BE SELFISH! TAKE CARE OF YOURSELF!

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ICE BREAKER

- Introductions
- Raise Your Hand

You wouldn't let this happen to your phone.
Don't let it happen to you either.
Self Care is a priority.
Not a luxury.

WHY AM I TALKING ABOUT THIS?

Really Important!

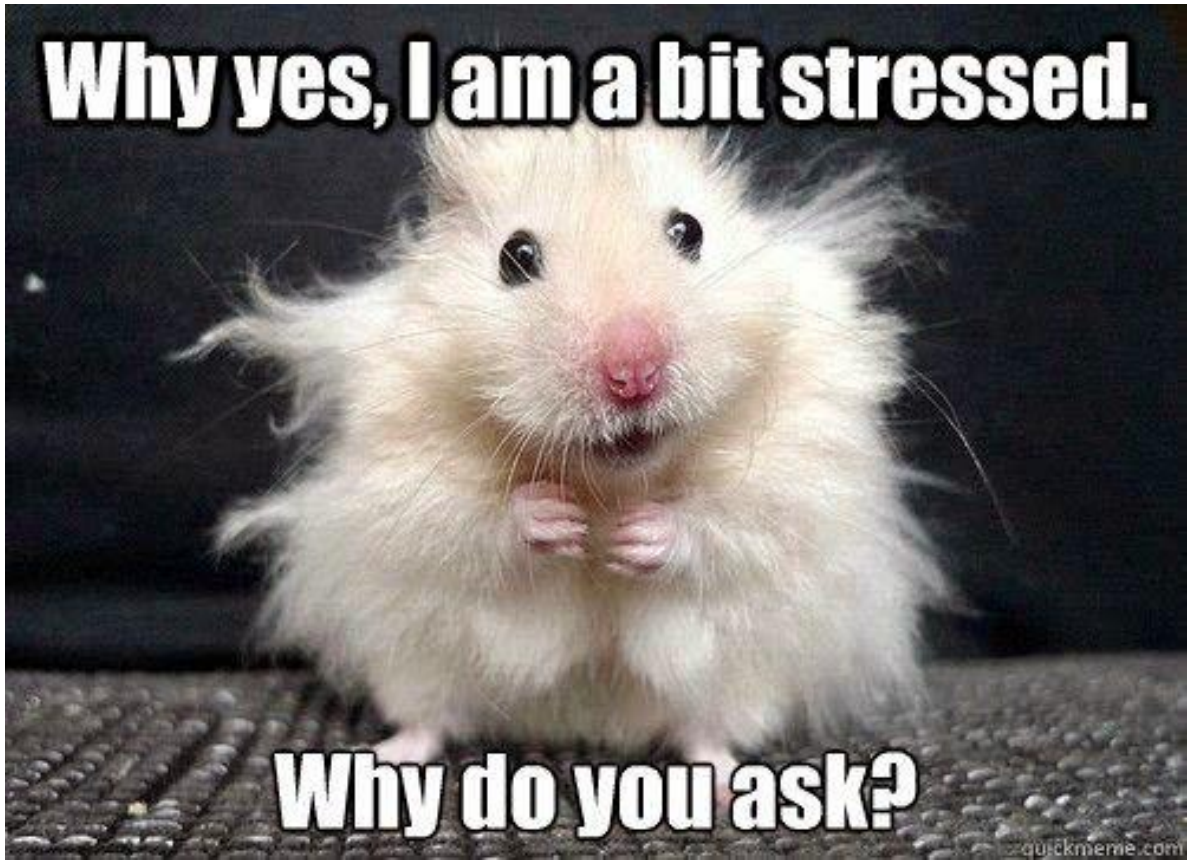
Burn Out!

Struggle with it!

Think about it!

Workforce Wellness Practice!

RAISE YOUR HAND IF YOU HAVE YOU EVER SAID?



WHAT ARE THE IMPACTS OF STRESS TO THE BODY?

- Headache
- Muscle Tension or Pain
- Anxiety
- Fatigue
- Sleep Problems
- Change in Sex Drive
- Stomach Issues
- **On and On and On**

WHAT IS SELF CARE?

- It is not selfish in the negative way.
- It is a necessity!
- It makes you feel Good!
- Self Love!
- Reduces Stress!
- Prevents Burn Out!
- Sustains Wellness
- True Statement- You can’t help others unless you help yourself first. Remember the oxygen mask!

WHAT SELF CARE ARE YOU ALREADY PRACTICING?

- Group Work
- Pictures
- Table Brainstorm

LET’S FILL YOUR SELF CARE CUP!

HOW DO YOU PRACTICE SELF CARE?

- Know your Motivation!
- Plan and Pre-plan
- Do one thing at a time!
- Be Open to trying new thing
- Don’t Should on Yourself!

ACTION STEPS:

- Text yourself or write down 1-2 action steps that you are going to take on changing habits for self care.
- Who wants to share?
- https://www.youtube.com/watch?v=VrSUe_m19FY

QUESTIONS/THOUGHTS

REFERENCES

- The Internet
- Health Coach Institute
- You Tube

True self-care is not soft baths and chocolate cake. It is making the choice to build a life you don't need to regularly escape from.

thanks