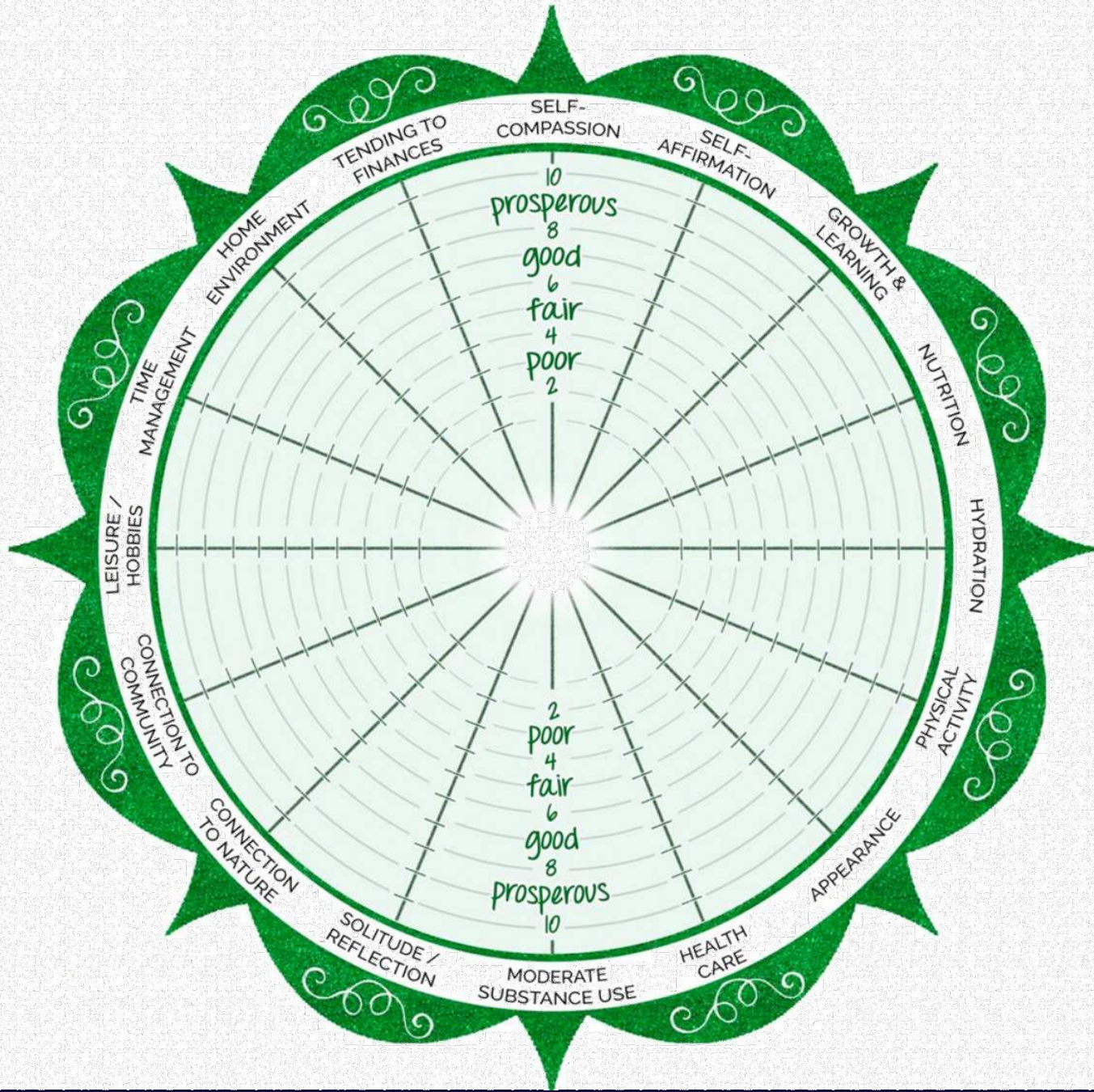


How to Practice Better Self-Care & Cultivate More Support

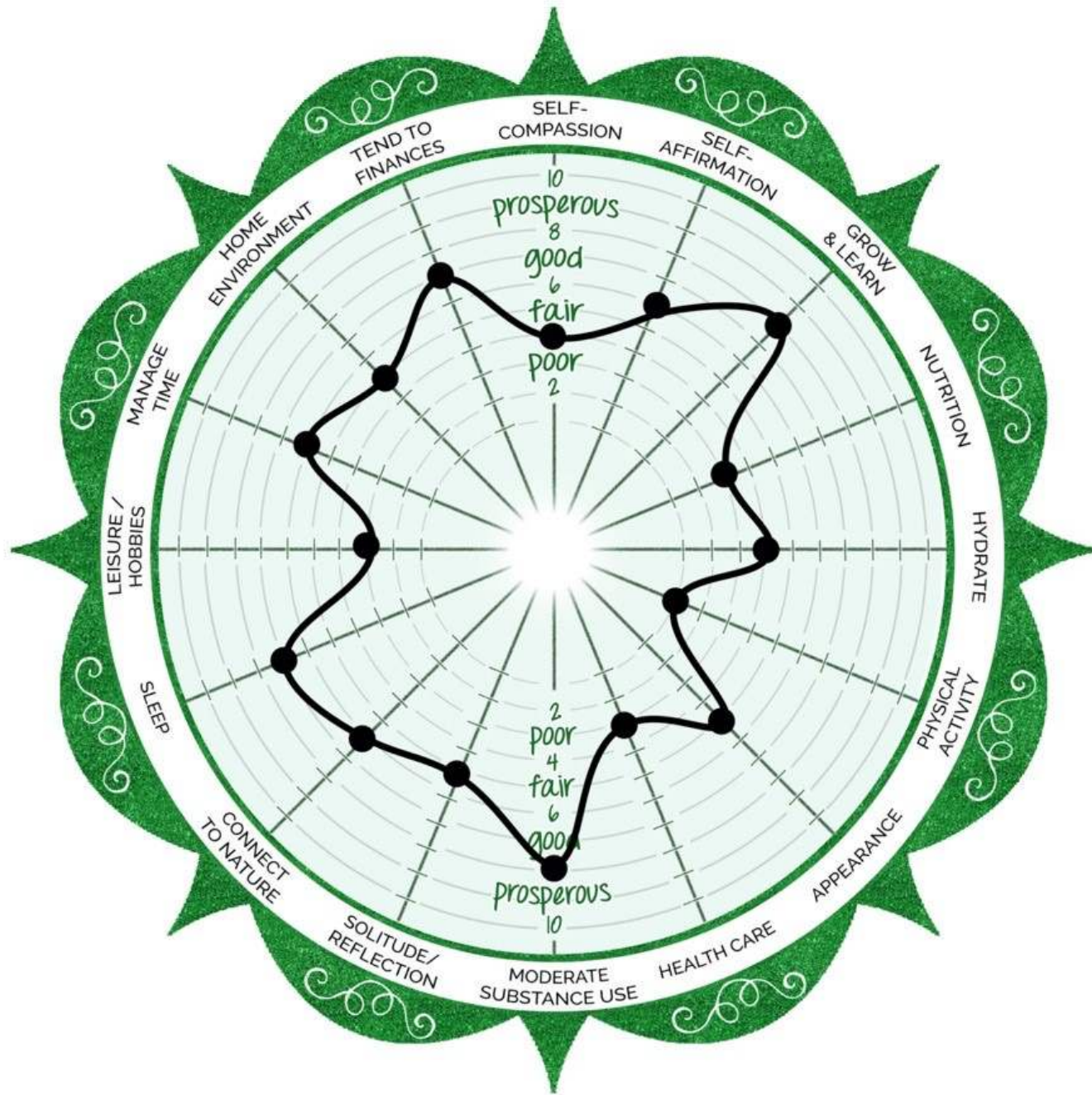


**You must care
enough about
yourself to
welcome the life
that you deserve.**





Self-Care Wheel



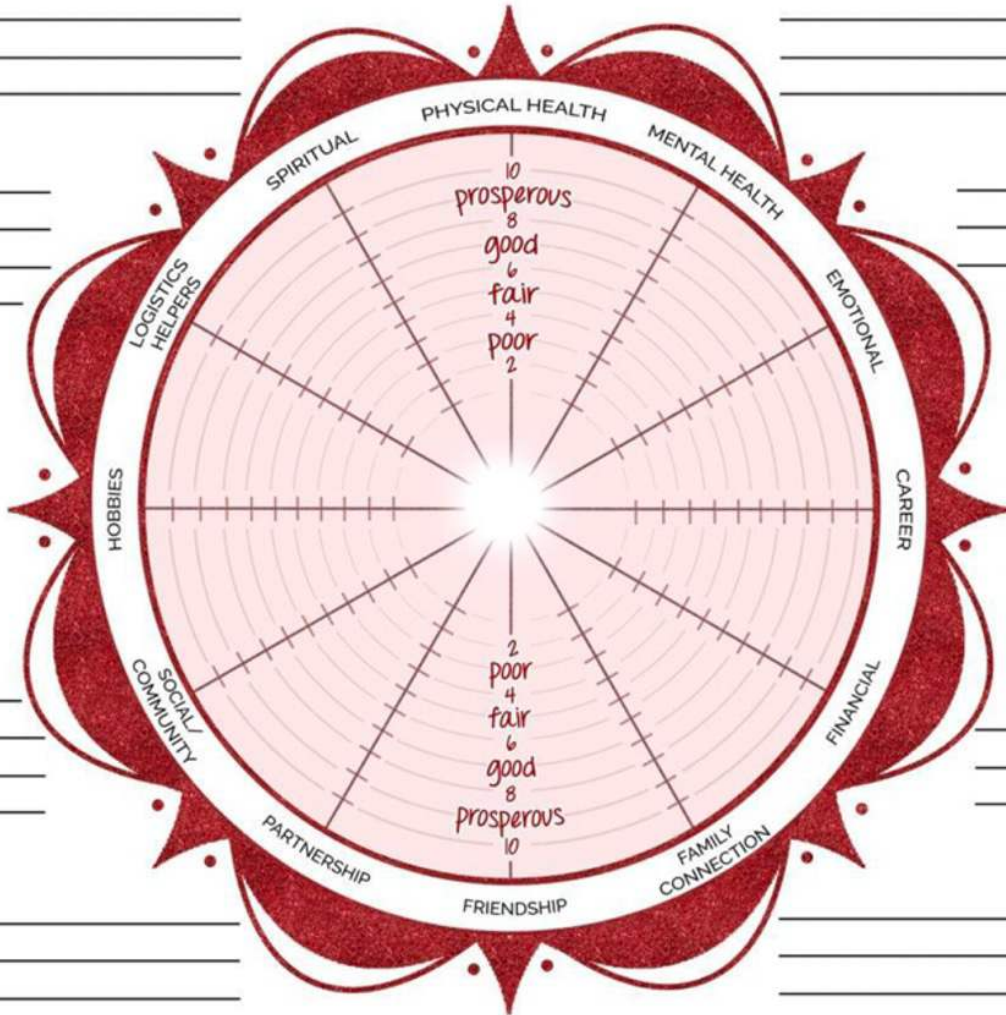
**Sample
Completed
Self-Care
Wheel**

Loving ourselves is perhaps life's most important lesson and is the prerequisite to receiving powerful love and prosperity in our lives.

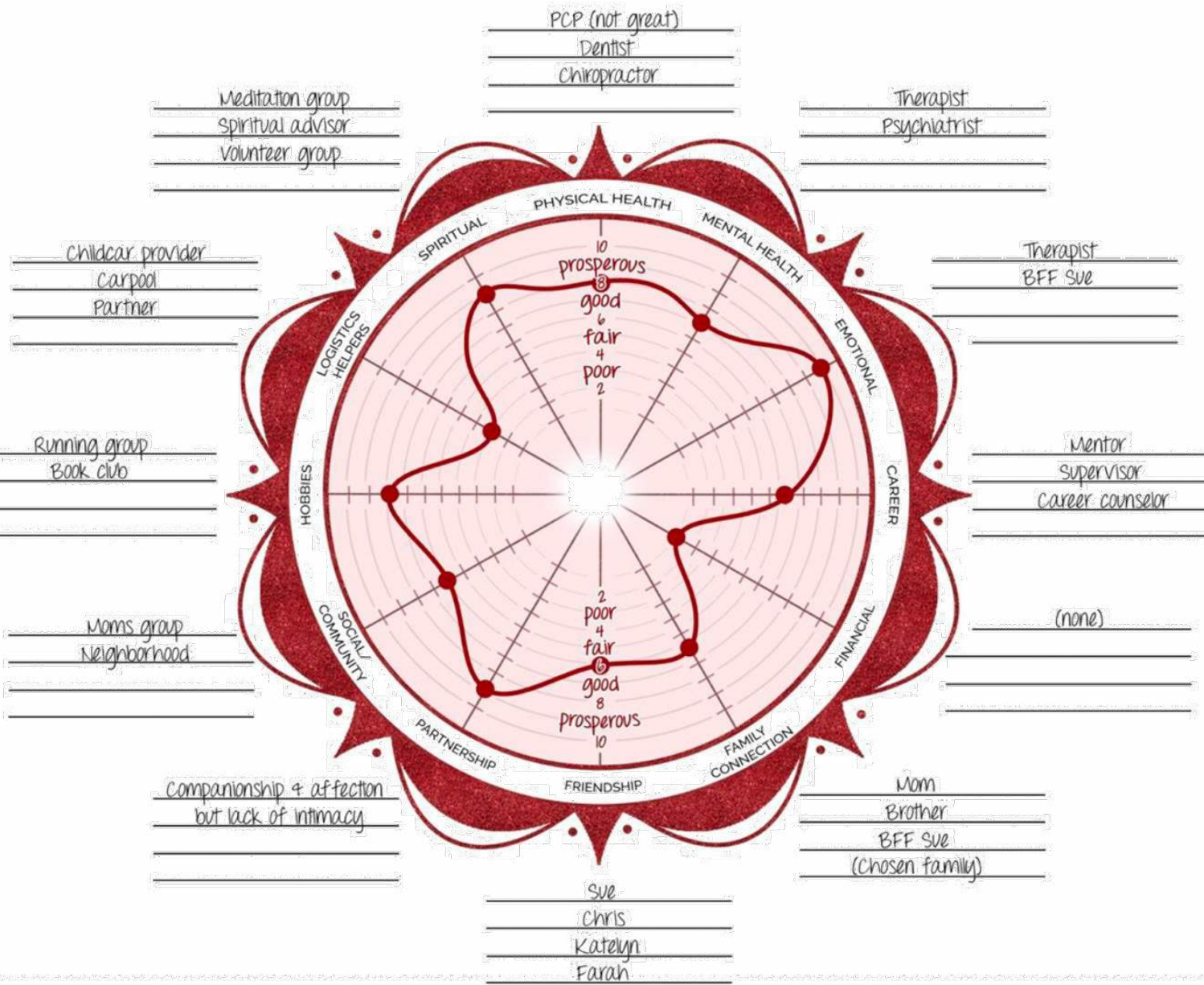


“I choose relationships that lift me up and support me.”





Support Network Wheel



Sample Completed Support Network Wheel

EAP Services

- Free sessions per issue, per year
- Immediate family members also eligible
- Counseling for stress, mental health, substance abuse, relationship issues, etc.
- Resources to alleviate stressors
- Childcare & Eldercare
- Legal & Financial
- Educational resources



Steps to Wellness

- Acknowledge if you are in stressed or burnt out
- Honor your emotions (no blame or shame)
- Create and implement a holistic plan to recover
- Infuse yourself with self-care
- Advocate for yourself
- Access support

We are in this together!

KEEP (doing)	START (doing)	STOP (doing)

**What are
you going
to do now?**



Thank You!

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