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

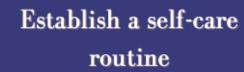
Validate feelings





Curl up wth a good book

Go for a walk



Rest



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....



