer

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## A Tale of My CEC's:

Identifying the parts of you that motivated your choice to become a personal trainer.

## Defining Self Care:

In **1998**, the World Health Organization defined self care as “*what people do for themselves to establish and maintain health, and to prevent and deal with illness. It is a broad concept encompassing hygiene (general and personal), nutrition (type and quality of food eaten), lifestyle (sporting activities, leisure etc), environmental factors (living conditions, social habits, etc.) socio-economic factors (income level, cultural beliefs, etc.) and self-medication.*”

*In 2022, what's your self care definition?*

**The Four Stages of Exhaustion** (as defined by Mark Gorkin, LCSW (thestressdoc.com) as posted on [mentalhelp.net](http://mentalhelp.net))

1. *Warning*
2. *Doubt and Shame*
3. *Defensiveness, Cynicism and Callousness*
4. *Failure, Helplessness and Crisis*

**The Five Types of Tiredness** (as defined by [selfcareinstitute.com](http://selfcareinstitute.com))

1. *Physical*
2. *Mental*
3. *Emotional*
4. *Social*
5. *Soul*

**Defining healthy boundaries at work** (adapted from [businessinsider.com](http://businessinsider.com), article written by Melody Wilding)

1. *Where's the line?*
2. *What needs to change?*
3. *Be clear.*
4. *Expect pushback*

## The Self Care R-O-L-E-M-O-D-E-L

1)

2)

3)

4)

5)

6)

7)

8)

### **Moving Forward:**

1. *The deficit*

2. *The desire*

3. *The dedication*

### **Contact Information:**

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