



SELF-CARE ISN'T SELFISH - IT'S ESSENTIAL

POP QUIZ!!!

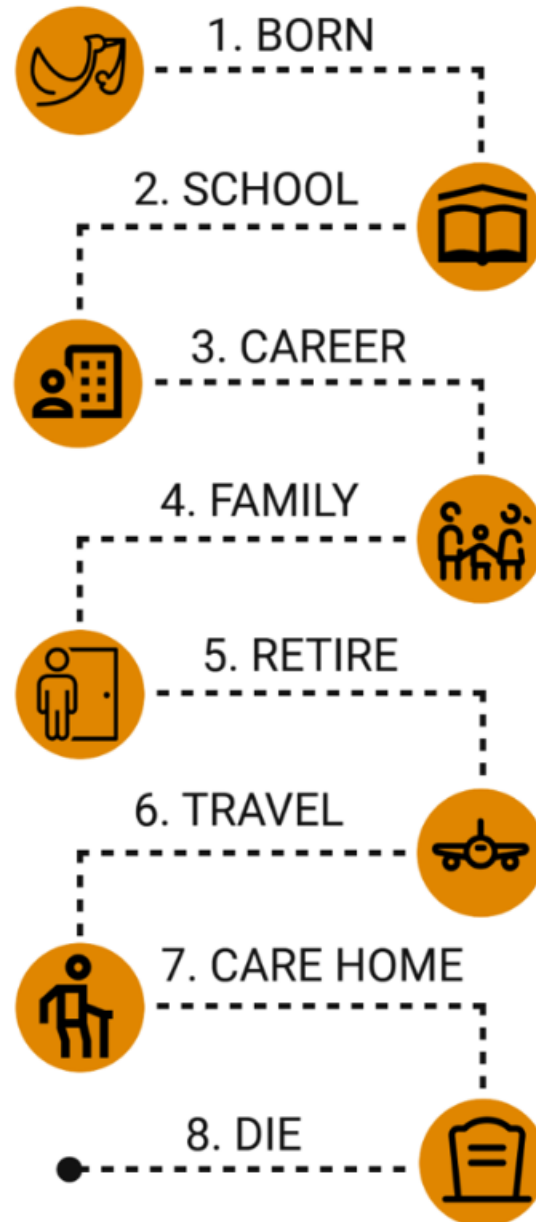


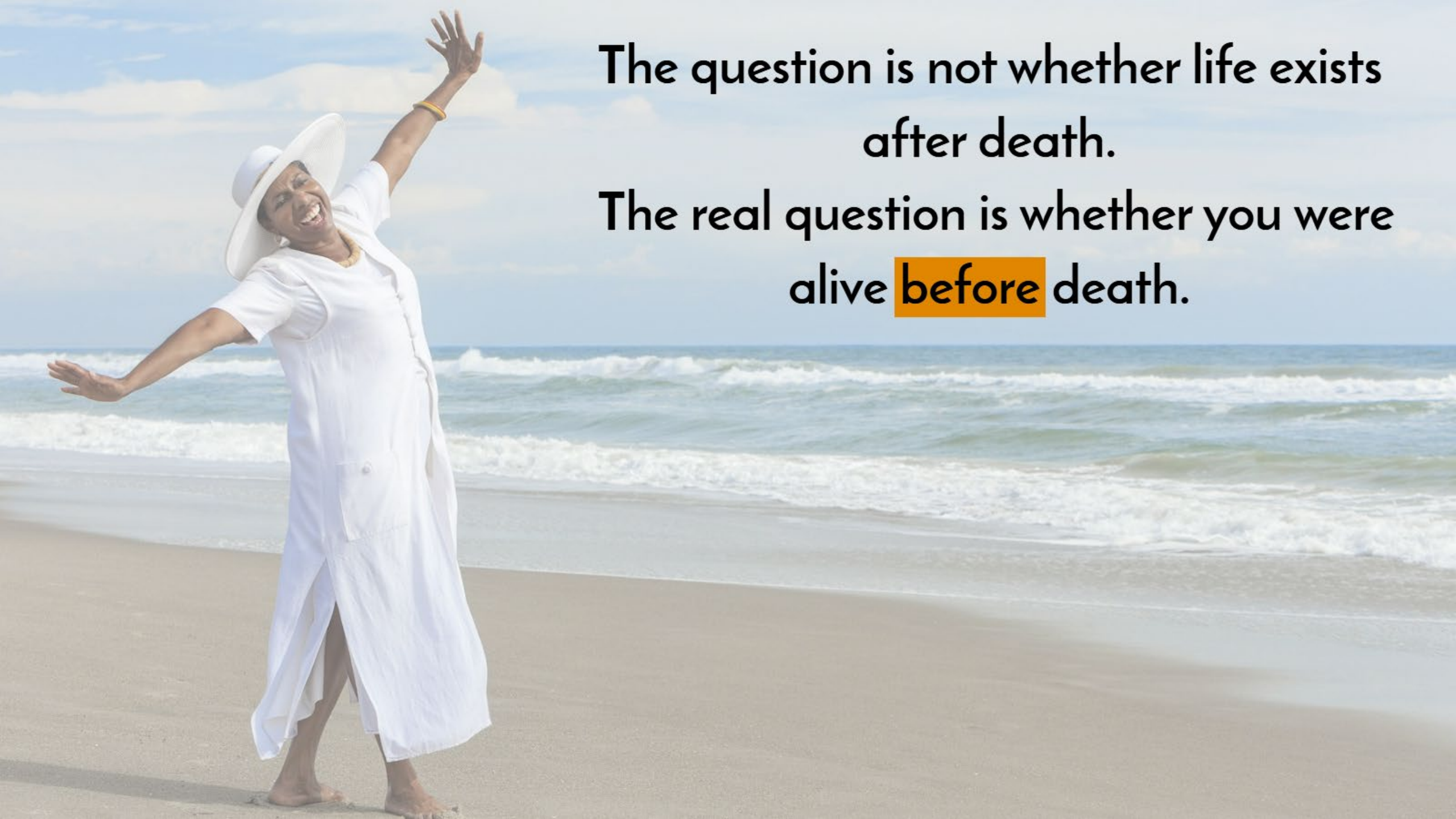
TRUE OR FALSE

Just because you are breathing doesn't
mean that you are alive.



EXISTING





The question is not whether life exists
after death.

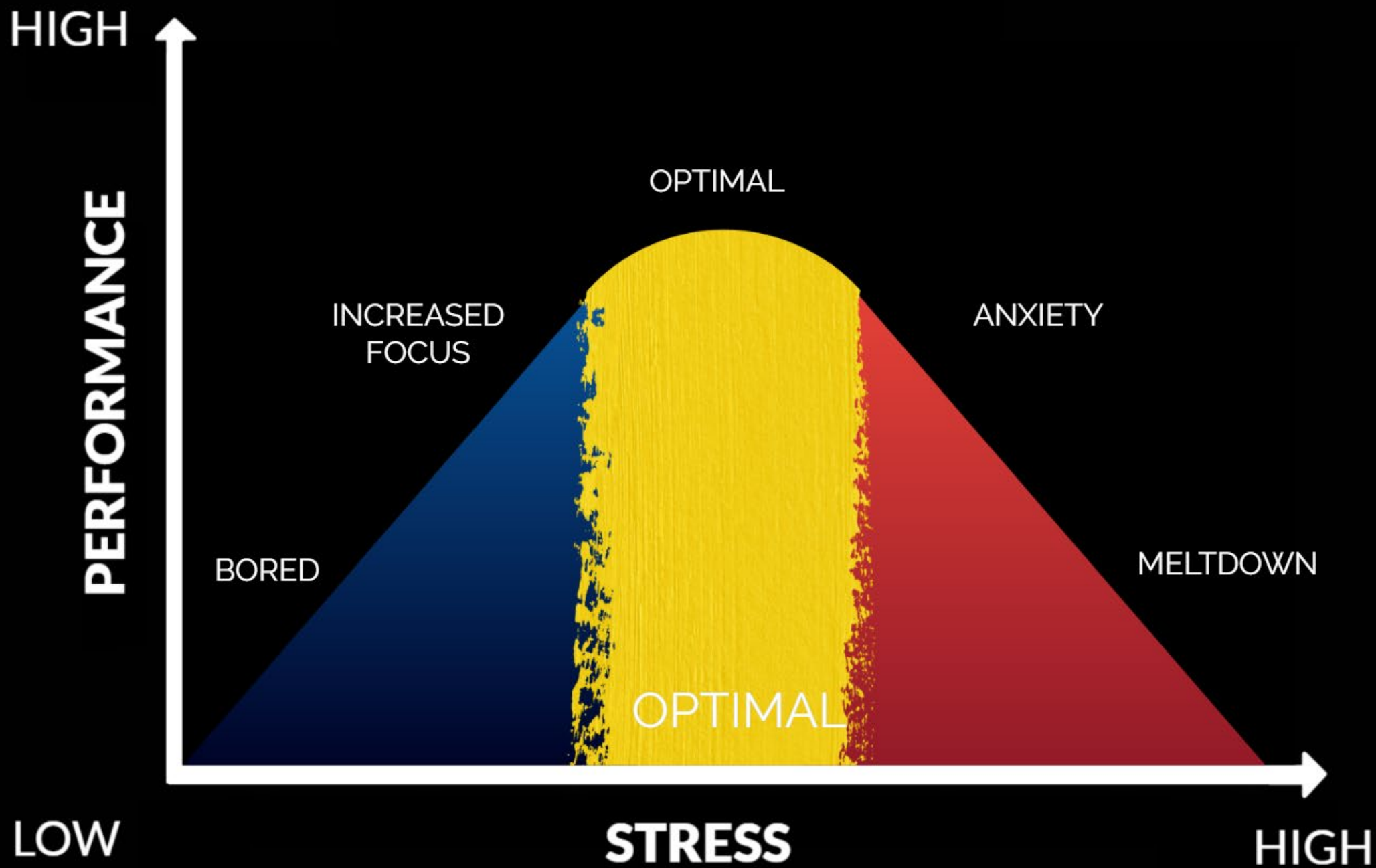
The real question is whether you were
alive **before** death.



TRUE OR FALSE

You will perform better under moderate levels of stress rather than no stress at all.





TRUE OR FALSE

You stress over things that you can't control.



REGAINING CONTROL

LET GO OR BE DRAGGED



Identify your greatest source of stress: _____

IN MY CONTROL	OUT OF MY CONTROL

Which side was longer? _____

How much time and energy do you spend on the things that are out of your control?

What did you learn about yourself through this activity? _____



TRUE OR FALSE

Unless someone is wearing a diaper,
you can't change them.





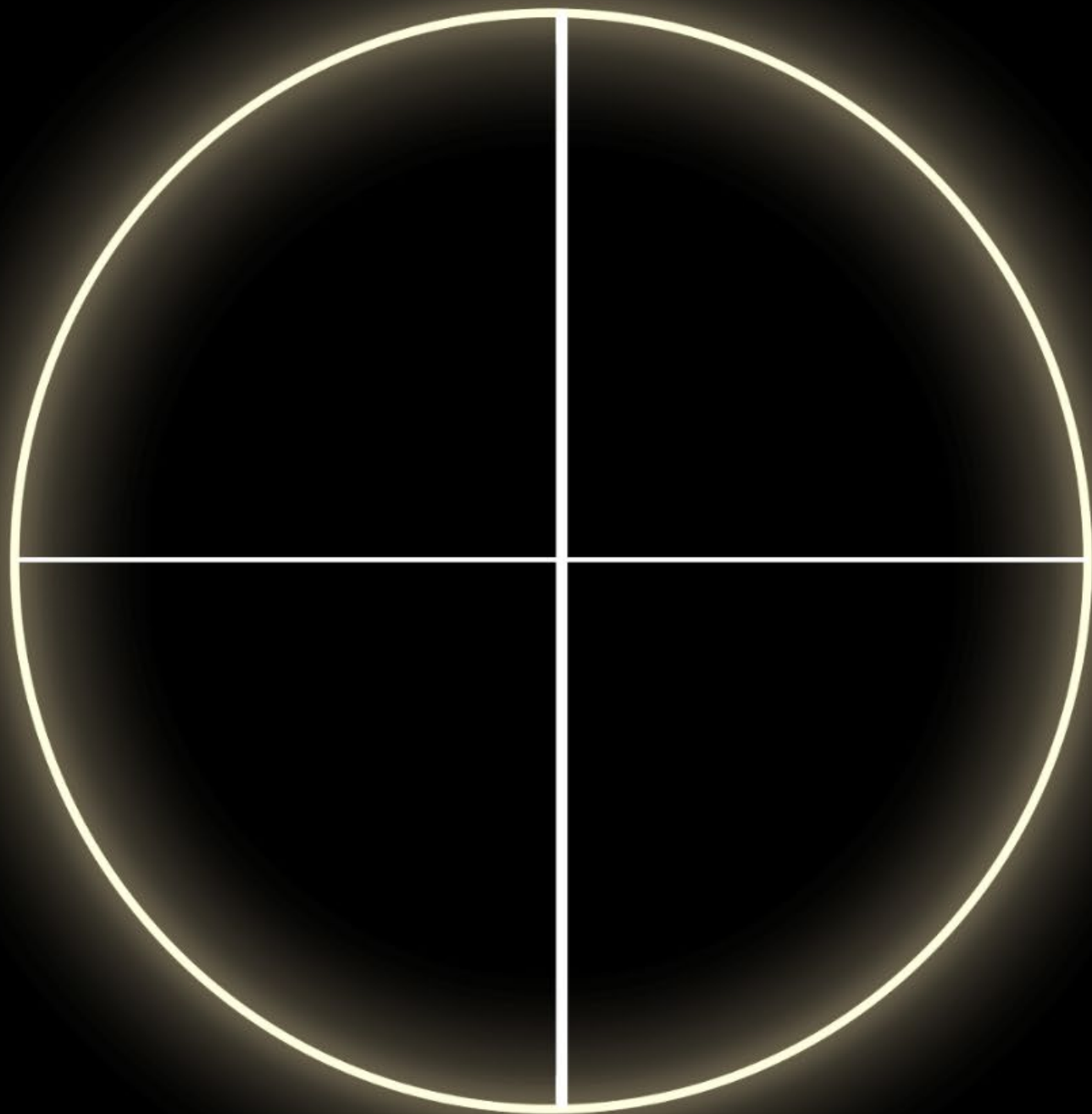




TRUE OR FALSE

You are currently leading a life of balance.







MENTAL

I'm exhausted



MENTAL

I'm exhausted

EMOTIONAL

I'm drained





PHYSICAL

I smile

MENTAL

I'm exhausted

SPIRITUAL

I'm dead

EMOTIONAL

I'm drained

THE BALANCE WHEEL

A HOLISTIC APPROACH

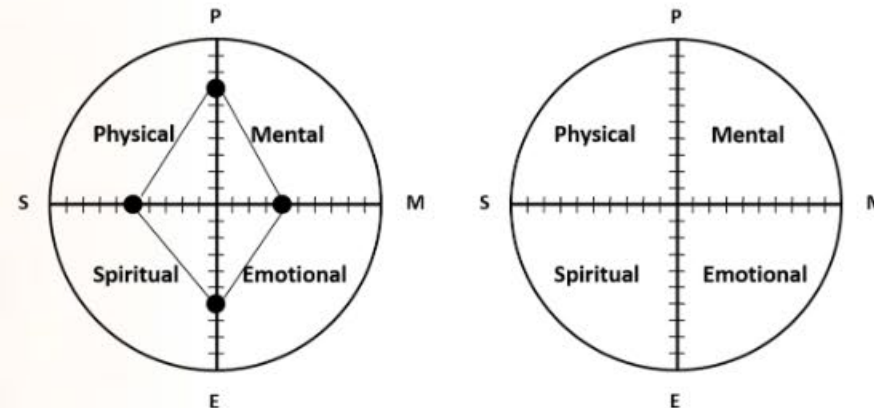


Based on our discussion, rate each of the four areas on a scale between 1 and 10, with 10 being the most satisfied.

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

Chart your answers onto the blank right diagram below based on the numbers above, and place a dot on the appropriate line in each area. 0 is on the inside, 10 is on the outside.

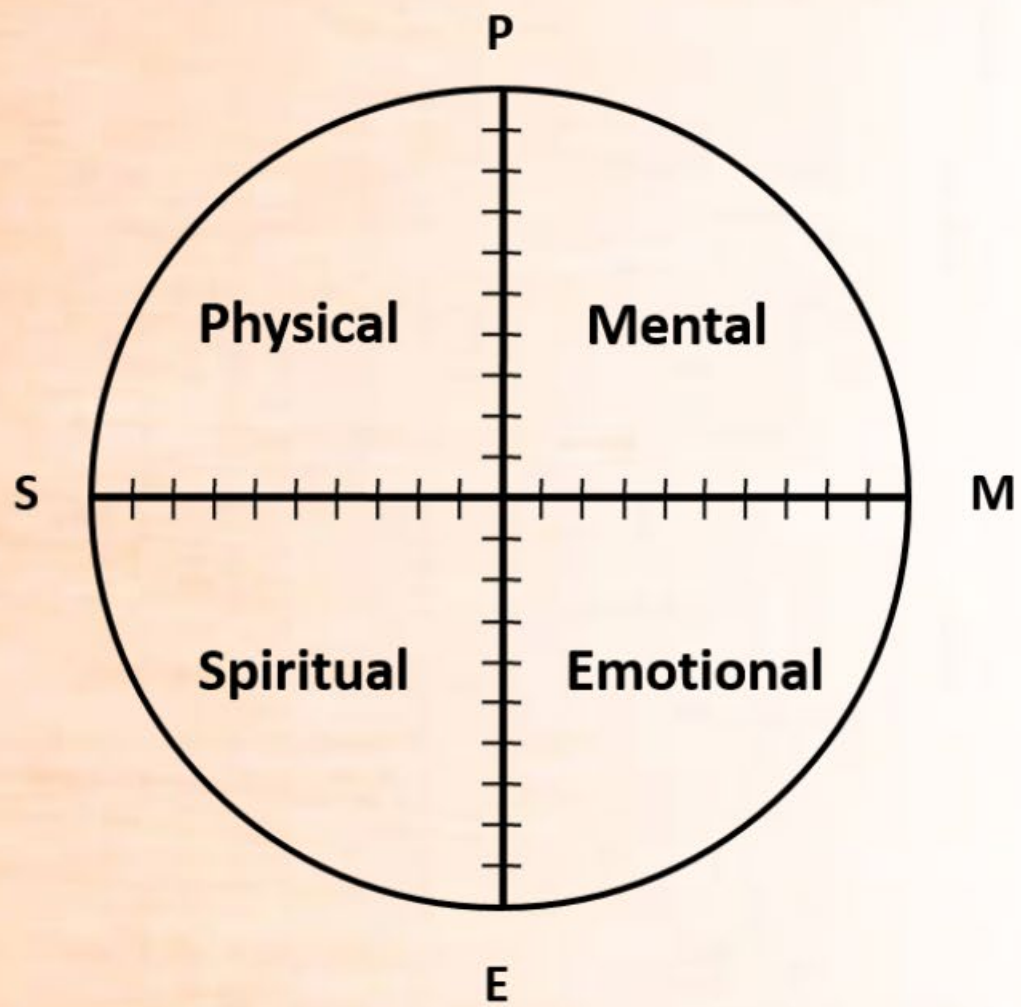
Once completed, connect the dots. The diagram on the left serves as an example.

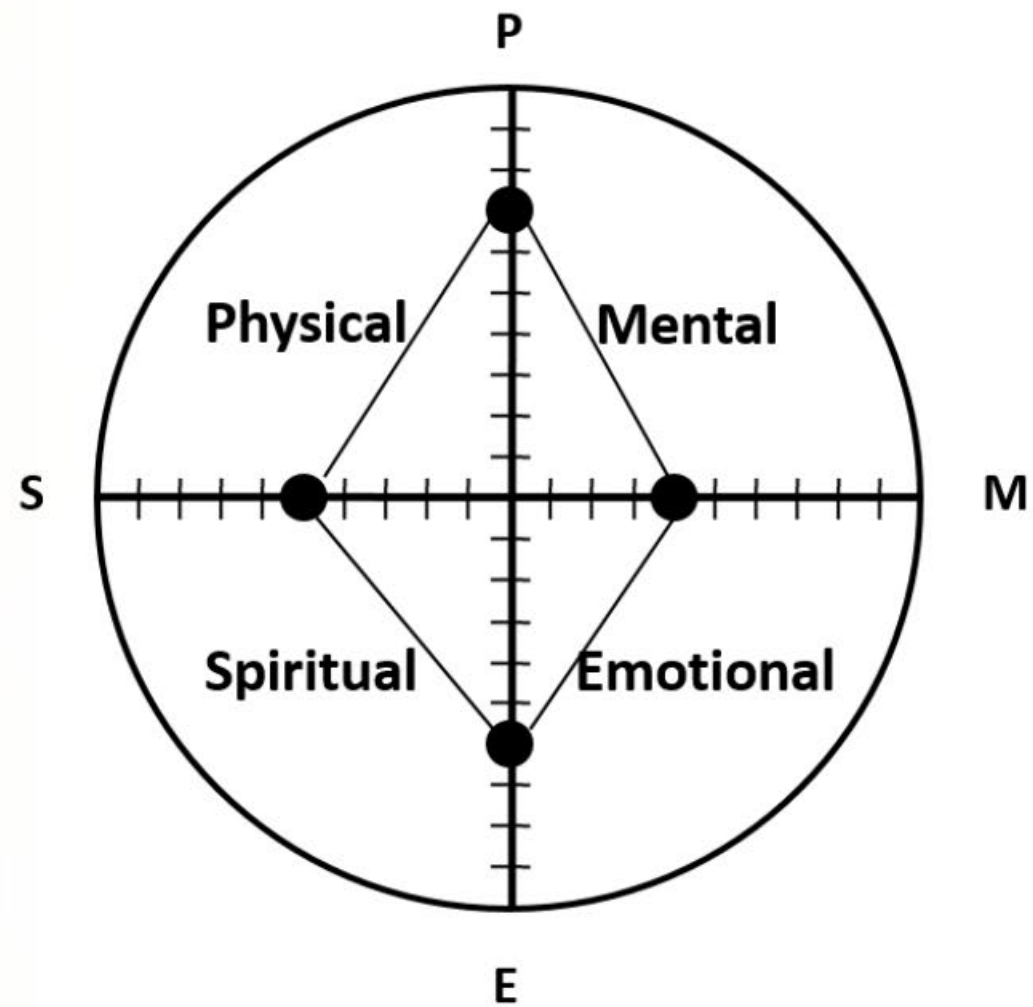
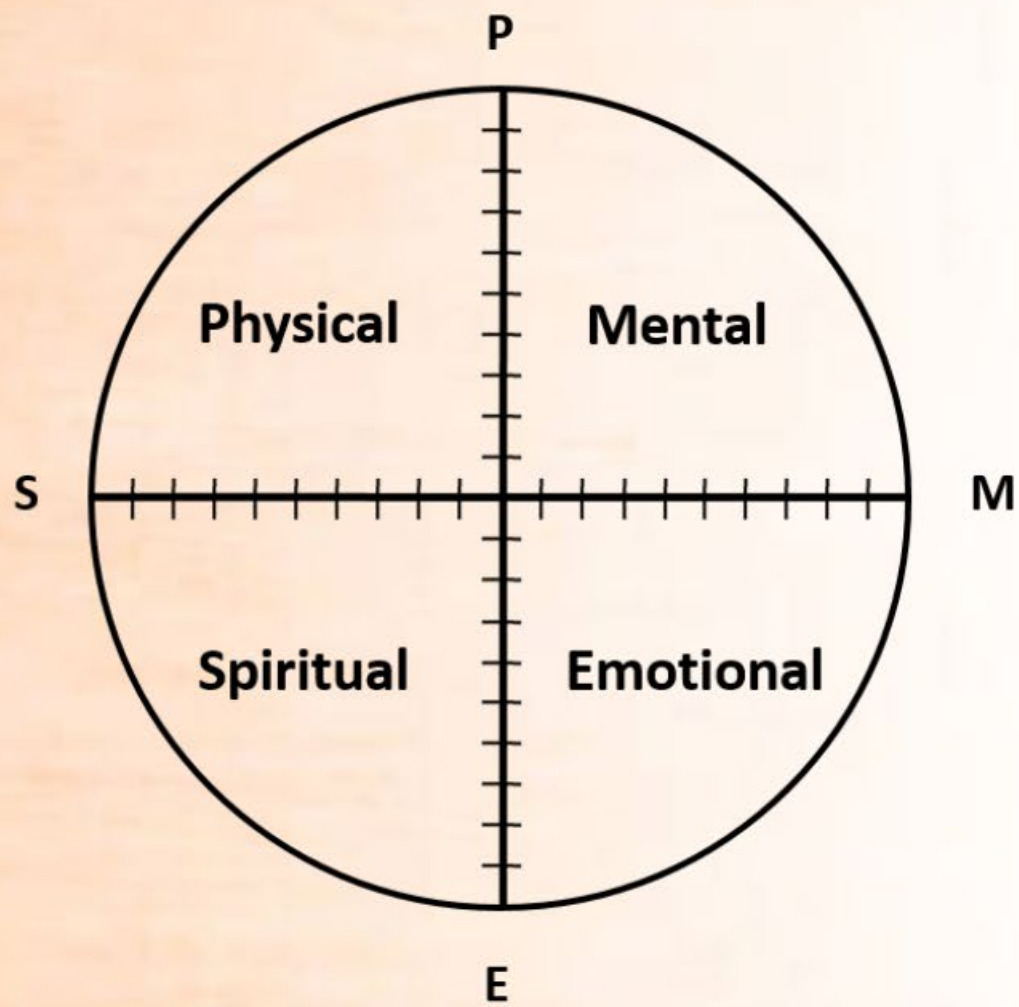


Which area would you like to change the most? _____

How would this cause your life to be different? _____








TRUE OR FALSE

You feel guilty when you place your own needs
before the needs of someone else.





TAKE
2%
FOR YOU

A close-up photograph of a hand holding a lit candle. The hand is cupped around the candle, with the fingers visible. The candle is yellow and has a bright, steady flame. The background is dark, making the light from the candle and the skin of the hand stand out.

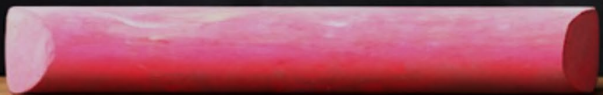
**When you are resting because you
are burning out, remember you are
not wasting your time doing
nothing.**

**You are doing exactly what you are
supposed to be doing.**

RECOVERING.

TRUE OR FALSE

When your stress increases,
your self-care decreases.



WHEN WE TAKE TIME
FOR SELF-CARE



WHEN WE TAKE TIME
FOR SELF-CARE



WHEN WE **NEED** TO TAKE
TIME FOR SELF-CARE



TAKE

4





1

FACE



1 FACE

2 SHOULDERS



1

FACE

2

SHOULDERS

3

HANDS



1

FACE

2

SHOULDERS

3

HANDS

4

ABS



1

FACE

2

SHOULDERS

3

HANDS

4

ABS

5

TOES



TRUE OR FALSE

You have a relationship with yourself,
and you know who you are.



INTERVIEWER: So tell me about yourself.



INTERVIEWER: So tell me about yourself.

ME: I'd rather not. I kind of need this job.



WHO AM I WHEEL

A DEEPER CONNECTION



Do your best to identify four points under each of the eight areas.

I LIKE

-
-
-
-

I WANT

-
-
-
-

I FEAR

-
-
-
-

I HOPE

-
-
-
-

I LOVE

-
-
-
-

I NEED

-
-
-
-

I MISS

-
-
-
-

I AM

-
-
-
-

Which area was the most challenging to complete? _____

Which area was the easiest to complete? _____

What did you learn about yourself through this activity? _____

TRUE OR FALSE

Time heals all wounds.







**IF TRAUMA CAN BE PASSED DOWN FROM GENERATION
TO GENERATION, THEN SO CAN HEALING.**

Who is number one?





**YOU
ARE!**

MAY YOU ALWAYS BE **CHALLENGED**
BUT NEVER **DEFEATED.**





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BONUS



6 COMMITMENTS TO STOP EXISTING AND START LIVING FOR YOU!

- 1. USE YOUR VOICE IN TIMES OF NEED**
 - Voice is a muscle, use it!
 - Find your voice - include your power
- 2. SLOW DOWN AND RECONNECT**
 - Limit up time technology to recharge
 - Create meaningful connections with yourself, others, and nature
- 3. GIVE YOURSELF PERMISSION TO FEEL**
 - Burying emotional pain will manifest into physical pain
 - Feeling leads to healing
- 4. PROTECT YOUR ENERGY**
 - Establish boundaries to create your own peace
 - Surround yourself with people who bring you up, not down
- 5. SMALL STEPS LEAD TO BIG CHANGES**
 - If you want something different, you have to do something different
 - Your greatest loss can lead to your greatest rewards
- 6. PRIORITIZE YOUR WELLNESS**
 - Make time for number one
 - Taking care of yourself is part of taking care of others



CHANGE CREATING NEW HABITS

1. Identify one thing you need to change: _____

2. What is your greatest incentive to make this change? _____

3. Complete a pros and cons list about making this change.

PROS	CONS

4. How important is it for you to make this change?
1 2 3 4 5 6 7 8 9 10

5. How confident are you that you can make this change?
1 2 3 4 5 6 7 8 9 10

6. Identify roadblocks that will make it difficult to make this change (people, places, and situations)

7. Make a list of supports that can assist you through change.

THOUGHTS → FEELINGS → ACTIONS

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