

THE POWER OF SELF-CARE

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SELF-CARE PROVIDERS
 THE BEST HEALTH - CARE IS SELF-CARE!

WHAT IS SELF-CARE



SELF-CARE PRACTICES



SELF CARE TOOLKIT



Body

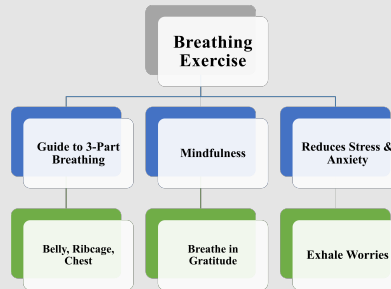
- Yoga
- Sleep
- Nutrition
- Breathing
- Physical Exercise

Mind

- Values
- Dreams
- Purpose
- Daily Practice

Spirit

- Prayer
- Meditation
- Mindfulness Practices



ACTIVITIES FOR THE BODY

- > Breathing
- > Floor Yoga VS Chair Yoga
- > Nutrition
- > Exercise
- > Walk breaks during day
- > Stairs instead of elevator
- > Standing VS sitting at computer
- > Spending time in nature
- > Sleep

ACTIVITIES FOR THE MIND

- > Affirmations
- > Working with a coach/mentor
- > Reading
- > Create something
- > Journaling
- > Music - Listen, learn, play

ACTIVITIES FOR THE SPIRIT

- > Meditation
- > Connect with Community
- > Mindful Walking
- > Cleanse Your Space
- > Journal
- > Read Inspiring Material
- > Be In Nature
- > Unplug from Technology
- > Practice Forgiveness



WHY IS IT IMPORTANT



Importance of Burnout

Burnout is now listed in World Health Organization (ICD-11) handbook as codable diagnosis

Energy Depletion or Exhaustion

Increased Mental Distance or Feelings of Negativity Related to One's Job

Reduced Professional Efficacy

50 / 50 RULE

FIRST 50 YEARS = GENETICS
 SECOND 50 YEARS = BEHAVIOR



Benefits of self-care

Good Self Care is key to:

Improving Mood

Reducing Anxiety

Building good relationships

Leading a healthy life

Experience balanced and peace of mind

360 Wellness Wheel

What Are Your 3 Biggest Challenge Areas?

What impact are these challenges having on your life?

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