

A F.A.M.I.L.Y. Approach to Self-Care: Creating a Healthy Balance

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The F.A.M.I.L.Y. Approach to Self-Care introduces a systematic approach for couples and individuals in identifying personal perceptions of health toward balancing current strengths and weaknesses with self-care behaviors. Health factors within the acronym F.A.M.I.L.Y. are identified as a model for self-care. The F.A.M.I.L.Y. Self-Care Assessment Inventory specifically describes the factors of health in the physical, emotional, social, mental, and spiritual dimensions of self. A model, "Caring for Self," is also included to illustrate the need for integration and balance with self-care. The effects of stress and social support are discussed. Needs and problem-solving skills are identified. Questionnaires, "Creating a Healthy Balance" and "Health- A Balancing Act" assist the reader with identifying a plan of action to improve one's health.

Health is a question of balance. The purpose of this article is to assist the reader in understanding and individualizing concepts of health. A self-care assessment inventory is included to identify one's current level of balance with self-care. Basic human needs and problem-solving skills are presented to assist with identifying goals. Questions are used to help the reader develop his or her own personal plan of action for self-care. The assessments at the end of the article in Appendices A through G can be taken individually or in the context of a supportive relationship. This may include a partner, friend, family member, or a professional.

Support can make a difference. Stress can play a major role in undermining one's self care. Unrealistic expectations can increase one's stress and reduce one's health. It is easy to withdraw, isolate, and restrict supportive interactions when feeling stressed. This article focuses on the role of supportive relationships and social support in helping to identify sources of stress and resistance to self-care. The benefits of supportive relationships and social support systems are presented as tools for success in developing and maintaining a sense of balance with one's self care.

A F.A.M.I.L.Y. Approach to Self-Care was developed by the author as a systematic model focusing on health factors with one's self-care. The use of supportive relationships and

social support has been encouraged to help with one's success with self-care behavior. Social support has been presented as a powerful factor in helping to make behavioral changes. The acronym *F.A.M.I.L.Y.* represents additional factors of health that have been included in this model of self-care. Health factors within the acronym *F.A.M.I.L.Y.* include the following:

- F—Fitness Strategies
- A—Adaptability
- M—Moving Through Loss
- I—Independence
- L—Longevity
- Y—Your Motivation

The F.A.M.I.L.Y. Self-Care Assessment Inventory is a tool used in assessing the level of balance with one's self-care behavior focusing on the following five different dimensions of self: physical, mental, spiritual, emotional, and social. The goal is to assist in a comprehensive self-assessment of self-care behaviors and to develop a concrete plan of action for self-improvement with one's health care.

You are encouraged to use this article in identifying your bottom line with health care. What does health mean to you? What is most important to you with improving your self-care? Who and/or what supports your ability and your success with your self-care at this time in your life? What action could you take that would support you in being more successful in creating a healthy balance in your life?

REVIEW OF THE LITERATURE

Concepts of Health

Basic principles of health found in many of the ancient philosophies include the belief in the importance of balance for creating and maintaining health. The role of the physical, mental, spiritual, social, and emotional parts of oneself has been emphasized with one's "whole" development in the balance of health.

The Greek philosopher Pythagoras identified harmony, equilibrium, and balance of energies as the goal of Pythagorean life. Hippocrates believed that health was based on a

state of balance in the body. He focused on the patient's participation in creating, maintaining, and restoring health. The Greek concept embraced a strong mind and a strong body (Nieman, 1989).

The Chinese and Japanese philosophies focus on principles of harmony and balance in creating and maintaining one's health. Martial arts essentially became a system of practical and technical methods for training mind, body, and spirit with maintaining health (Yuasa, 1978). The attitude of flow, movement, balance, and harmony was emphasized and reflected through disciplines such as tai chi chuan and aikido. A Chinese doctor summarized his belief that there is basically only one illness, which is a disturbance of the balanced way.

In India, a basic tenet of yoga is that the balance of the body, mind, and spirit is essential to one's continuum of existence. The practice of yoga has been an essential aspect of psychological, physical, and spiritual health (Jackson, 1975).

Western psychological theory also identified the criterion of balance as a definer of health. Sigmund Freud, who declared himself a "psychophysical parallelist," believed that psychic processes cannot occur in the absence of physiological processes and that the latter must precede the former (Jones, 1953).

Jung (1975) studied the individual's psychophysiological constitution. He believed that people might experience themselves as being prisoners of their own body and psyche's needs and that they must determine how they will reckon with this psychophysiological constitution. One could live in defiance of the demands of the body and ruin one's health; the same could be done in regards to the psyche. Jung explained that one who wants to live would develop ways to refrain from these "tricks" and will at times inquire into the body and psyche's needs.

Psychological theories by Perls, Maslow, and Adler described human nature as including a basic postulation that the person contains within himself or herself the social potential for healthy and creative growth. Interrelated themes with health have included factors of health such as (a) the concept of holism, (b) the development of self-esteem, and (c) the ability to be present oriented (Tageson, 1982).

Perls's (1969) gestalt psychology uses the concept of *holism*. His belief was that the whole is greater than the sum of its parts. Maslow (1966) believed that to fully understand the individual, one must approach him or her as a unit or whole striving toward self-actualization, growth, and excellence. Adler (1958) noted the necessity to look for reciprocal actions of the mind on the body, for both of them are parts of the whole. These theorists believed that negative influences could be overcome as an individual accepts responsibility for his or her life (Hall & Lindsey, 1957).

Sport psychologists Sonstroem and Morgan (1989) defined self-esteem as "an empirically supported exercise outcome." Their research focused on the effects of physical exercise on improving one's self-esteem. Self-acceptance,

self-love, and personal competence were used to define dimensions of favorable self-esteem. They defined personal competence as being the feelings of capability to master and control oneself and aspects of their environment.

Both contemporary and ancient philosophies focused on the principle of being present, in the "here and now." Brenner (1978) wrote, "the degree that one focuses backward or forward is the degree that one suffers" (p. 118). He explained, "man's past, when analyzed, points to the future but is only viewed in balance by being in the present" (p. 117). Philosopher George Leonard (1988) believed techniques borrowed from a martial art could be applied to intimate relationships as "there is no greater service that you can do for another person than to be really present for them."

The ancient *whole-ism* notion of the Greeks has increasingly been reflected in the concept of modern medicine. Physician Sherwin Nuland's (1989) article described American medicine as being in the midst of a tremendous change, as getting sick may at times require more than changes in the body. As seen by Hippocrates, "sickness reflects a disruption in the health-giving balance of the body nutrition, personal habits, even thoughts and experience" (p. 141). Sheally and Bressler (as cited in Oyle, 1979) professed that the next great advance in health will not come from labs or hospitals but from what people can learn to do for themselves. Sheally (as cited in Oyle, 1979) wrote that the role of medicine is to teach people good habits and the principles of self-response.

Calming the Critic: Overcoming Perfectionism and Stress

Positive emotional states may promote healthy perception, beliefs, and physical well-being itself. To explore potential mechanisms linking pleasant feelings and good health, Salovey, Rothman, Detweiler, and Steward (2000) considered several lines of research, including (a) direct positive effect on physiology, especially the immune system; (b) the informational value of emotional experiences; (c) the psychological resources engendered by positive feeling states; (d) the ways in which mood can motivate health-relevant behaviors; and (e) the elicitation of social support. Positive thoughts, hardiness, generalized self-efficacy, and optimism were strongly correlated with health and resistance to stress. Disease was seen not only as suffering but also as a fight to maintain the homeostatic balance of our tissues despite damage. Stress, in the sense in which the engineer speaks of stress and strain in connection with the interaction of force and resistance, was described as a form of pressure caused by negative feeling and inaccurate perceptions.

The way one thinks affects one's behavior and moods. Cognitive therapy, based on Beck's (1979) theory, has explained that (a) one's moods are created by *cognitions* or thoughts that are defined as "the way you look at things—your perception, mental attitudes, and beliefs" (p. 11); (b) thoughts are dominated by pervasive negativity when feeling depressed;

and (c) negative thoughts cause emotional turmoil and often contain gross distortions.

Adler (1958) referred to the effects of beliefs on behavior as well. He wrote that *internal beliefs*, or one's private logic, guide both the feelings and the behaviors of the individual. By changing the way one thinks, one can alter one's behavior and moods.

Ellis (1998) noted that people have a tendency to put pressure on themselves and disturb themselves through the perpetuation of their irrational beliefs, the major ones being (a) I must be loved or approved by everyone, (b) I must be perfectly competent and productive, (c) It is a catastrophe when things go other than the way I might wish, (d) Life must be absolutely fair, and (e) It is better to avoid life's difficulties than to take responsibility for changing them. People who have realistic beliefs, however, are able to accept themselves as imperfect.

Beck (1979) believed that accurate appraisals of the self and one's environment are essential to maintaining positive mental health and the ability to create a healthy balance with one's thoughts, feelings, behaviors, social interactions, and spiritual connections. The greater the discrepancy between one's private logic and reality, the greater the potential for unhealthy behaviors in response to life events can be. He wrote, "Once you have learned how to perceive life more realistically, you will experience an enhanced emotional life with a greater appreciation for genuine sadness—which lacks distortion—as well as joy" (p. 46).

Beck (1998) identified depression as the world's number one public health problem. He found that depressed patients see themselves as deficient in many of the qualities they highly value, including intelligence, achievement, popularity, attractiveness, health, and strength. Beck characterized a depressed self-image by four Ds. "You feel *Defeated, Defective, Deserted, and Deprived*" (p. 51). He further explained that negative emotional reactions often inflict their damage as a result of low self-esteem, which he described as a lack of true support from within. His research concluded that the use of cognitive therapy provided superior results to antidepressant therapy alone.

Perfectionism has been described by Beck (1979) as "man's ultimate illusion." Learning to recognize perfectionist, distorted, and unrealistic expectations of one and of others can help prevent negative thoughts and feelings that sabotage and undermine one's mental, emotional, social, spiritual, and physical health. Perfectionism can interfere with one's ability to create and follow through with self-care. It becomes more difficult to see oneself as being healthy and to identify how to create a healthy balance or to follow through with the identified plan for self-care. Beck wrote that these individuals quickly feel defeated after some short-term gains; they then begin to isolate from others, and they revert to their previous unhealthy behaviors.

Family and Social Support

In his book *Ties That Stress . . . The New Family Imbalance*, Elkind (1995) focused on changes from the nuclear to permeable boundaries with families. He explained that the nuclear family provided clear-cut, often rigid boundaries between the public and private lives in families, between the homeplace and the workplace, and between children and adults. Dividing lines within the permeable family, however, are reported to be more blurred and difficult to discern. His belief is that the postmodern family is being more fluid, more flexible, and more vulnerable to pressures from outside itself. This is described as the new postmodern family imbalance. Effects of stress and the rapid social change make it hard for the family to keep pace, resulting in dislocations and a decline with balance in families.

Postmodern young people are described (Elkind, 1995) as being left without the social envelope of security and protection that shielded earlier generations. Children and teenagers face new demands for independence and maturity. They cope using their resourcefulness. However, this can encourage parents and society to provide even less security and direction than they have done in the past. Elkind (1995) described the family pattern, the vital family, balancing the needs of children and youth with the needs of parents and other adults. This pattern has the best of nuclear and permeable family.

Wayne and May Sotile (Sotile & Sotile, 1998) described the *supercouple syndrome* in their book, *Beat Stress Together*, which outlines how couples can recognize stress reactions, alleviate tension, and find time to relax together. The first chapter begins with "Two Incomes, No Sex." The authors explained that a very high percentage of couples evidence at least one high-powered coping habit that allows them to endure despite exceptional stress and strain. They identified these coping strategies as:

the ability to relentlessly work hard, the tendency to control others, perfectionism, chronic hurry sickness (the tendency to rush, even when there is no objective need to do so), the talent of doing and/or thinking more than one thing at once, burning competitiveness, and stamina in facing the demands of home and work. (p. 9)

They wrote about managing "our Big Life," which includes the capacity to go numb when stressed and keep going. They described "the new superhero" as being a generation of people facing unprecedented changes and lofty expectations for fulfillment in three major arenas—family, work, and self—as they push and challenge each to get it all: success, health, and happiness. They reported that they have seldom met a couple that reported a comfortable balance across their collective roles. They explained their belief that balance has become the 1990s version of the Beaver Cleaver family myth. They questioned how a comfortable balance of roles can exist when fewer than 15% of American households are blessed with the

luxury of an at-home spouse. They further questioned how couples can face the combination of roles when workweeks of 85 to 110 hours a week have been normalized. Couples are not described as living in balance but in living "the Big Life." Their research and counseling with more than 5,000 couples resulted in the Beating Stress Together (BEST) Program, which was designed to help "today's chronically crazed, superachieving couples." The nine components of BEST are "recognizing stress reactions, learning to handle change, destressing your environment, building a life in harmony with your values, resolving role conflicts, finding (or making) time, overcoming hurry sickness, changing fantasies into action plans, and renegotiating your relationship to keep intimacy alive" (p. 123).

A stress management process was described in a relationship context. For example, in resolving role conflicts, Sotile and Sotile (1998) focused on "calling it what it is, going for good enough, and asking your partner for feedback" (p. 123). They identified the goal as being a "reasonable balance across arenas over long period of time." They explained that perfect balance is neither possible nor necessary. They encouraged couples and families to beware of long-term, extreme neglect in one or more areas. "Even during stages of life that preoccupy you with the demands coming from one arena, it is important to at least periodically make it a priority to attend to the neglected arenas" (p. 123). Feedback from a partner was encouraged as it is difficult to accurately observe oneself. Feedback can clarify what and how one needs to change to live in more healthy balance. They explained that "if you pair your request for input with a sincerely expressed desire to do what you can to improve your overall teamwork, you are much more likely to receive helpful, caring feedback" (p. 123).

Ornish (1993) wrote that social supports are a powerful factor in helping make behavioral health changes such as weight loss. His belief was that people are most successful when they also address the emotional and spiritual dimensions that most influence what one chooses to do or not to do. He wrote that people in this country 100 years ago had a greater sense of community and connection than they experience now. Such social networks helped protect people from isolation, illness, and premature death. He reported "people who feel socially isolated have 2-5 times the incidence of disease and premature death, due to all causes, than those who have felt a sense of community and connections" (p. 62). People have often tried to heal their isolations by filling the void with temporary relief (cigarettes, food, spending, etc.). Unfortunately, however, behaviors such as overeating and being overweight have often created more negative thoughts and feelings and also lead to increased isolation.

Human beings can be proactive and engaged or passive and alienated, largely as a function of the social conditions in which they develop. Research guided by a self-determination theory has focused on the social-contextual conditions that facilitate the natural processes of self-motivation and healthy

psychological development. Factors that enhance intrinsic motivation, self-regulation, and well-being were identified to be three innate psychological needs and processes. These factors identified were competence, autonomy, and relatedness. When satisfied, these factors yield enhanced self-motivation and positive mental health. A lack of these factors leads to diminished motivation and well-being (Ryan & Deci, 2000).

DEVELOPMENT OF QUESTIONNAIRE: THE F.A.M.I.L.Y. SELF-CARE ASSESSMENT INVENTORY

The development of the model, the F.A.M.I.L.Y. Approach to Self-Care, evolved from feedback with groups and individuals in the author's professional work. The model began with the research gathered as part of the author's dissertation focusing on ancient and modern principles of health and the psychological effects of fitness training (Eckstein, 1990).

Health Is a Question of Balance (Brenner, 1978) is the title of one book reviewed by the author at that time. It became the definition for health to be used in developing a model that focused on creating a healthy balance with self-care behavior.

The F.A.M.I.L.Y. Approach to Self-Care is a model to create a healthy balance, identified basic human needs, and problem-solving skills to meet those needs. The model for self-care behavior focused on the need for integration and balance in five different dimensions of self (physical, mental, spiritual, emotional, and social).

The F.A.M.I.L.Y. Self-Care Assessment Inventory was designed to specifically describe how factors of health using the acronym of F.A.M.I.L.Y. are present in each of the different dimensions of self. The profile of one's scores is used to illustrate the results of one's self-report with their current behavior.

The questionnaire, "Creating a Healthy Balance," was developed to assist the reader with integrating the information and identifying a plan of action to improve their health. Unfortunately, people often implement a plan to improve their health that adds a level of stress that offsets any gains. The questionnaire was written with a focus on assessing the level of self-care behavior (balance), how they move together as a whole unit (integration), as well as how they work together (harmony) for the purpose of improving and maintaining their health.

The goal of this model and inventory was to develop a comprehensive assessment of self-care behaviors to assist in creating a plan of action for self-improvement with one's health. Principles of health are used as a guide with one's assessment of a healthy balance that honor and respect all the different aspects of one's health and how they work together throughout the course of their life. What is considered a healthy balance in your 20s is different in your 50s. A healthy balance for a parent with one child may be different than for a parent with three children.

The inventory was designed to be effective in providing a comprehensive assessment of all of the factors of health. It can also be used to assess specific health factors of interest to you (i.e., fitness strategies, your motivation, etc.) The inventory can be used by an individual or with someone that provides social support with creating success in one's self-care behavior.

A brief explanation of the development and focus of the factors of health is presented here and in Appendix A. The inventory as a comprehensive and specific assessment tool is presented at the end of this article in Appendix B. A graph illustrating the results of the test scores can be seen using Appendix C. Questions toward creating a healthy balance and a plan of action with caring for self are presented in Appendix D. This can be used as a shorter narrative assessment for those who do not take the comprehensive assessment. A model for integrating self-care behaviors is presented in Appendix E, "The Circle of Life." Positive outcomes with balance and signals to imbalances are identified in Appendix F, "Health—A Balancing Act." In summary, the behavior that supports the different parts of yourself being able to work together is identified in Appendix G, "Caring for Self."

These appendices can be used individually. Professionals can give these appendices separately to their clients to complete. The results could be discussed and clarified in the context of a supportive relationship. An objective view may provide good feedback and new insights. Problems such as addictive behaviors, chemical imbalances, or personality disorders could be discussed with a supportive health professional.

Fitness Strategies evolved while working with athletes and trainers who wanted concrete, how-to guidelines to enhance their health, performance, and team chemistry. Problem-solving skills focused on creating a healthy balance and increasing one's ability to manage stress, or *stress fitness*. Fitness Strategies focused on needs and areas to be strengthened are as follows:

- Physical: Fitness and Fuel for Fitness—for example, exercise, sleep, diet, vitamins, oxygen, and so on;
- Emotional: Friends and Family—supportive relationships allow assertive expressions of feelings, needs, and wants;
- Social: Fun and Funds to Have Fun—creating social interactions and activities that allow one to enjoy and identify what is meaningful in one's life;
- Mental: Focus and Follow Through—the ability to focus and follow through with what is important in one's life;
- Spiritual: Faith—having a faith that allows one to positively cope with life.

Adaptability developed while working with seniors and patients who had been hospitalized due to a mental illness. They were struggling with developing skills to help cope with the difficulties and challenges of learning about decreased ability, disability, and critical need for adaptability. The ability to adapt to the demands of their environment, their bodies,

and their minds was often painful, causing feelings of hopelessness. One stated that she felt like her body had become "the enemy." Depression and anxiety centered on difficulties with adjusting to the changes in life. These changes included decreased alertness to their environment, decreased physical activity, as well as decreased social support and spiritual connection. Also included in these changes was increased passivity and isolation. Slipping into a rut and becoming isolated are deadly traps. The seniors focused on "staying active" as best they could. Problem-solving skills focused on increasing the ability to adapt to the changes in their lives by:

- Physical: Staying Active—physically throughout their lives;
- Emotional: Staying Assertive—expressing feelings, needs, and wants;
- Social: Staying Interactive—and socially connected with others;
- Mental: Staying Alert—to changes externally and internally;
- Spiritual: Staying Aware—of one's spiritual connection.

Moving Through Loss began with seniors, clients, and patients talking about their problems in grief and loss groups. They shared the losses they had experienced with physical mobility, emotional support with their mates, social structure with family and work, sources of money, memory, and their sense of meaning. I call this *The Loss of the 5 Ms*:

- Physical: Mobility,
- Emotional: Supportive Mates,
- Social: The Ability to Make and Have Money,
- Mental: Memory,
- Spiritual: Meaning in Life.

The focus on *Independence* was derived from working with individuals and families working through their problems, learning problem-solving skills, accessing resources and help, developing independence or maintaining their independence to the best of their ability, and getting needs met in the context of individual and family pressures and stress. Problem-solving skills focused on their independence by strengthening their ability to:

- Physical: Develop and maintain initiative with proactive versus reactive behavioral responses;
- Emotional: Develop and maintain the capacity for intimacy;
- Social: Develop and maintain identity;
- Mental: Develop and maintain insight;
- Spiritual: Develop and maintain interdependence with a spiritual connection.

Longevity focused on an awareness and recognition of basic human needs and skills to care for self, increasing one's ability to live more effectively and longer. It was adapted from a model used by Steven Covey (1989) in his book, *The 7 Habits of Highly Effective People*. These basic human needs in caring for self include:

- Physical: "To live" with the best health possible,
- Emotional: "To love" and feel loved,
- Social: "To laugh" with others and find joy in life,
- Mental: "To learn" throughout one's life,
- Spiritual: "To listen" to what is spiritually important to you.

The importance of individual motivation, *Your Motivation*, can be seen in identifying why one would want to create a healthy balance. This is the driving force behind your behavior. The author's focus on the identification of one's motivation came as a result of working with the University of California-San Diego California Cancer Prevention Program, a statewide telephone counseling program for smoking cessation. Their motto was "Motivation + Preparation = Success." Identifying your specific motivation, your bottom line with self-care, may be the most important step you take to benefit from this assessment.

PRIORITIES WITH SELF-CARE

It is recommended that you take the F.A.M.I.L.Y. Self-Care Assessment Inventory (Appendix B) for a comprehensive assessment of your health and your self-care behaviors. A profile of your scores can be charted on a graph (Appendix C). The questionnaire, "Creating A Healthy Balance" (Appendix D), can be used to develop a plan of action for self-care. It can be used as a narrative assessment separate from Appendices A through C. "The Circle of Life" (Appendix E) is a model for integration with self-care behavior physically, emotionally, socially, mentally, and spiritually. "Health—A Balancing Act" (Appendix F) illustrates the value of identifying behaviors that support your ability to create a healthy balance, defining their positive outcomes, and recognizing signals to imbalance earlier. "Caring for Self" (Appendix G) identifies behaviors that support the different aspects of self in working together.

The following questions are also presented to provide different levels of assessment based on individual needs and interests. These questions can be used to identify priorities and a plan of action with self-care. They can be answered separately or as a follow-up to the questions on Appendix D as well as illustrations on Appendices E through G. These questions can also be used to further clarify questions clients may have who have answered the questions in Appendices A through F without reading the article:

1. In what areas do you feel competent with your self-care?
2. What is it that you do to create a healthy balance in your life?
3. What are your challenges in creating a healthy balance?
4. Who and/or what supports you in creating your success with self-care?
5. Take a moment to identify what is most important to you with your health, your bottom line. Limit your response to a few words. Examples may include "more energy," "feel better," "live longer," and so on. By keeping it simple, you can access your thought within a few seconds when you catch yourself avoiding or forgetting it.
6. Defining positive outcomes: What is the one thing that is most important to you in improving your health?
7. "Support for my success in creating a healthy balance is . . ."

INTEGRATING PLAN OF ACTIONS

After reviewing the literature focusing on concepts of health; assessing your strengths, challenges, and balance with your self-care; and identifying significant sources of social support in your life, take a few minutes to identify what you would like to do in creating a plan of action with your self-care.

What have you identified as most important in improving your health? Keeping this in mind, identify self-care behaviors in each of the five dimensions of yourself that you do to create a healthy balance. For example, if "more energy" was identified as being what is most important in improving your health, then what behaviors could you do physically, emotionally, socially, mentally, and spiritually to create "more energy" in your life? "The Circle of Life" (Appendix E) can be used as a model to illustrate your integration with "Creating a Healthy Balance."

What one behavior would have the most positive effect with creating a healthy balance for you (e.g., "exercise")? What would be one action step that you could do with that behavior to create a healthier balance in your life (e.g., "to walk on four mornings")? Keeping this action step simple may be an important factor with your success. What would be one source of support in your success with plan to create a healthy balance (e.g., "walk with a friend on Saturday morning")? Write this inside the triangle in Appendix F, "Health—A Balancing Act," to illustrate a behavior that supports you with creating and maintaining a healthy balance in your life. Identify your warning signs to getting out of balance with your self-care. Examples could come from a lack of self-care behaviors such as skipping meals, not exercising, or not getting enough sleep. Examples could be thinking you can do too much such as overcommitting yourself, overspending, or overeating. Recognizing your warning signs faster and earlier is an important step in maintaining a healthy balance throughout your life.

In summary, identify what helps you to integrate, respect, and honor all aspects of yourself, the good and the bad, the healthy and unhealthy, so they can work together in "Caring for Self," (Appendix G). What behavior supports the different aspects of self to work together in harmony and joy (e.g., journaling, spiritual reading, or talking to a partner, family member, or professional)? This may be your greatest support.

"The action step that would have the most positive effect in creating a healthy balance is . . ."

"The behavior that supports different aspects of myself working together in harmony is . . ."

Here's to the clarity of your bottom line, your health, and your ability to create a healthy balance in caring for self!

APPENDIX A
A F.A.M.I.L.L.Y. Approach to Self-Care

Health Factors	Descriptions
Fitness Strategies	The ability to stay fit
Adaptability	The ability to adapt to the demands of your environment throughout your life
Moving Through Loss	Recognizing and moving through loss
Independence	The ability to function independently, moving from dependence to independence to interdependence (Covey, 1989)
Longevity	Meeting basic human needs and living longer
Your Motivation	Identifying your motivation to improve your health

APPENDIX B
The F.A.M.I.L.L.Y. Self-Care Assessment Inventory

This inventory can be used by completing individual sections or by completing the entire inventory to assess your strengths, challenges, and level of balance with your self-care. The number of health factors you choose to assess is an individual decision based on how comprehensive you would like the assessment of self-care behavior to be.

The F.A.M.I.L.L.Y. Self-Care Assessment Inventory can be used in the following sequence:

1. Complete the assessment. Identify your current level of balance with your physical, emotional, social, mental, and spiritual self-care behaviors. The assessment ends with identifying "Your Motivation." It is the last health factor on the assessment inventory. It can be used to identify your motivation for self-care in each of the five dimensions of self. Putting a name to one's motivation can be an important step in changing one's behavior.
2. Identify strengths and challenges (Appendix C) with your current levels of self-care behaviors by scoring your responses for a total and an average score. You may choose to discuss your results with a supportive person who can assist you in developing a self-care routine that can be maintained.
3. Identify specific goals (Appendix D) that are most important to you in your current self-care.
4. Write a simple plan of action (Appendices E and F) for creating a healthy balance with your health care.

Directions: Write your own ratings horizontally on the line in each column marked "self-ratings." Focus on how you subjectively view your current level of self-care behaviors. What is it that you actually do with caring for yourself? Rate your current self-care behavior by using the following 1 to 10 scale to rate your self-care behavior: 1 = significantly below average, 3 = below average, 5 = average "balanced," 8 = above average, and 10 = significantly above average.

Add the scores vertically when you have finished. Write the total of scores at the bottom of each column. Divide the total of each column by 6 to get an average score. Appendix C can be used to create a profile of your scores.

(continued)

APPENDIX B Continued

F	Fitness Strategies: Developing strategies to maintain...	Physical <i>Fitness & Fuel</i> for fitness (Sleep, diet, vitamins, etc.)	Emotional <i>Friends And Family</i> who are emotionally supportive	Social <i>Fun and Funds</i> to enjoy life	Mental <i>Focus & Follow Through</i>	Spiritual <i>Faith:</i> that allows you to positively cope with life.	Totals	Average
	Self-Rating:							
A.	Adaptability: Adapting to the demands of your Environment throughout your life by staying ...	Active: Staying physically active	Assertive: Expressing feelings, needs and wants.	Inter-Active Socially connected	Alert: To changes externally and internally	Aware of one's spiritual connection		
	Self-Rating:							
M.	Moving Through Loss: Your ability to deal with ...	Mobility Changes With walking, Driving, etc.	Mates Changes with relationships	Money Changes With income	Memory Changes with short term & long term memory	Meaning Changes with what is important to your life and gives you a sense of meaning.		
	Self-Rating:							
I.	Independence: Maintaining independence by...	Independence Developing proactive vs. reactive behavior	Intimacy Developing A Capacity for Intimacy	Identity Developing a positive sense of self.	Insight Developing awareness of your own thoughts and behavior.	Inter-Dependent Developing a spiritual connection		
	Self-Rating:							
L.	Longevity: Improving basic human needs by...	Living Longer & Better	Loving Your Level of Comfort With Loving and Being Loved	Laughter: The ability to enjoy life.	Learning Throughout your lifetime.	Listening: To what's important to you.		
	Self-Rating:							
<i>Write a healthy behavior you would like to improve in each of these areas below.</i>								
Y.	Your Motivation. Improving your health with ...	<i>Physical</i>	<i>Emotional</i>	<i>Social</i>	<i>Mental</i>	<i>Spiritual</i>		
	Self-Rating:							

Scores

Total _____
Average _____

APPENDIX C
Graphing Your Scores

Plot your average score in each category by marking an "X" on the line in the numbered box on the table that follows. It can be a bar graph or a line graph. The profile can be used to illustrate strengths and weaknesses with your current self-care behaviors and to identify your current level of balance.

With this model, the score of 5 may be viewed as a point of balance, the midpoint between the scores of 1 to 10. Both extremely high and extremely low scores may be considered as risk factors for imbalances with your health. Watch for low scores illustrating a deficiency and high scores representing excess in your behavior. How does your behavior create balance or imbalance with your health? A common example is having more stress so you get less sleep. The next day you eat more chocolate or drink more coffee just to get through the day . . . or through the hour! Finding one's balance between deprivation and overdoing is difficult as it is based on one's self-assessment and changes throughout one's life.

	1	2	3	4	5	6	7	8	9	10
Physical										
Emotional										
Social										
Mental										
Spiritual										

APPENDIX E
Circle of Life



Record behaviors in each of the five dimensions to create a healthy balance with your self-care behavior at this time. Some behaviors may be repeated in several areas. The Circle of Life can be used to illustrate what you currently do to create a healthy balance.

APPENDIX D
Creating a Healthy Balance

Take a moment to reflect as you answer these questions for yourself. Consider discussing them with other people or professionals in your life.

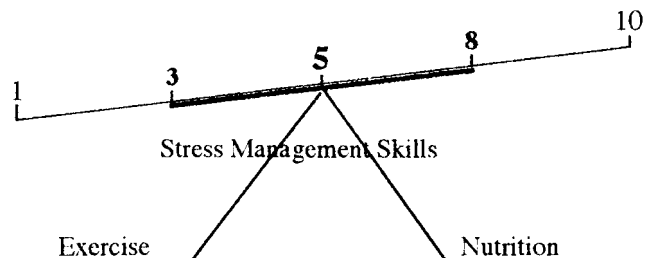
What have you learned about creating a healthy balance in your life? What do you see as being your strengths of your current behavior? Which self-care behaviors come easily for you? Which behaviors are more challenging or need more attention?

How do these different parts work together? What helps you integrate, respect, and create a sense of harmony and joy so the different parts of your self can work together?

Are there any added benefits with sharing this with a supportive person? What type of social support could enhance your success in developing and maintaining a self-care routine that works for you?

What's most important to you with your health at this time and over the course of your life? What behavior, social support, and action step would have the greatest effect in creating a healthy balance with your self-care behavior?

APPENDIX F
Health—A Balancing Act

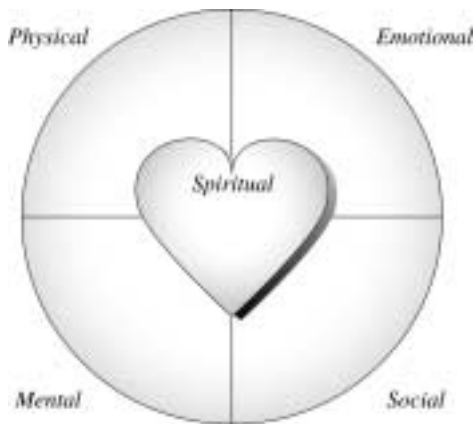


What action step with your self-care behavior would have the greatest effect in creating a healthy balance with your self-care behavior? What social support could help with your success? Write this inside the triangle to illustrate your bottom line of self-care behaviors that supports creating and maintaining a healthy balance in your life. For example, exercise is the behavior you want to increase. Walking with a friend could be your plan of action and source of support with maintaining your behavior.

What behaviors let you know that you are in balance with self-care? What are the positive outcomes that come with creating a balance focusing on this behavior?

Identify your warning signs of getting out of balance. What are the early warning signs that you are creating an imbalance with your self-care and health? When you identify the behaviors that signal an imbalance in your life, you can recognize when you are getting out of balance—faster and earlier! Keep it simple but get specific.

APPENDIX G
Caring For Self



What supports the different parts of myself working together with a sense of harmony and joy?

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