



## Syllabus

### SPD 115 Self-Care

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#### Course Overview

**Dates/Time:**

June 22 - 25, 2025  
6:30- 9:00 PM

**Course Facilitator:**

Juanita Johnson, LUT  
Email: [johnsonscottllc@comcast.net](mailto:johnsonscottllc@comcast.net)  
Cell: 202.297.8153

**Place:**

Via Zoom - Juanita Johnson will send link

**Sponsored by:**

Unity of Gaithersburg  
111 Central Ave,  
Gaithersburg, MD

#### Course Description

Self-care involves making choices that reflect a consciousness of well-being. As we become aware of the care of our mind, body, and spirit, we discover that when we are our best self, we make contributions to our family, our communities, and our world consciously.

This course will provide guidelines and action plans for instilling self-care practices in the areas of awareness, mindfulness, setting boundaries, letting go, forgiveness and self-love. The class will be both reflective and interactive as we build self-awareness and share what works in applying self-care practices into daily life. We will identify how to use this foundation in times of stress and chaos as well.

#### Facilitator

I have been a Licensed Unity Teacher since 2022, specializing in administration, communications, and health and healing adult education. Since 1999, I have been a member of Unity of Washington, D.C., where I am currently serving as the co-lead for our live streamed services Online Greeters Team, and as a member of the Finance Committee

and Meditation Ministry. Prior to this I served in several positions including post COVID Church Re-Opening Committee, Youth Program, Board of Trustees and Treasurer, Anniversary Committees, special programs, and community service events. I am a Certified Meditation Instructor, and trained in several meditation practices including Transcendental Meditation®, Yoga and Tai Chi. I have more than 40 years' business expertise in Finance.

## Course Learning Objectives

Upon completion of this course, learners will be able to:

- Clearly articulate the benefits of self-care, including ethical consideration.
- Identify potential self-care deficiencies and incorporate preventive measures.
- Differentiate and address the various dimensions of self-care.
- Create a daily, weekly, and monthly self-care plan for spiritual nourishment.
- Demonstrate a priority for self-care on multiple levels of wellness.
- Recognize and self-correct old patterns of unhealthy choices, thoughts, and words.
- Incorporate self-compassion and self-care techniques to soothe and support movement through different life circumstances.
- Make choices to shift energy in healthy and life-enhancing ways.
- Make requests from significant others to support desired shifts in consciousness.

## Required Texts/Readings

- Little, Nancy, *Energy Sparks to Recharge, Refresh and Revitalize*. Soar2SuccessPublishing. (ES)
- Sterne, Noelle. 2012. *Trust Your Life: Forgive Yourself and Go After Your Dreams*. Unity Village, MO: Unity Books

## Materials

Personal journal or notebook to record information and ideas for your Self-Care Journal. This journal will include daily entries that document self-care practices and recognition of gratitude. In addition, this journal will be used to complete the Final Assignment for learners taking this course for credit that is discussed below.

## Recommended Texts/Readings/Videos

- Hay, Louise; Khadro, Ahlea; Dane, Heather. 2014 *Loving Yourself to Great Health: Thoughts & Food- The Ultimate Diet*. Carlsbad, CA: Hay House, Inc.
- Murray, Elizabeth. 2014. *Living Life in Full Bloom: 120 Daily Practices to Deepen Your Passion, Creativity & Relationships*. New York: Rodale Books
- Borysenko, Joan Z. 2003. *Inner Peace for Busy People: 52 Simple Strategies for Transforming Life*. Carlsbad, CA Hay House, Inc.

## Course Requirements and Assignments

Students will be expected to:

- Participate actively in each class activity
- Complete reading and video assignments
- Participate in Self-Care Exercises breakout room discussions
- Complete Self-Care Journey and Final Assignment

Throughout the course you will maintain (on your own) a weekly Self-Care Journal. This journal includes daily entries that document self-care practices and recognition of gratitude. For learners seeking S.E.E. credit, submit a weekly summary of your Self-Care Journal entries consisting of three to five paragraphs (*a paragraph contains at least three sentences*).

Your Final Assignment is to share your Self-Care Journey. You will be invited to express your creativity by choosing the format you will share your Self-Care Journey. Some examples include:

- YouTube Presentation
- Poem(s)
- Song(s)
- Stories
- Artwork
- Paper/Essay (five hundred – 1,000 words)

In Learning Module 6 you will be invited to discuss your format considerations with your facilitator to ensure successful final assignment expectations. ***The due date for the final assignment will be July 20, 2025.***

## Submitting Graded Assignments

S.E.E. Self-Care Journal summaries and Final Assignment are submitted via email to Juanita Johnson, at [johnsonscottllc@comcast.net](mailto:johnsonscottllc@comcast.net), according to the due dates in Module 8. **All assignments are due by 11:59 p.m. Eastern Time (ET) on the Due Dates.** The email date will reflect Eastern Time (ET), regardless of your time zone.

## Academic Performance: Progress Evaluation

- S (Satisfactory) - 75 – 100%

- I (Incomplete) - waiting for completion of one or more assignments. Given by approval of the Facilitator due to urgent and unusual circumstances in the life of the learner.
- AU (Audit) - not seeking credentialing (no assignments required)
- NC (No Credit) - 0 – 74%

## Graded Assignments

*It is important to complete your assignments on or before the due dates.*

**NOTE:** If you experience an emergency and are unable to complete your assignments on time, Contact your facilitator.

Assignment Self-Care	Possible Points	Percentages
Journal Summary (3 @ 5 pts. Each)	15	15%
Collaborate Sessions (4 @ 12 pts each)	50	50%
Final Assignment	35	35%
<b>Total Points</b>	<b>100</b>	<b>100%</b>

Ten credits will be granted when the student has successfully completed the class. Unless special permission is requested and granted, students are expected to attend all four, two- and one-half-hour classes.

## Instructor's Commitment

As your class facilitator I will come to class prepared to engage in discussions of the topic. I will share with you my own experiences about my self-care journey and practice. I will create and support a safe learning environment in which participants feel inspired to explore the topic and safely share their deepest thoughts and feelings. I will support all participants in their understanding of the material.

## Course Schedule and Assignments

The course is divided into eight modules and will be covered in four (4) two and one-half-hour (2 ½) sessions. Below are the topics for each module along with assignments.

### Meeting Session Preparation

- Our first Meeting “Zoom” Session will take place on Sunday June 22, 2025
- **Pre-work Assignments prior to our first session:**
  - Complete each of the learning assignments for Modules 1 and 2 (below)
  - Complete Journal Self-Care assignment in Module 1 (below)

# Modules Outline

## Module 1: “Self-Care & Life Balance”

Module Dates: June 22, 2025

### Module Learning Objectives

By the end of this module learners will be able to:

- Identify five potential ways to engage self-care
- List each of the seven dimensions of wellness with examples
- Describe three ways your life needs to be rebalanced (additions and subtractions)

Module 1: Learning Assignments	Due Dates
<p><b>Required Reading(s)</b></p> <ul style="list-style-type: none"><li>• <i>Energy Sparks to Recharge, Refresh and Revitalize:</i><ul style="list-style-type: none"><li>○ <b>Restore:</b> pp.1-4</li><li>○ <b>Release:</b> p.12</li><li>○ <b>Revitalize:</b> pp.42 &amp; 43</li></ul></li><li>• <i>Trust Your Life:</i><ul style="list-style-type: none"><li>○ Chapter 3, Listen to Yourself, pp.56-76</li></ul></li></ul> <p><b>Handout(s)</b></p> <ul style="list-style-type: none"><li>• Course Self-Care &amp; Mutual Respect Agreement</li><li>• 7 Dimensions of Wellness</li></ul> <p><b>Video(s)</b></p> <ul style="list-style-type: none"><li>• Watch YouTube – <i>TED Talks: How to Practice Emotional First Aid</i> (Guy Winch [17:29 minutes]): <a href="https://youtu.be/F2hc2FLOdhI?si=HsEljfbIRiPcdA3g">https://youtu.be/F2hc2FLOdhI?si=HsEljfbIRiPcdA3g</a></li></ul>	Sunday June 22, 2025
<p><b>Journal Self-Care Exercise</b></p> <ul style="list-style-type: none"><li>• Journal daily your reflections as an “observing participant” of your self-care behavior <b>for one week prior to the start of this course.</b></li><li>• Summarize your daily self-care practices to date.</li></ul>	June 22, 2025
<p><b>Meeting Course Room Session</b></p> <ul style="list-style-type: none"><li>• Welcome &amp; Introductions</li><li>• Course Objectives &amp; Final Assignment</li><li>• Module 1 Learning Assignments Review</li></ul>	June 22, 2025

## Module 2: “Forgiveness”

Module Dates: June 22, 2025

### Module Learning Objectives

By the end of this module learners will be able to:

- Identify unresolved self-forgiveness issues
- Write a forgiveness letter to self
- Assess unsettled forgiveness blocks with others
- Write at least one forgiveness letter to another person
- List beneficial consequences of releasing resentments

Module 2: Learning Assignments	Due Dates
<p><b>Required Reading(s)</b></p> <ul style="list-style-type: none"><li>• <i>Energy Sparks to Recharge and Revitalize</i><ul style="list-style-type: none"><li>○ <b>Release:</b> p. 9</li><li>○ <b>Recharge:</b> pp. 18 &amp;19</li><li>○ <b>Revision:</b> p. 48</li><li>○ <b>Revitalize:</b> p.44</li><li>○ <b>Realization:</b> p. 50</li></ul></li></ul> <p><b>Handout(s)</b></p> <ul style="list-style-type: none"><li>○ Forgiveness Worksheet (Six Steps to Forgiveness)</li></ul>	Sunday, June 22, 2025
<p><b>Video(s)</b></p> <p><b>WARNING:</b> This is an intense video. If you feel you are in a vulnerable place, please feel free to watch it with another or simply stop the video. Watch: YouTube – TEDx <i>The Power of Forgiveness</i> (Sammy Rangel) [21:36 minutes]</p> <p><a href="https://youtu.be/iOzJO6HRluA?si=rJ6WR_WwQ2A9Ay0e">https://youtu.be/iOzJO6HRluA?si=rJ6WR_WwQ2A9Ay0e</a></p>	
<p><b>Meeting Course Room Session</b></p> <ul style="list-style-type: none"><li>• Module 2 Learning Assignments Review</li><li>• Class Discussion</li><li>• Video – 12 Principles of Forgiveness (Jack Kornfield) [13:42 minutes]</li></ul>	June 22, 2025
<p><b>Breakout Assignment #1: Self-Care Exercise (Forgiveness)</b></p> <p>See Breakout Assignments Handout for details.</p>	June 22, 2025

## Module 3: “Self-Compassion”

Module Dates: June 23, 2025

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### Module Learning Objectives

By the end of this module learners will be able to:

- Identify and describe a self-soothing compassion technique that works for them
- Know their strengths and limitations with compassion for self and others

Module 3: Learning Assignments	Due Dates
<b>Required Reading(s)</b> <ul style="list-style-type: none"><li>• <i>Energy Sparks to Recharge, Refresh and Revitalize:</i><ul style="list-style-type: none"><li>○ Refresh: pp. 13-16</li><li>○ Recharge: p.20</li><li>○ Resilience: p.24</li></ul></li></ul>	Monday June 23, 2025
<b>Journal Self-Care Exercise (Self-Compassion)</b> <ul style="list-style-type: none"><li>• Go to <a href="http://www.selfcompassion.org">www.selfcompassion.org</a></li><li>• Scroll down the home page and click the “Test your level of self-compassion” box.</li><li>• Complete the “Test how self-compassionate are you” 26-item inventory (you will receive a score once complete).</li><li>• Save results on your computer for reference</li><li>• Journal your insights from completing the activities above.</li></ul>	June 23, 2025
<b>Meeting Course Room Session</b> <ul style="list-style-type: none"><li>• Module 3 Learning Assignments Review</li><li>• Video: TED ED: The Three Components of Self-Compassion (Kristin Neff) [6:18 minutes]- <a href="https://youtu.be/11U0h0DPu7k">https://youtu.be/11U0h0DPu7k</a></li></ul>	June 23, 2025

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## Module 4: “Shine Spirit’s Healing Light”

Module Dates: June 23, 2025

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### Module Learning Objectives

By the end of this module learners will be able to:

- Define loss from an expansive point of view

- Acknowledge losses from across their lifespan

Module 4: Learning Assignments	Due Dates
<b>Required Reading(s)</b> <ul style="list-style-type: none"> <li>• <i>Energy Sparks to Recharge, Refresh and Revitalize:</i> <ul style="list-style-type: none"> <li>○ <b>Release:</b> p. 10</li> <li>○ <b>Resilience:</b> pp. 22,23</li> <li>○ <b>Revitalize:</b> p. 41</li> <li>○ <b>Revision:</b> pp. 45,46</li> </ul> </li> </ul> <b>Handout(s)</b> <ul style="list-style-type: none"> <li>○ What You Can Do for a Bereaved Person</li> <li>○ Tear Soup: Viewers Guide</li> <li>○ Symptoms of Grief When Navigating Loss</li> <li>○ Normal Reactions When Navigating Loss</li> </ul>	Monday, June 23, 2025
<b>Meeting Course Room Session</b> <ul style="list-style-type: none"> <li>• <i>Tear Soup (Grief Watch)</i> [3 minutes]</li> <li>• Module 4 Learning Assignments Review</li> <li>• Class Discussion</li> </ul>	June 23, 2025
<b>Breakout Assignment #2 – Self-Care Exercise (Grief)</b> See Self-Care Exercises handout for details.	June 23, 2025

## Module 5: “Powerful Positive Thoughts”

Module Dates: June 24, 2025

### Module Learning Objectives

By the end of this module learners will be able to:

- Write I AM, I CAN, and I WILL affirmations

Module 5: Learning Assignments	Due Dates
<b>Required Reading(s)</b> <ul style="list-style-type: none"> <li>• <i>Energy Sparks to Recharge, Refresh, and Revitalize:</i> <ul style="list-style-type: none"> <li>○ <b>Release:</b> 11</li> <li>○ <b>Recharge:</b> p. 17</li> <li>○ <b>Resilience:</b> p.21</li> <li>○ <b>Resolve:</b> pp. 25-28</li> </ul> </li> </ul>	Tuesday, June 24, 2025



Module 5: Learning Assignments	Due Dates
<p><b>Recommended Reading(s)</b></p> <ul style="list-style-type: none"> <li>• <i>Trust Your Life:</i> <ul style="list-style-type: none"> <li>○ Chapter 6, Reframe Your Words, pp. 112-125</li> <li>○ Chapter 9, Discover Your Dreams: Envision and Name It, pp.180-197</li> </ul> </li> </ul> <p><b>Handout(s)</b></p> <ul style="list-style-type: none"> <li>• I AM, I CAN, I WILL Affirmation Sheet</li> <li>• Positive Self-Talk for Difficult Times</li> <li>• Alphabet Affirmations</li> </ul>	
<p><b>Journal Self-Care Exercise (Powerfully Positive Affirmations)</b></p> <ul style="list-style-type: none"> <li>• Review Handouts noted above</li> <li>• Create I AM, I CAN, and I WILL statements that will serve you over the next weeks to come</li> <li>• Make a commitment and an affirmation plan to put your I WILL Statements into action over the next three weeks</li> <li>• Share your statements, affirmation plan, thoughts, and insights regarding the practice of using Powerful Positive Affirmations this week <b>and the next three weeks.</b></li> </ul>	June 24, 2025
<p><b>Meeting Course Room Session #5</b></p> <ul style="list-style-type: none"> <li>• Module 5 Learning Assignments Review</li> <li>• Class Discussion</li> </ul>	June 2, 2025

## Module 6: “Healing and Wellness”

Module Dates: June 24, 2025

### Module Learning Objectives

By the end of this module learners will be able to:

- Make a plan to reframe their life
- Create a daily, weekly, and monthly self-care plan for spiritual nourishment

Module 6: Learning Assignments	Due Dates
<p><b>Required Reading(s)</b></p> <ul style="list-style-type: none"> <li>• <i>Energy Sparks to Recharge, Refresh and Revitalize</i> <ul style="list-style-type: none"> <li>○ Refuel: pp.5-8</li> </ul> </li> </ul>	Tuesday, June 24, 2025

Module 6: Learning Assignments	Due Dates
<ul style="list-style-type: none"> <li>○ Rejuvenate: pp. 29 – 32</li> </ul> <p><b>Recommended Reading(s)</b></p> <ul style="list-style-type: none"> <li>• <i>Trust Your Life</i> <ul style="list-style-type: none"> <li>○ Chapter 5, Draw a New Picture of Your Life: Reframe It, pp. 96 – 111</li> </ul> </li> </ul> <p><b>Handout(s)</b></p> <ul style="list-style-type: none"> <li>• Safety Quadrant</li> <li>• Seven Dimensions of Wellness</li> </ul>	
<p><b>Meeting Course Room Session #6</b></p> <ul style="list-style-type: none"> <li>• Module 6 Learning Assignments Review</li> <li>• Video: <i>Healing through Diet</i>, Dean Ornish [16:50]</li> <li>• Class Discussion</li> </ul>	June 24, 2025
<p><b>Breakout Assignment #3 - Self-Care Exercise (Powerfully Positive Affirmations)</b></p> <p>See Self-Care Exercises handout for details</p>	June 24, 2025

## Module 7: “Holiday Harmony”

Module Dates: June 25, 2025

### Module Learning Objectives

By the end of this module learners will be able to develop:

- Strategies to navigate any holiday (financial investment, interactions with others, travel, and other emotional triggers)
- Techniques to create peace in the midst of any challenging situation
- Tools for recognizing and implementing healthy boundaries

Module 7: Learning Assignments	Due Dates
<p><b>Required Reading(s)</b></p> <ul style="list-style-type: none"> <li>• <i>Energy Sparks to Recharge, Refresh and Revitalize</i></li> <li>• Radiate: pp. 33-36</li> <li>• Realization: pp. 49 &amp; 51</li> </ul> <p><b>Handout(s)</b></p> <ul style="list-style-type: none"> <li>• Remedy for the Holidays</li> </ul>	Wednesday, June 25, 2025

Module 7: Learning Assignments	Due Dates
<ul style="list-style-type: none"> <li>• Family Gatherings</li> <li>• Holidays Magnify</li> </ul>	
<p><b>Journal Self-Care Exercise (Personal Boundaries)</b> Write a personal boundaries statement to address interactions and expectations for family gatherings, and the holidays through the end of 2025. Include spiritual, emotional, physical, financial, relational, travel, and other relevant categories for you.</p>	June 25, 2025
<p><b>Meeting Course Room Session</b></p> <ul style="list-style-type: none"> <li>• Module 7 Learning Activity Review</li> <li>• Video: <i>How to Stay Calm When You Know You'll Be Stressed</i>, Daniel Levitin/TED [12:21]</li> <li>• Class Discussion</li> </ul>	June 25, 2025

## Module 8: “Flow of Giving and Receiving”

Module Dates: June 25, 2025

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### Module Learning Objectives

By the end of this module learners will be able to:

- Evaluate resilience practices and strategies
- Integrate self-care lessons learned
- Commit to continued growth and development of self-care

Module 8: Graded Assignments	Due Dates
<p><b>Required Readings(s)</b> <i>Energy Sparks to Recharge, Refresh and Revitalize</i></p> <ul style="list-style-type: none"> <li>○ <b>Recirculate:</b> pp 37- 40</li> <li>○ <b>Revision:</b> p. 47</li> <li>○ <b>Realization:</b> p. 52</li> </ul> <p><b>Recommended Reading:</b> <i>Trust Your Life</i></p> <ul style="list-style-type: none"> <li>• Chapter 11, Act! Ensure Your Dream’s Arrival, pp.218 -240</li> <li>• Chapter 12, Your Dream Is Here: Strat Living It, pp.241 -261</li> </ul>	Wednesday, June 25, 2025

Module 8: Graded Assignments	Due Dates
<p><b>On-Line Quiz</b></p> <ul style="list-style-type: none"> <li>• Go to <a href="https://leadinghigher.com/take-a-free-resilience-questionnaire/">https://leadinghigher.com/take-a-free-resilience-questionnaire/</a> [<a href="#">Take a Free Resilience Questionnaire! – Leading Higher</a>]</li> <li>• Scroll down the home page to “Ready to Try a Resiliency Questionnaire?” and click #4 The Resiliency Quiz</li> <li>• Copy and save results on your computer for reference in completing Self-Care Exercise #4 below.</li> </ul>	June 25, 2025
<p><b>Meeting Course Room Session</b></p> <ul style="list-style-type: none"> <li>• Review of Module 8 learning activities</li> <li>• Video: Universal Law of Giving &amp; Receiving (Deepak Chopra [2:51 minutes])</li> <li>• Class Discussion</li> </ul>	June 25, 2025
<p><b>Breakout Assignment #4: Self-Care Exercise (Resiliency)</b> See Self-Care Exercises handout for details.</p>	June 25, 2025
<p><b>Final Assignments for Learners Seeking S.E.E. Credit</b></p> <ul style="list-style-type: none"> <li>• Using the learning assignments for all modules, the recommended readings, and Self-Care Exercises as a guide, continue to journal daily your reflections as an “observing participant” of your self-care behavior for three weeks.</li> <li>• Submit a weekly summary of your daily self-care practices.</li> <li>• See Course Requirements and Assignments and Submitting Graded Assignments sections above for details on completing and submitting weekly Self-Care Journal summaries and the Self-Care Journey Final Assignment.</li> </ul>	<p><b>Weekly Summary</b> Sunday, June 29, July 6, &amp; 13 (11:59 PM EST) <b>Final Assignment</b> Sunday, July 20, 2025 (11:59 PM EST)</p>