

Resiliency & Self-Care

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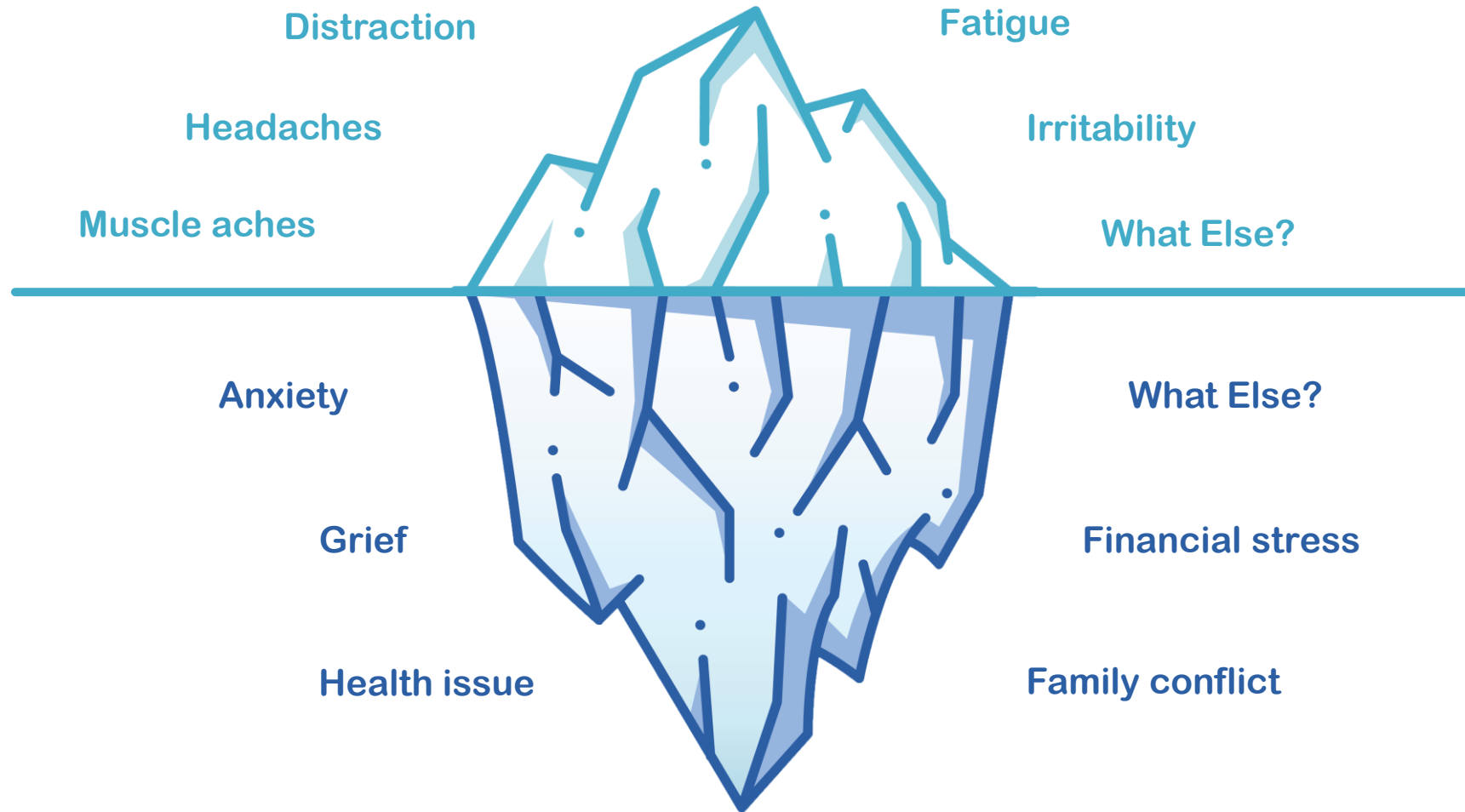
Objectives

- Explore our own wellness journey
- Reconnect with the meaning of self-care
- Identify barriers to practicing self-care
- Develop a wellness plan

Self-care and you



How do we know?



The Stress Cycle



Self-care habits

- Allow yourself to feel
- Avoid comparisons
- Maintain basic routines
- Set clear boundaries
- Focus on what you can control
- Be mindful of what is helping and what is hurting you
- Create a nurturing space (inside and out)
- Find time for joy and laughter
- Express gratitude (inside and out)



What works for you?



Self-care in practice

“Self-care is giving the world the best of you, instead of what’s left of you.” – Katie Reed

