How Not to Become Your Worst Nightmare: Self Care, Goal Setting, and the Importance of Continued Professional Development

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A Little About Me…
KEEP CALM ITS ONLY YOUR WORST NIGHTMARE

You don't know what you don't know

IF YOU DON'T KNOW WHERE YOU'RE GOING, ANY ROAD WILL TAKE YOU THERE.
GEORGE HARRISON

HELLO I AM... YOUR WORST NIGHTMARE
Self Care

• How many of you tell yourself that you will take better care of yourself (i.e., eat right, exercise, sleep well) when you start your “real life” after graduate school?
• What things do you do to take care of yourself?
Make time for self-reflection...

Self Care

CODE OF ETHICS
Self Care: Strategies

• Make adequate time for yourself
• Do things you enjoy
• Take care of yourself physically and mentally
  – Meditation
  – Yoga
  – Exercise
  – Sleep
  – Eating well
  – Drinking water
• Maintain friendships
• Good work boundaries
• Avoid HALT—that is, getting too Hungry, Angry, Lonely, or Tired
• Be mindful that self-care is a good thing (give yourself permission; make it a requirement for your optimal functioning)
“Work hard, play hard, work hard, play hard, work hard, play hard”  
-Wiz Khalifa  

Work hard, play harder!  
-P. Zapf
Self Care

KEEP CALM
AND
WORK SMARTER
NOT HARDER

Strive for progress
not perfection.
- unknown
Goal Setting

• How many of you set goals for yourself?
• How many of you have a 5-year plan? 10-year plan?
• What kinds of goals do you set?
Goal Setting

• Short term
• Long term
• Personal
• Professional
THE POWER OF SAYING NO
Action expresses priorities

- Mohandas Gandhi
Be Guided by Your Goals

**BOLD Law:**
If it's not in your schedule, it doesn't exist.
Continued Professional Development

**CPD Cycle**

- **Reflection**: What are my needs or objectives?
- **Planning**: What am I going to do? When am I going to complete or review this?
- **Evaluation**: What have I learnt? Has this met my needs and objectives?
- **Action**: What have I done? What/When/Where?
Half-Life of Knowledge in Forensic Psychology

How long is the half-life of knowledge in your field?
I CHOOSE TO KEEP LEARNING

WHAT YOU DO TODAY CAN IMPROVE ALL YOUR TOMORROWS
“Your time is limited, so don’t waste it living someone else’s life. Don’t be trapped by dogma — which is living with the results of other people’s thinking. Don’t let the noise of others’ opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.”

Steve Jobs
1955 - 2011

Put On YOUR OWN Oxygen Mask First

Goals

Those people who set goals are 300% more likely to be successful than those who don't

One of the lessons that I grew up with was to always stay true to yourself and never let what somebody else says distract you from your goals. And so when I hear about negative and false attacks, I really don’t invest any energy in them, because I know who I am.

(Michelle Obama)
“long as my bitches love me
I can give a fuck ‘bout no haters
Long as my bitches love me”
-Lil’ Wayne (Good Kush and Alcohol)

Figure out who your bitches are and don’t worry about what anyone else thinks