

The World Health Organizations’ definition of self-care means taking all the steps you can to take care of your physical health and well-being, including hygiene, nutrition, managing stressors, and seeking medical care if needed. From this global definition of self-care, it appears that a discussion on “self-care” encompasses a multi-dimensional approach to a very individualistic topic. This notion steers my interest, thus joining this group was a blessing, knowing now that understanding self-care will harmoniously works well for me as a social worker.

This “Self-Care” group is a closed-type, consisting of four sessions only for women, who plans to meet weekly in the evening at a given location. The ground rules were laid out. Because there were educational and informational-based information having discussed, I believe this group model can become the “client groups” model means aiming toward personal change. Client group, vs. social action or goals groups, and task groups, focus is on mutual aid, and members learn to and grow from both the leader and the other members, Berg-Weger & Birkenmaier, (2020) p 366-377. Also, I think this group had passed the pre-planning phase and maybe from the beginning phase moving fast into the middle phase.

Reflecting on the group’s process, I believe the group attains what is supposed to do in this context of awareness of self-care. Bringing together women of the same interest, hinging on individual experiences or practices which could become a potential gain for both as individuals and as a group. In my understanding taking care of oneself is an utmost duty in the context of biblical perspective. Therefore, adding awareness and practices to my everyday living existence, is a boon. Reality check as what had happened for me in this group enhances my well-being.

