

Let's
Talk
About
Self-
Care



CLEANSING



RECHARGING



CENTERING





Why Cultivate a Self-Care Routine?



Changes mindset and increases gratitude



Prevents burnout and emotional exhaustion



Creates a healthy foundation and sets the tone
for your day



Builds a sense of stability, peace, direction
and grounding



Consequences of Poor Self-Care



Frustration, irritability, compassionate fatigue, poor concentration.



Stress-related illnesses; hypertension, headaches, anxiety/depression, diabetes.



Anger, emotional outbursts, conflict, physical abuse.



Self Care Routine



- Focusing on your sensations — sights, smells, sounds, tastes, touch.
- Recognizing and accepting your emotional state
- Building a Personalized Self-Care Plan
- Treating yourself- *you* are deserving

Ways you can self-care



Take a bubble bath

Validate feelings



Curl up with a good book

Go for a walk

Establish a self-care routine

Rest



MEDIATE

Visit a farmers market



TREAT YOUR SELF





"Self-care means considering yourself a worthwhile person and presenting yourself as valuable, capable, and deserving. In other words, self-care seeks to redress an imbalance that develops when you don't take proper care of yourself, whether by inattention or by choice." — Arin Murphy-

It's a warm and loving state of appreciation that supports our physical, emotional, psychological, and spiritual growth.

This state of love is **necessary....**

