



CHANGING THE CONVERSATION ABOUT SELF-CARE

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SELF-CARE

ADMIRABLE

BOLD

GREAT WORK/LIFE BALANCE

BRAVE


HOW DID THEY DO IT?

I FEEL MORE STRESSED NOW

WOW







SELF-CARE

I AM SELFISH

I AM LETTING PEOPLE DOWN

I AM A DISAPPOINTMENT

I CAN'T STOP THINKING ABOUT ALL THE THINGS I HAVE TO GET DONE.

GUILT

I FEEL MORE STRESSED NOW

I NEED TO LEAVE AND GO SOMEWHERE FOR A WEEK

I DON'T HAVE TIME TO TAKE CARE OF MYSELF.



OBJECTIVES

- Attendees will identify how their family-of-origin experiences and beliefs influence their self-care.
- Attendees will reflect and evaluate on the current state of their self-care through a specific assessment intervention activity.
- Attendees will learn how to apply the assessment intervention activity utilized in this training webinar with clients.





ABOUT ME





Clinical Director at Memorial Christian Counseling Center



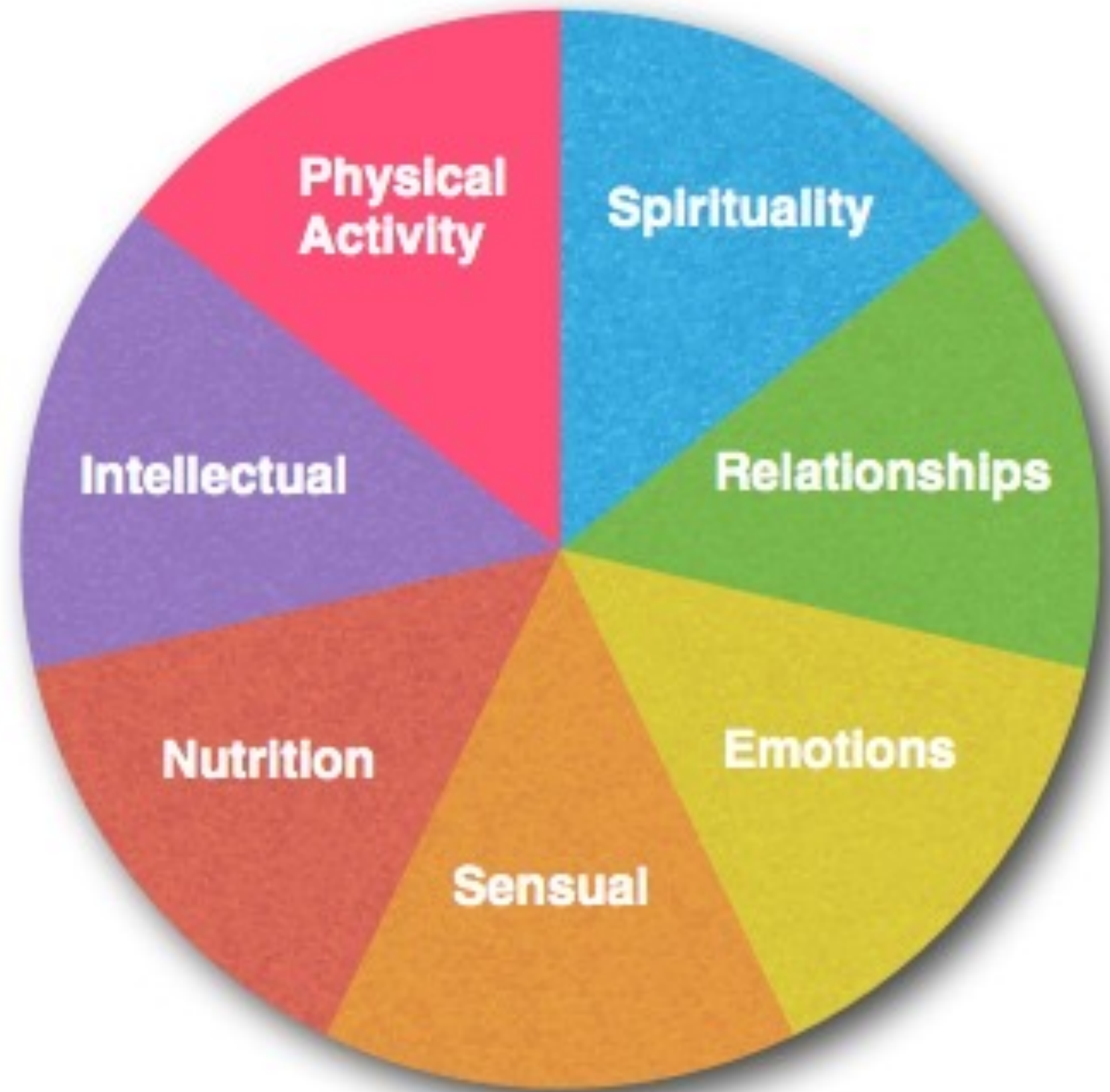


I want you to get excited about who you are, what you are, what you have, and what can still be for you. I want to inspire you to see that you can go far beyond where you are right now.

— *Virginia Satir* —

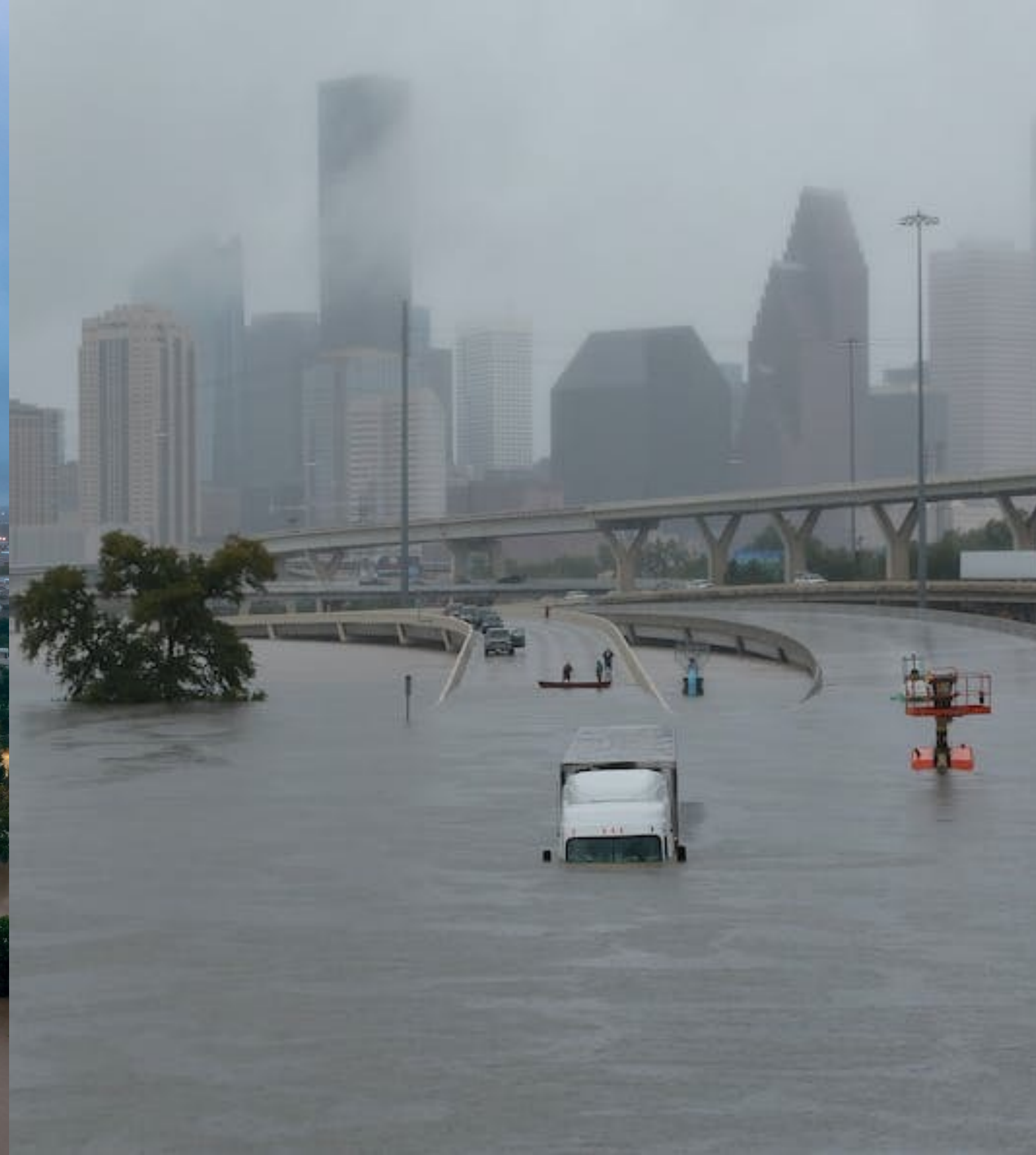
AZ QUOTES


SATIR'S WHEEL OF RESOURCES











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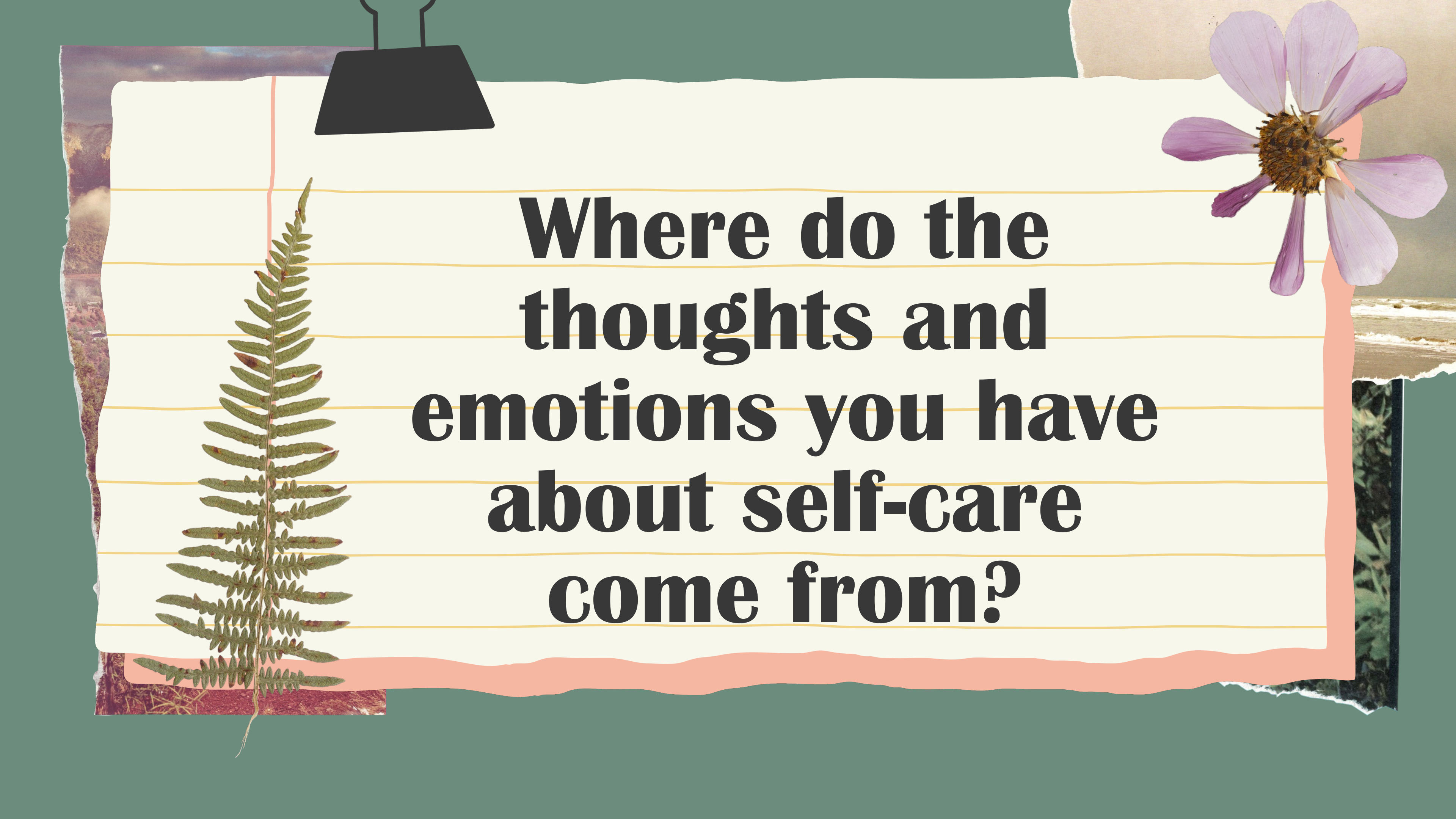
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**Where do the
thoughts and
emotions you have
about self-care
come from?**

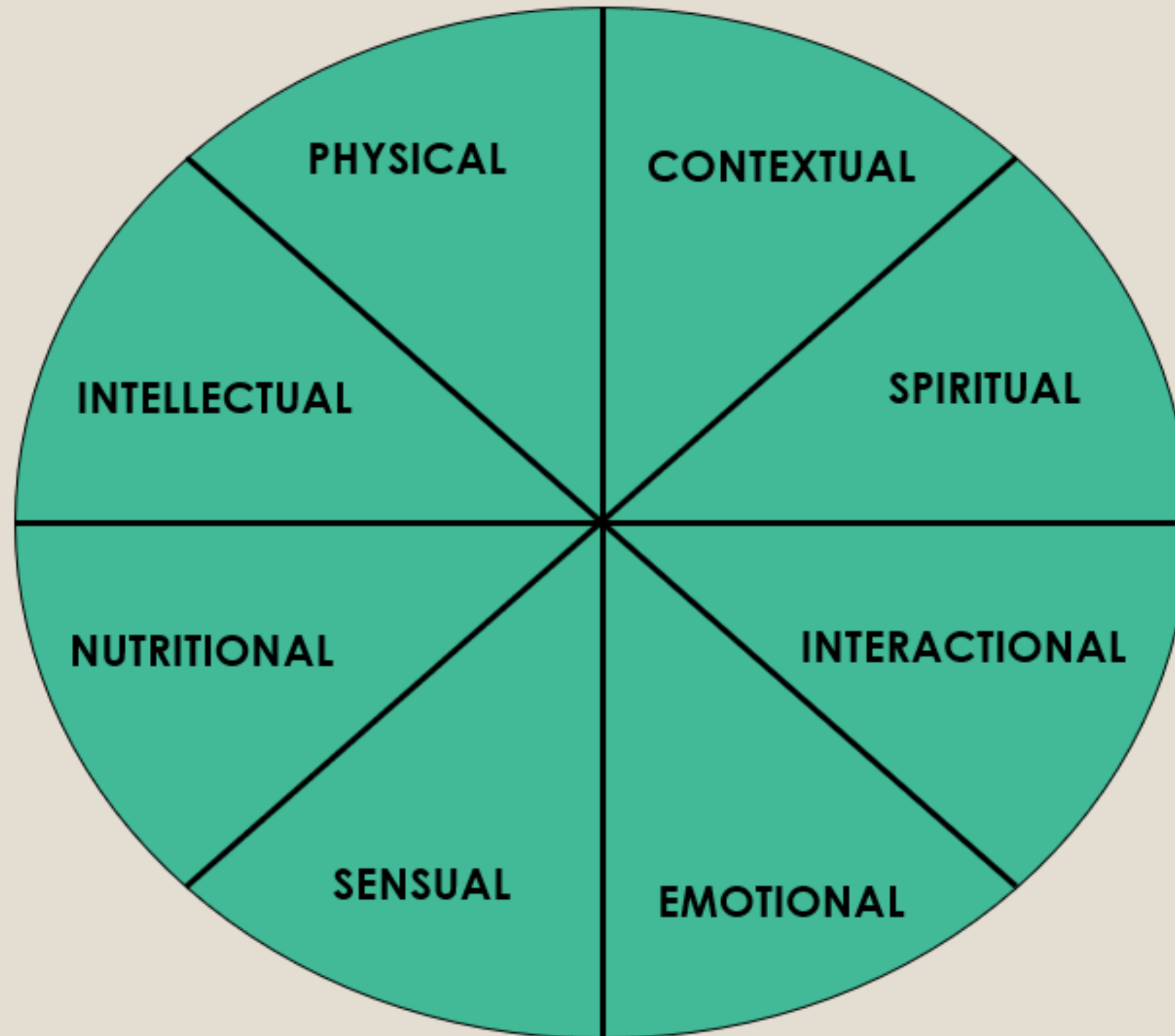


PERSONALITY

How do I feel about myself?



EVEN JESUS RESTED.



A conceptual image featuring a hand holding a lightbulb. Inside the lightbulb, a human brain is visible, surrounded by a network of glowing orange lines and several interlocking gears. The background is dark and out of focus, showing a laptop and some papers. The word "INTELLECTUAL" is written in large, white, sans-serif capital letters across the center of the image, underlined with a thin white line.

INTELLECTUAL

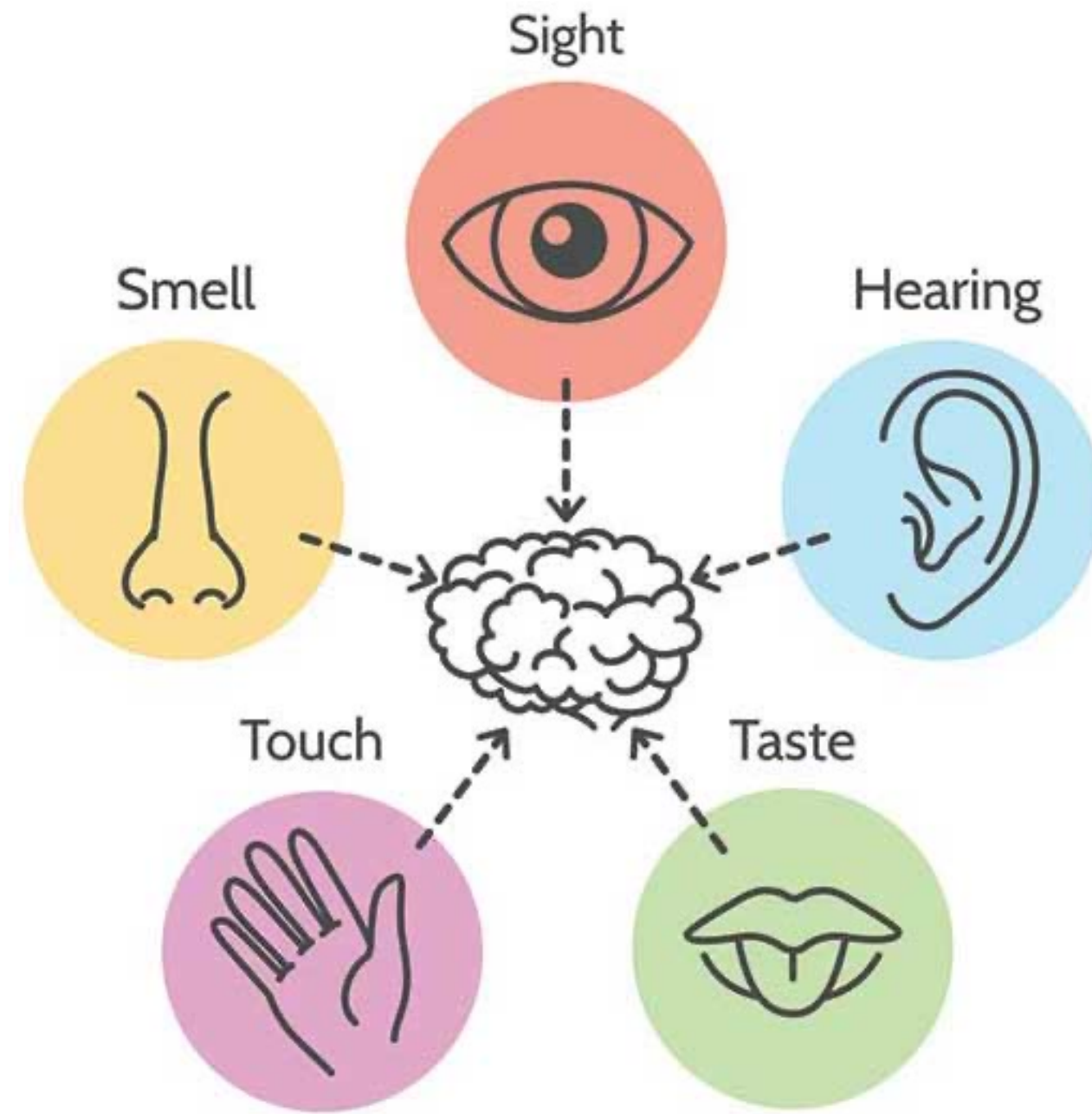
A serene landscape featuring a calm body of water in the foreground, reflecting the sky and surrounding greenery. Lush trees line the banks, and a clear blue sky with scattered white clouds is visible above. The word "CONTEXTUAL" is centered over the image in a white, outlined, sans-serif font.

CONTEXTUAL



PHYSICAL







EMOTIONAL



NUTRITIONAL



SPIRITUAL



PAUSE



& REFLECT

***What questions
do you have?***

