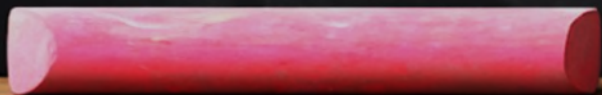




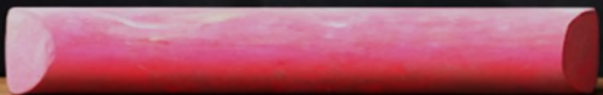
SELF-CARE ISN'T SELFISH - IT'S ESSENTIAL

POP QUIZ!!!

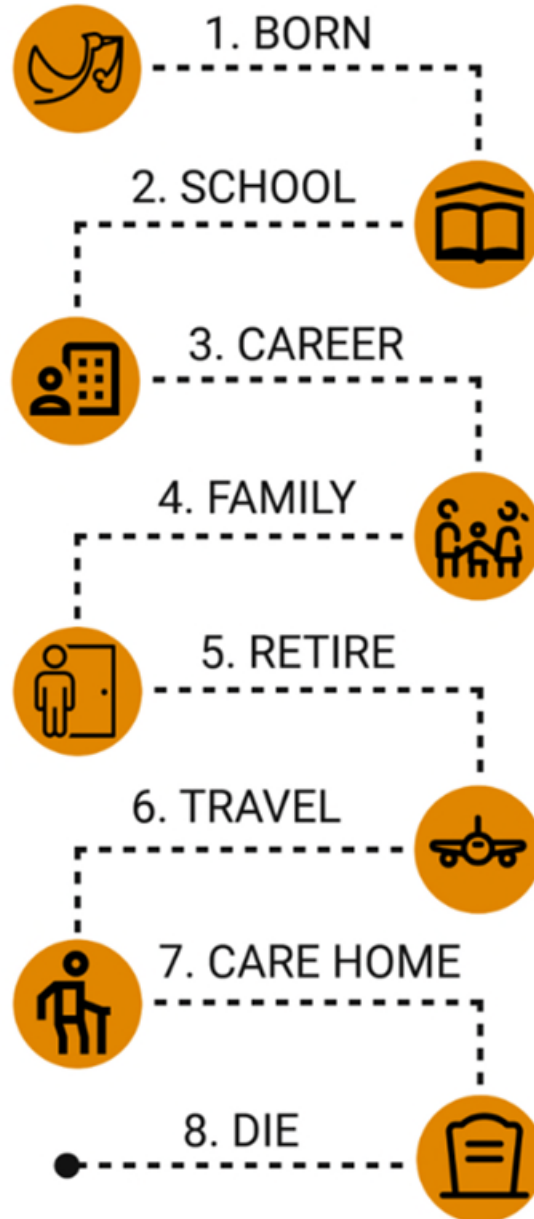


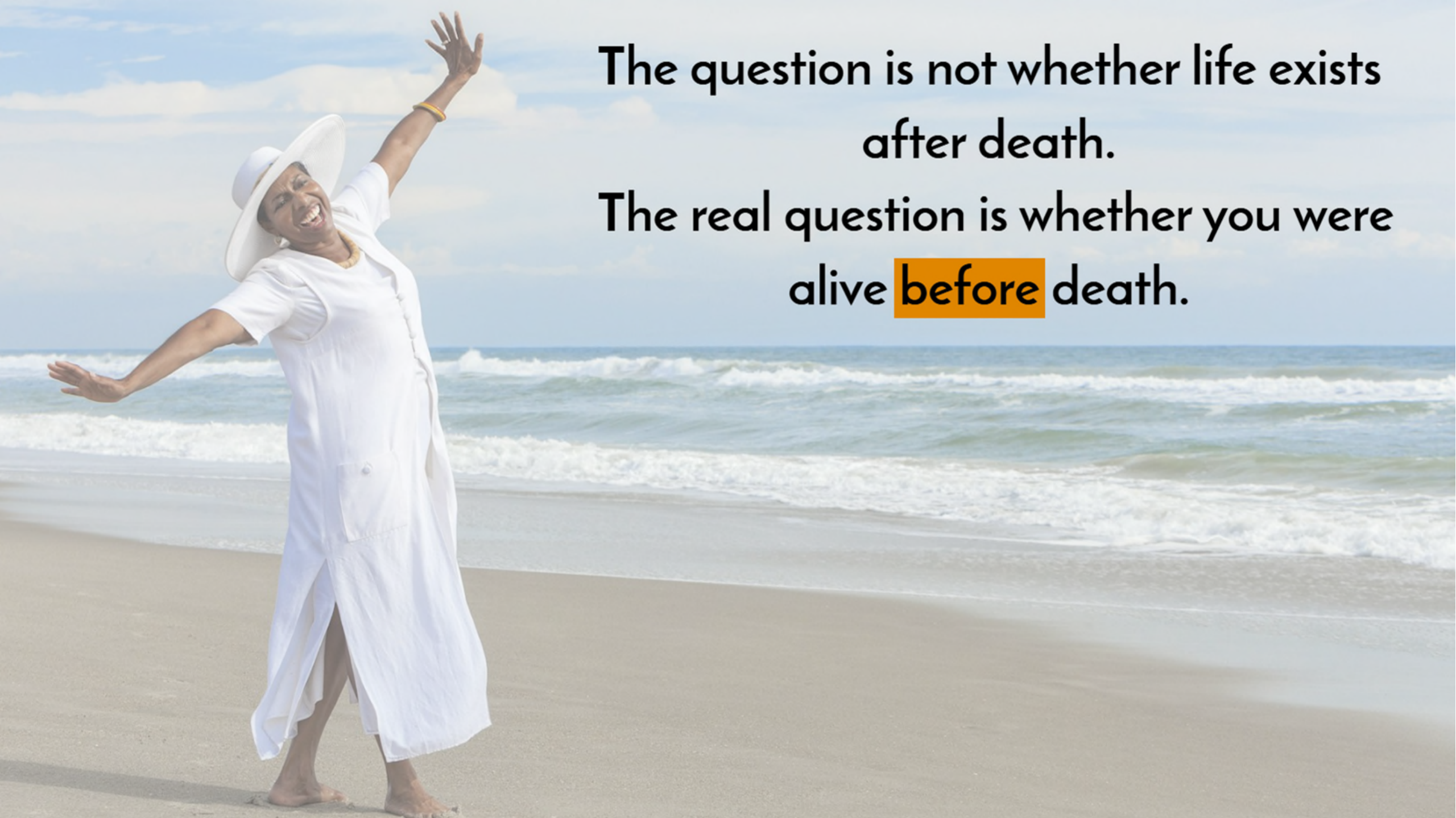
TRUE OR FALSE

Just because you are breathing doesn't
mean that you are alive.



EXISTING





The question is not whether life exists
after death.

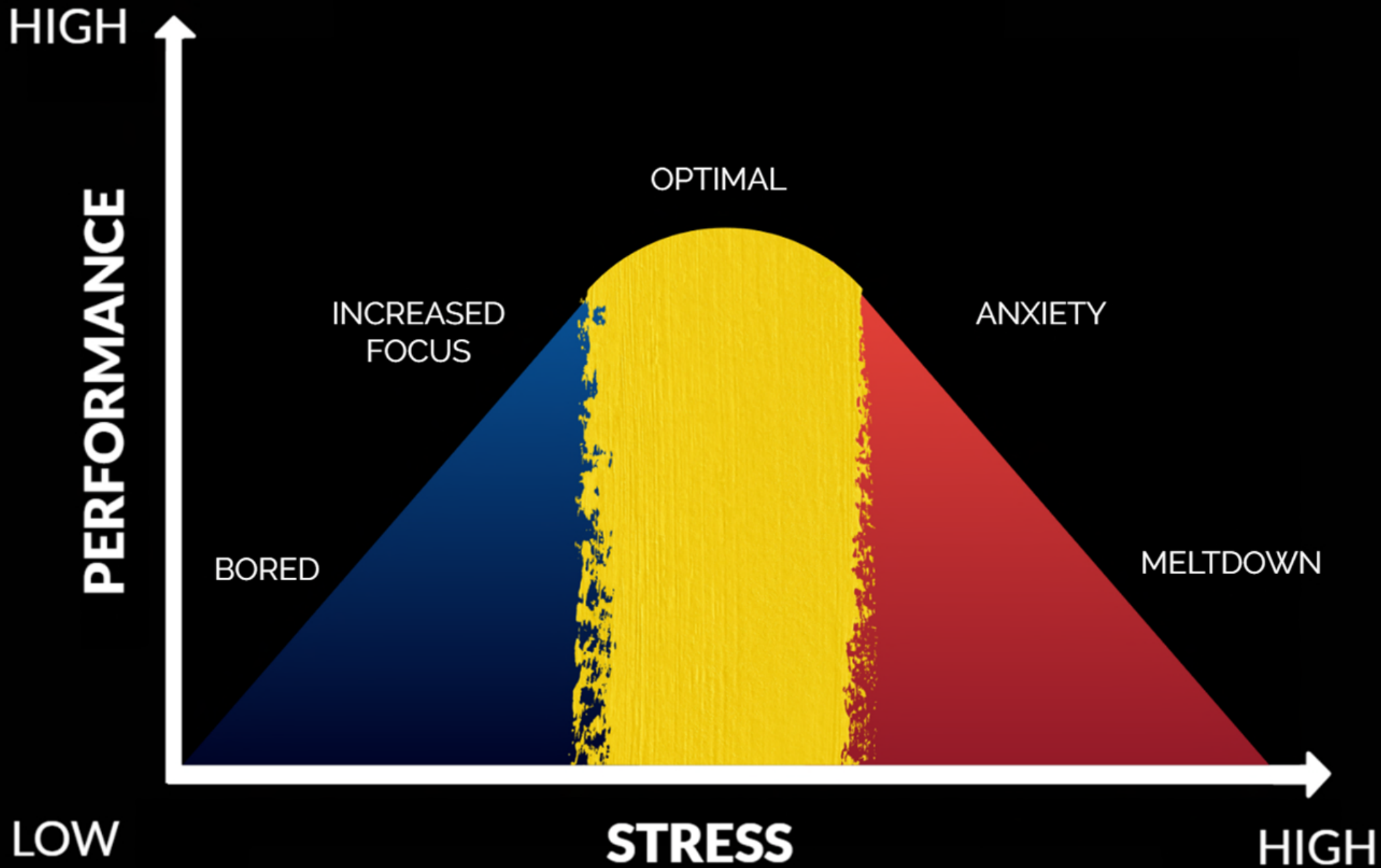
The real question is whether you were
alive **before** death.



TRUE OR FALSE

You will perform better under moderate levels of stress rather than no stress at all.





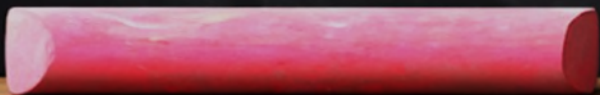
TAKE

4



TRUE OR FALSE

You stress over things that you can't control.



REGAINING CONTROL

LET GO OR BE DRAGGED



Identify your greatest source of stress: _____

IN MY CONTROL	OUT OF MY CONTROL

Which side was longer? _____

How much time and energy do you spend on the things that are out of your control?

What did you learn about yourself through this activity? _____

TRUE OR FALSE

Unless someone is wearing a diaper,
you can't change them.



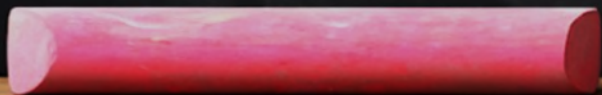


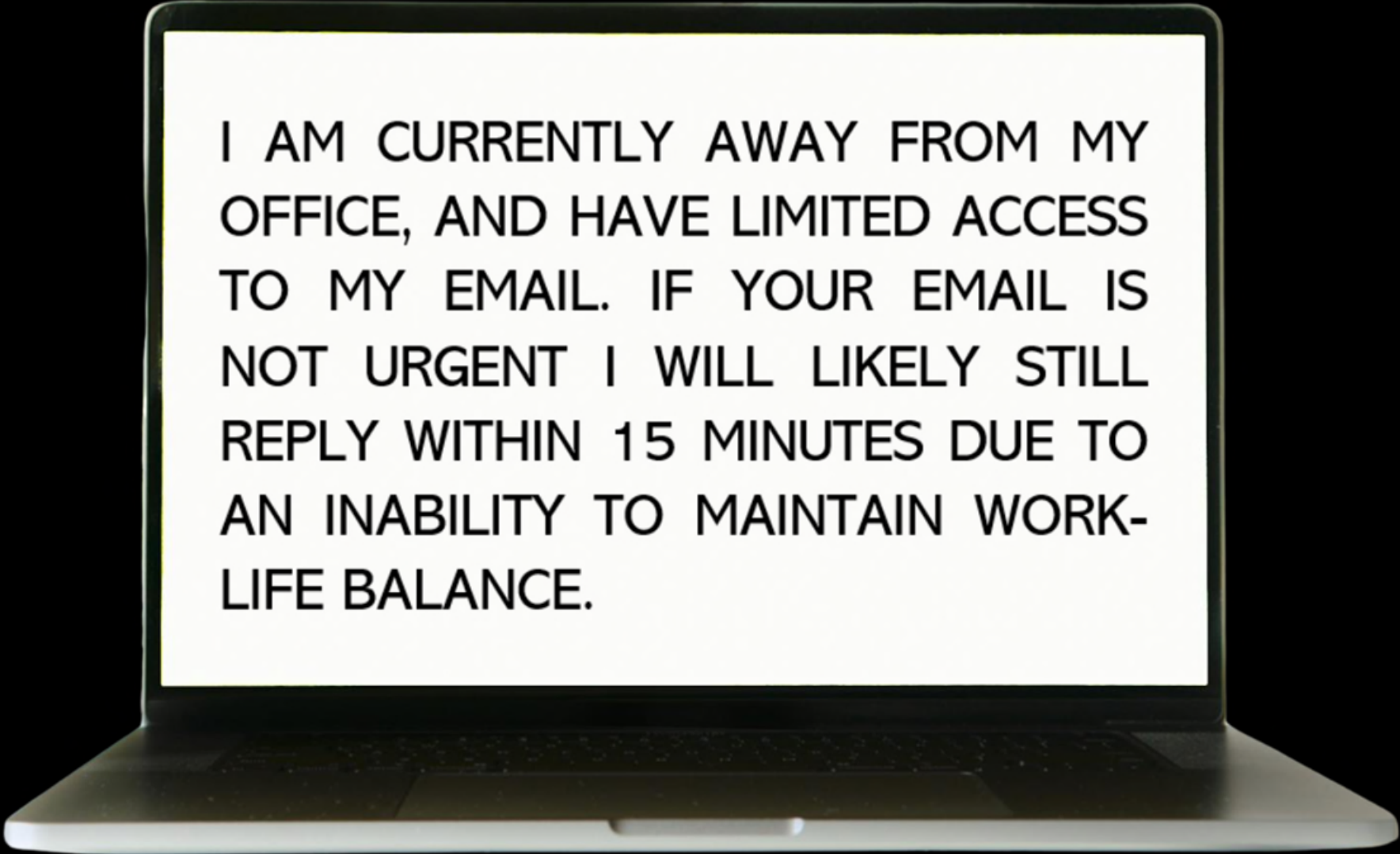




TRUE OR FALSE

You are currently leading a life of balance.



A silver laptop is shown from a front-facing perspective, open. The screen is white and displays a black text message. The text is centered and reads: "I AM CURRENTLY AWAY FROM MY OFFICE, AND HAVE LIMITED ACCESS TO MY EMAIL. IF YOUR EMAIL IS NOT URGENT I WILL LIKELY STILL REPLY WITHIN 15 MINUTES DUE TO AN INABILITY TO MAINTAIN WORK-LIFE BALANCE." The laptop is set against a solid black background.

I AM CURRENTLY AWAY FROM MY OFFICE, AND HAVE LIMITED ACCESS TO MY EMAIL. IF YOUR EMAIL IS NOT URGENT I WILL LIKELY STILL REPLY WITHIN 15 MINUTES DUE TO AN INABILITY TO MAINTAIN WORK-LIFE BALANCE.



MENTAL

I'M EXHAUSTED



MENTAL

I'M EXHAUSTED

EMOTIONAL

I'M DRAINED



MENTAL

I'M EXHAUSTED

EMOTIONAL

I'M DRAINED

SPIRITUAL

I'M DEAD



PHYSICAL

I SMILE

MENTAL

I'M EXHAUSTED

SPIRITUAL

I'M DEAD

EMOTIONAL

I'M DRAINED

THE BALANCE WHEEL

A HOLISTIC APPROACH

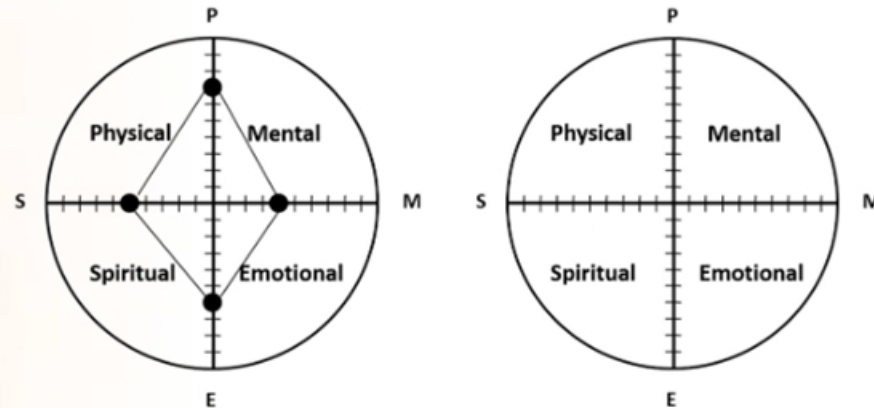


Based on our discussion, rate each of the four areas on a scale between 1 and 10, with 10 being the most satisfied.

Physical	1	2	3	4	5	6	7	8	9	10
Mental	1	2	3	4	5	6	7	8	9	10
Emotional	1	2	3	4	5	6	7	8	9	10
Spiritual	1	2	3	4	5	6	7	8	9	10

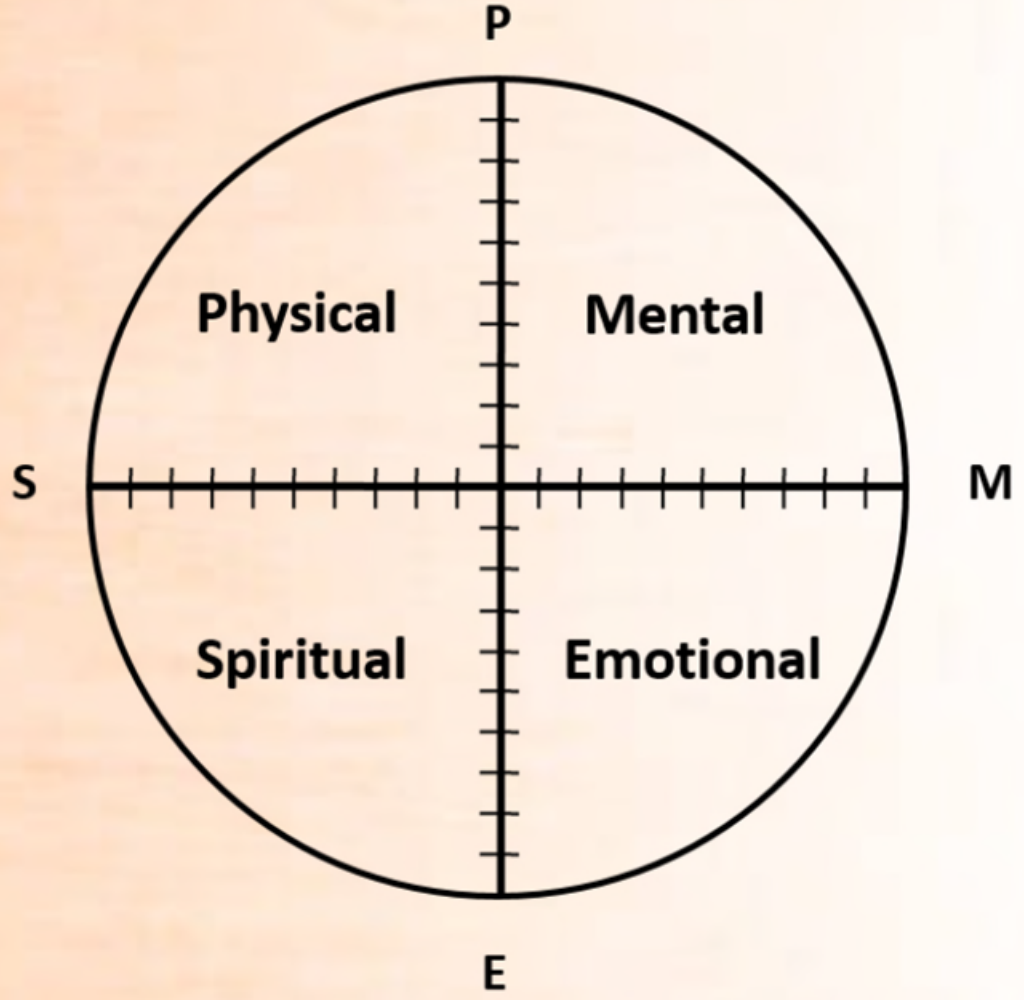
Chart your answers onto the blank right diagram below based on the numbers above, and place a dot on the appropriate line in each area. 0 is on the inside, 10 is on the outside.

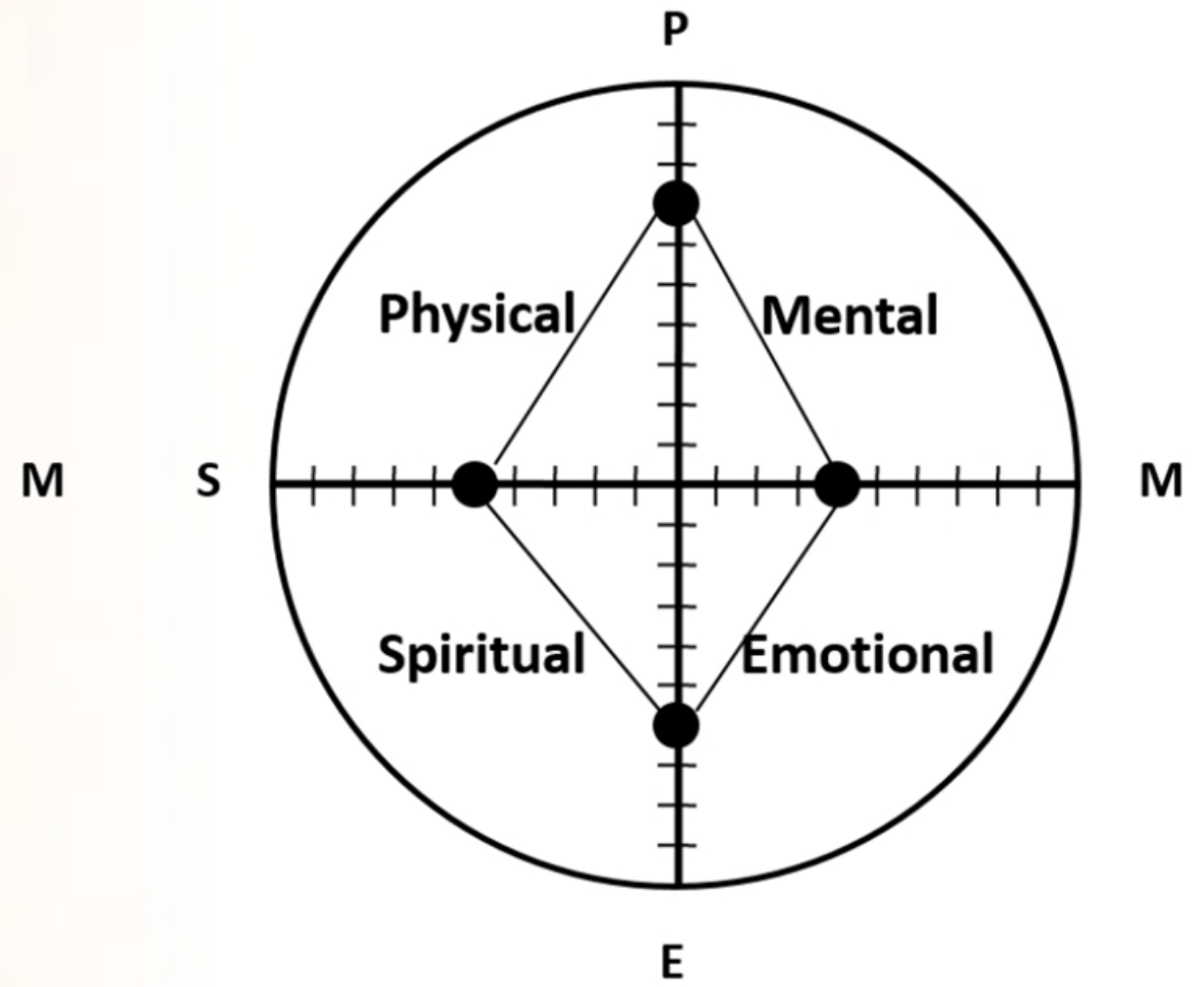
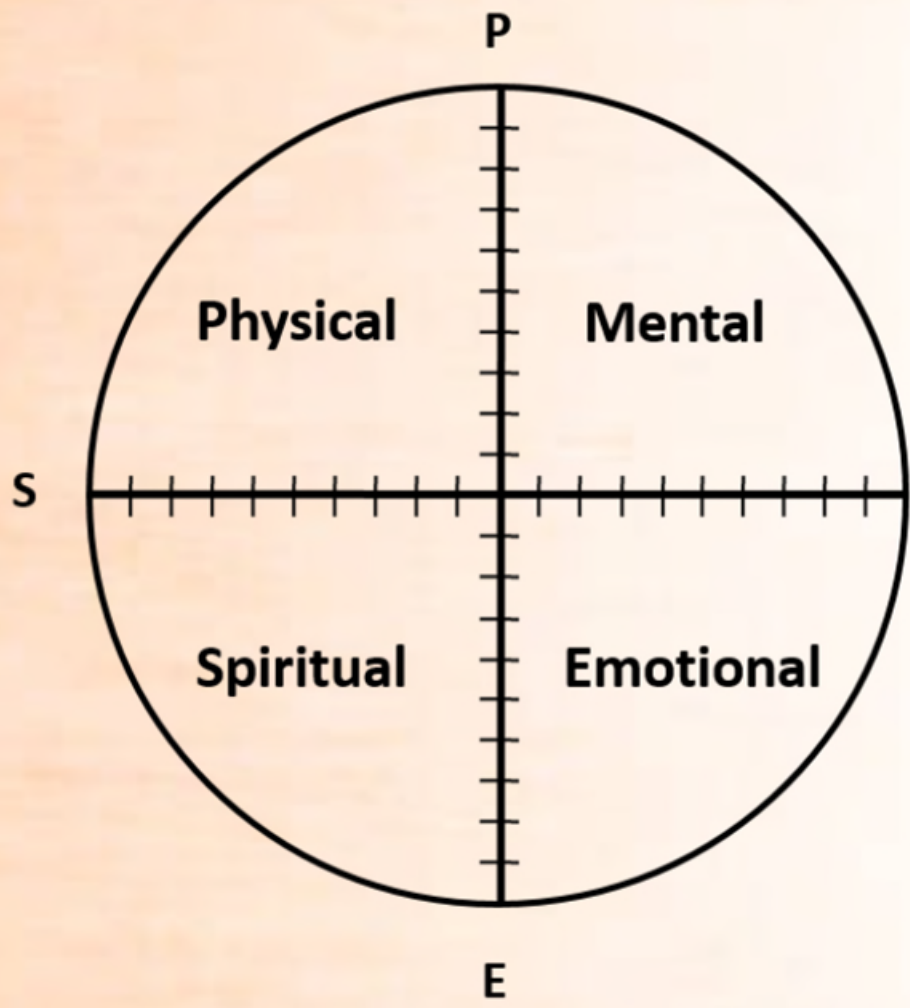
Once completed, connect the dots. The diagram on the left serves as an example.



Which area would you like to change the most? _____

How would this cause your life to be different? _____





PRIORITIES

MAKING TIME FOR WHAT MATTERS MOST



1. Identify your priorities. (i.e. work, family, friends, recreation, caring for a parent, etc.)

-
-

2. On the chart below identify where you are currently spending your time and energy.

PRIORITIES	CURRENT % OF DAILY ENERGY

TOTAL = 100%

3. On the chart below identify where you want to spend your time and energy.

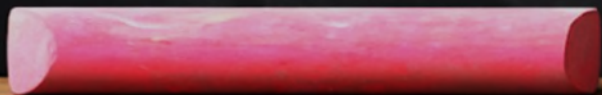
PRIORITIES	IDEAL % OF DAILY ENERGY

TOTAL = 100%

4. Identify what changes you need to make so you have time and energy for your priorities.


TRUE OR FALSE

You feel guilty when you place your own needs
before the needs of someone else.





TAKE
2%
FOR YOU

A close-up photograph of a person's hand holding a lit candle. The candle is yellow and has a bright, steady flame. The hand is positioned in the center-left of the frame, with the fingers gently cupping the candle. The background is dark, making the light from the candle stand out. The overall mood is warm and contemplative.

**When you are resting because you
are burning out, remember you are
not wasting your time doing
nothing.**

**You are doing exactly what you are
supposed to be doing.**

RECOVERING.

TRUE OR FALSE

When your stress increases,
your self-care decreases.



WHEN WE TAKE TIME
FOR SELF-CARE



WHEN WE TAKE TIME
FOR SELF-CARE



WHEN WE **NEED** TO TAKE
TIME FOR SELF-CARE





**Where do you go for a momentary escape from life's challenges?
What does this space provide for you?**



1

FACE



1

FACE

2

SHOULDERS



1

FACE

2

SHOULDERS

3

HANDS



1

FACE

2

SHOULDERS

3

HANDS

4

ABS



1

FACE

2

SHOULDERS

3

HANDS

4

ABS

5

TOES



TRUE OR FALSE

You have a relationship with yourself,
and you know who you are.



INTERVIEWER: So tell me about yourself.



INTERVIEWER: So tell me about yourself.

ME: I'd rather not. I kind of need this job.



WHO AM I WHEEL

A DEEPER CONNECTION



Do your best to identify four points under each of the eight areas.

I LIKE

-
-
-
-

I LOVE

-
-
-
-

I WANT

-
-
-
-

I NEED

-
-
-
-

I FEAR

-
-
-
-

I MISS

-
-
-
-

I HOPE

-
-
-
-

I AM

-
-
-
-

Which area was the most challenging to complete? _____

Which area was the easiest to complete? _____

What did you learn about yourself through this activity? _____

TRUE OR FALSE

Time heals all wounds.





DONE

- Isolating
- Self-harming
- Lashing out
- Destroying my body and spirit
- Running
- Hiding
- Self sabotaging
- Existing
- Numbing



DONE

- Isolating
- Self-harming
- Lashing out
- Destroying my body and spirit
- Running
- Hiding
- Self sabotaging
- Existing
- Numbing



DOING

- Reaching out for support
- Acting on resources
- "The Work"
- Talking about my pain
- Being vulnerable
- Fighting
- Giving myself permission to feel
- Establishing boundaries
- Taking time for self-care



DONE

- Isolating
- Self-harming
- Lashing out
- Destroying my body and spirit
- Running
- Hiding
- Self sabotaging
- Existing
- Numbing



DOING

- Reaching out for support
- Acting on resources
- "The Work"
- Talking about my pain
- Being vulnerable
- Fighting
- Giving myself permission to feel
- Establishing boundaries
- Taking time for self-care



ONE DAY

- Embrace
- Accept
- Feel at peace
- Meditate / yoga
- Not be consumed by shame
- Trust
- Live
- Replace anger with compassion
- Feel free





**IF TRAUMA CAN BE PASSED DOWN FROM GENERATION
TO GENERATION, THEN SO CAN HEALING.**

TRUE OR FALSE

On your deathbed, you will be wishing that you spent more time on social media.



The
Top Five Regrets
of the Dying

The
International
Bestseller

A Life Transformed
by the Dearly Departing

"This volume of the profound clarity
of wisdom that people gain at the end
of their lives, and how we might
begin to live better now."
—*Booklist*

BRONNIE WARE



1

LIVING FOR OTHERS



1

LIVING FOR OTHERS LIVE FOR SELF



1

LIVING FOR OTHERS **LIVE FOR SELF**

2

WORKING TOO MUCH



1

LIVING FOR OTHERS **LIVE FOR SELF**

2

WORKING TOO MUCH **MORE FAMILY TIME**



1 LIVING FOR OTHERS **LIVE FOR SELF**

2 WORKING TOO MUCH **MORE FAMILY TIME**

3 SUPPRESSING EMOTIONS



1 LIVING FOR OTHERS **LIVE FOR SELF**

2 WORKING TOO MUCH **MORE FAMILY TIME**

3 SUPPRESSING EMOTIONS **EXPRESSING FEELINGS**



1 LIVING FOR OTHERS **LIVE FOR SELF**

2 WORKING TOO MUCH **MORE FAMILY TIME**

3 SUPPRESSING EMOTIONS **EXPRESSING FEELINGS**

4 LOSING CONTACT WITH FRIENDS



1 LIVING FOR OTHERS **LIVE FOR SELF**

2 WORKING TOO MUCH **MORE FAMILY TIME**

3 SUPPRESSING EMOTIONS **EXPRESSING FEELINGS**

4 LOSING CONTACT WITH FRIENDS **KEEP IN TOUCH**



1 LIVING FOR OTHERS **LIVE FOR SELF**

2 WORKING TOO MUCH **MORE FAMILY TIME**

3 SUPPRESSING EMOTIONS **EXPRESSING FEELINGS**

4 LOSING CONTACT WITH FRIENDS **KEEP IN TOUCH**

5 PERMISSION TO BE HAPPIER



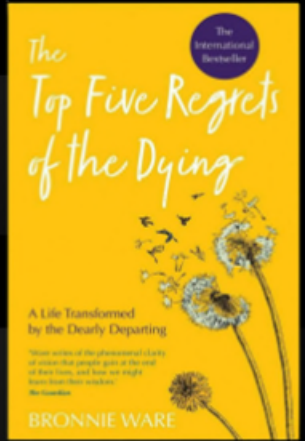
1 LIVING FOR OTHERS **LIVE FOR SELF**

2 WORKING TOO MUCH **MORE FAMILY TIME**

3 SUPPRESSING EMOTIONS **EXPRESSING FEELINGS**

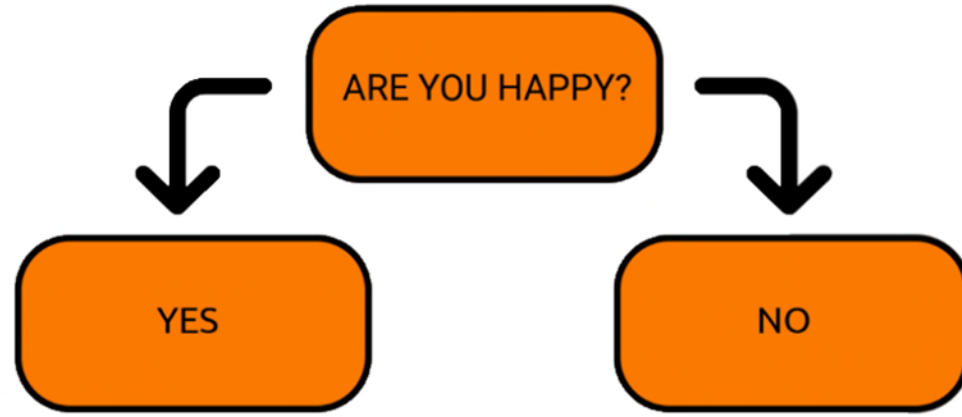
4 LOSING CONTACT WITH FRIENDS **KEEP IN TOUCH**

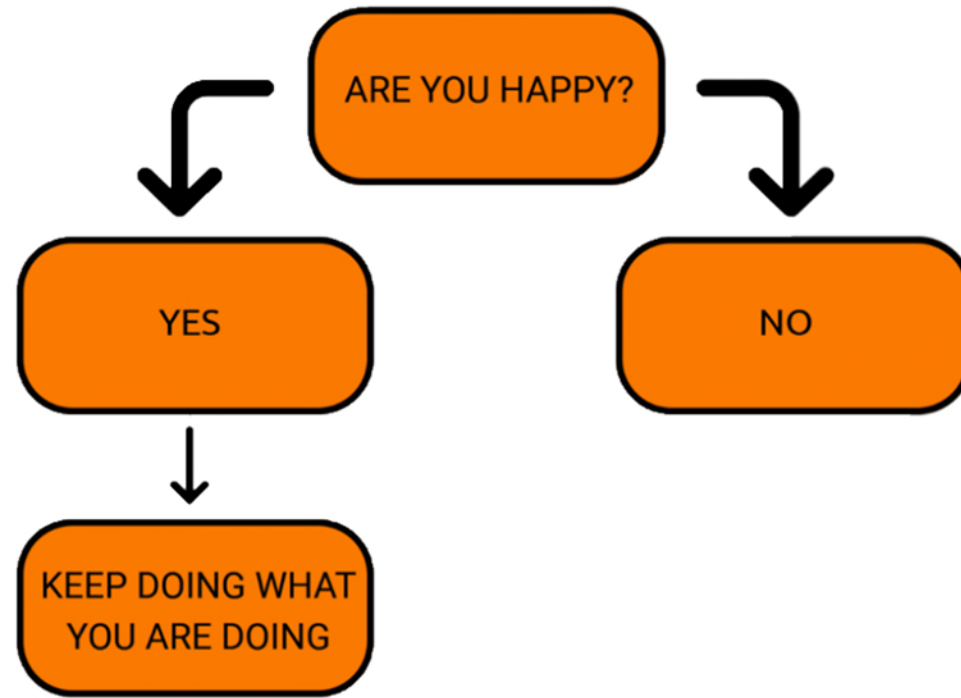
5 PERMISSION TO BE HAPPIER **CREATE HAPPINESS**



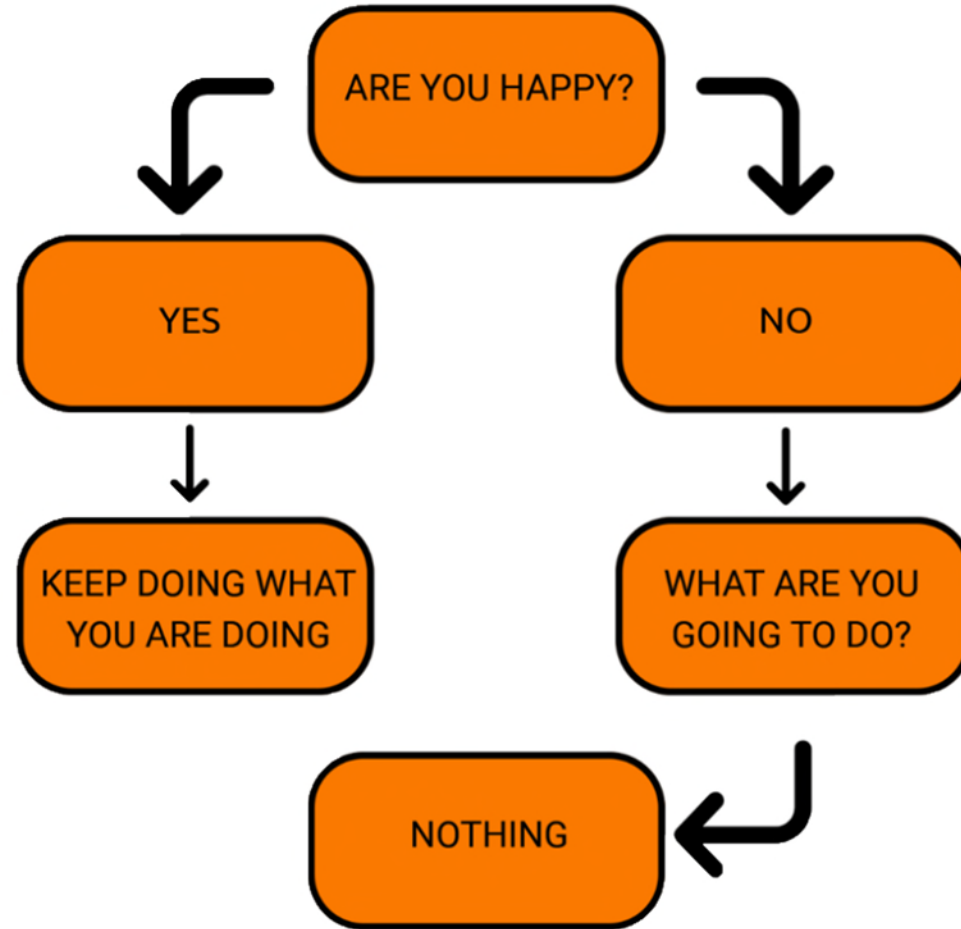


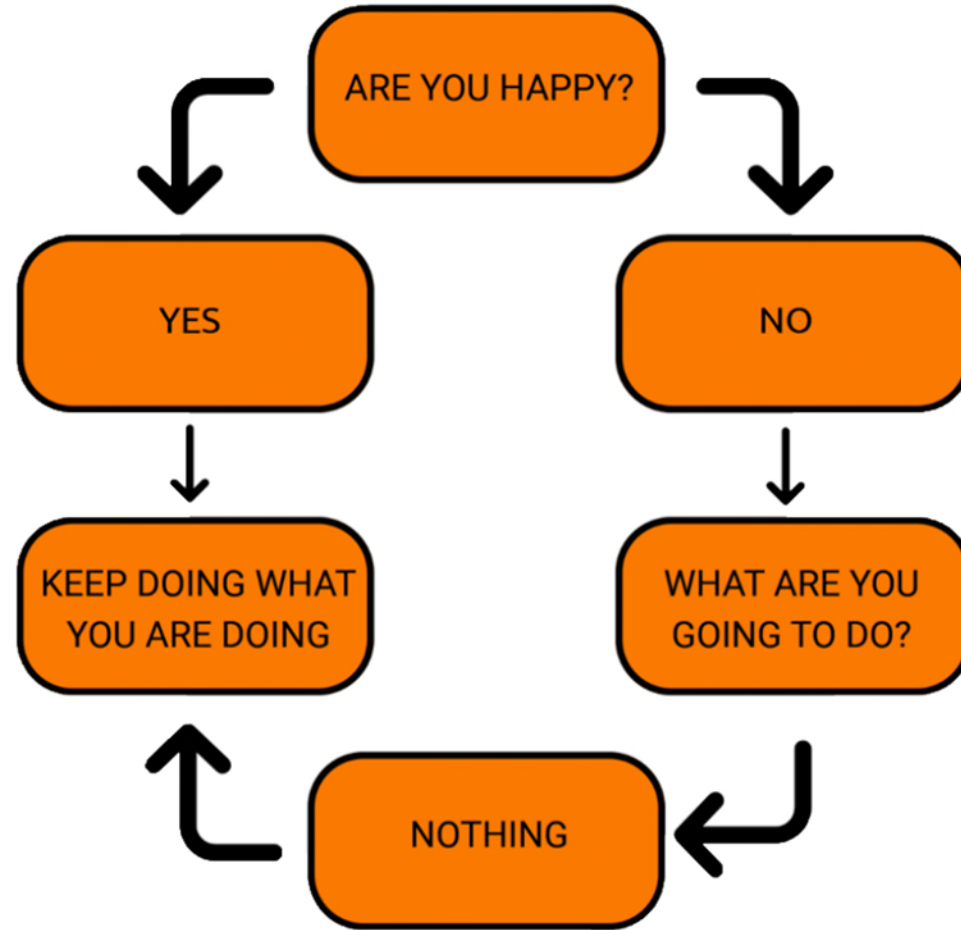
ARE YOU HAPPY?

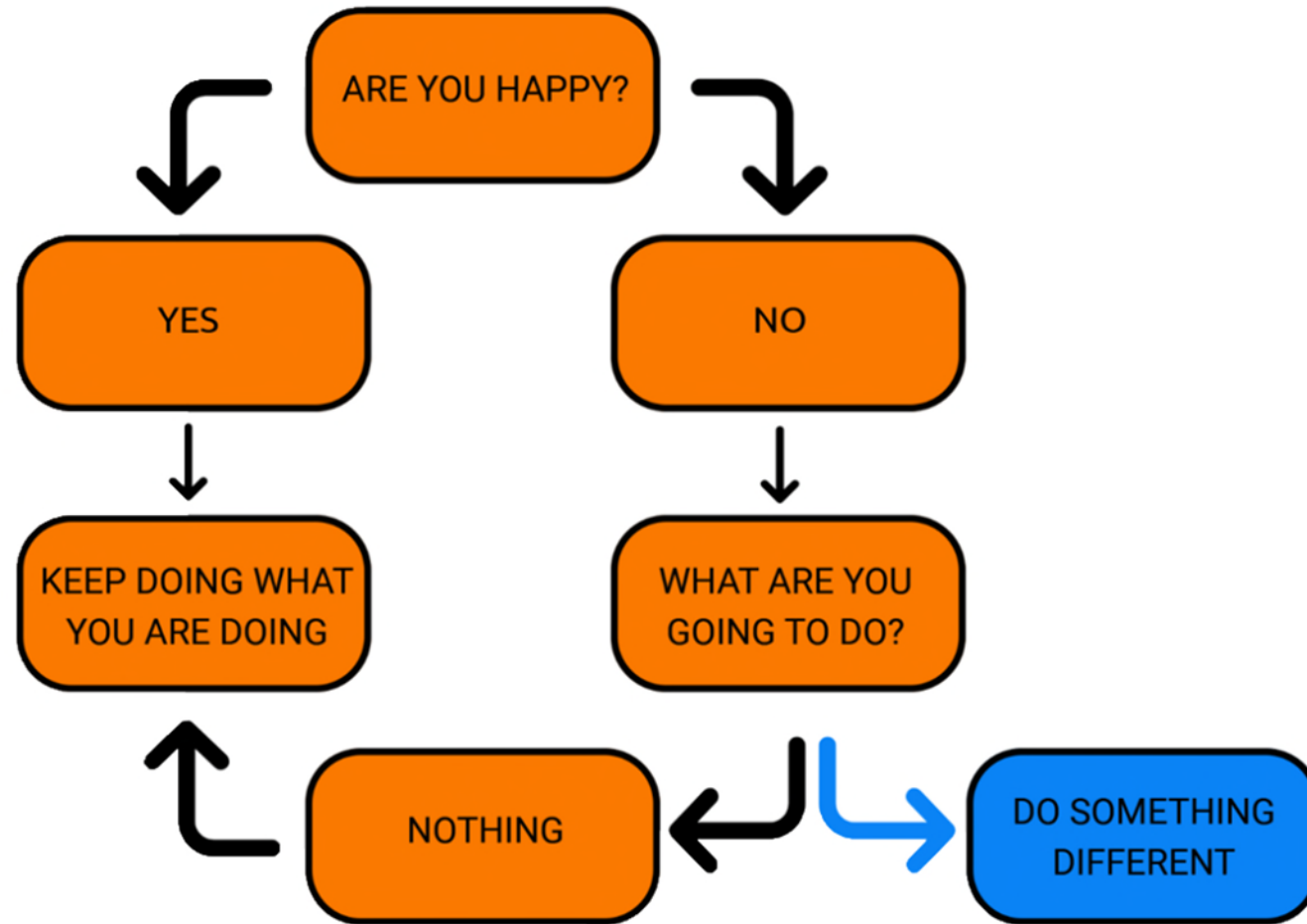


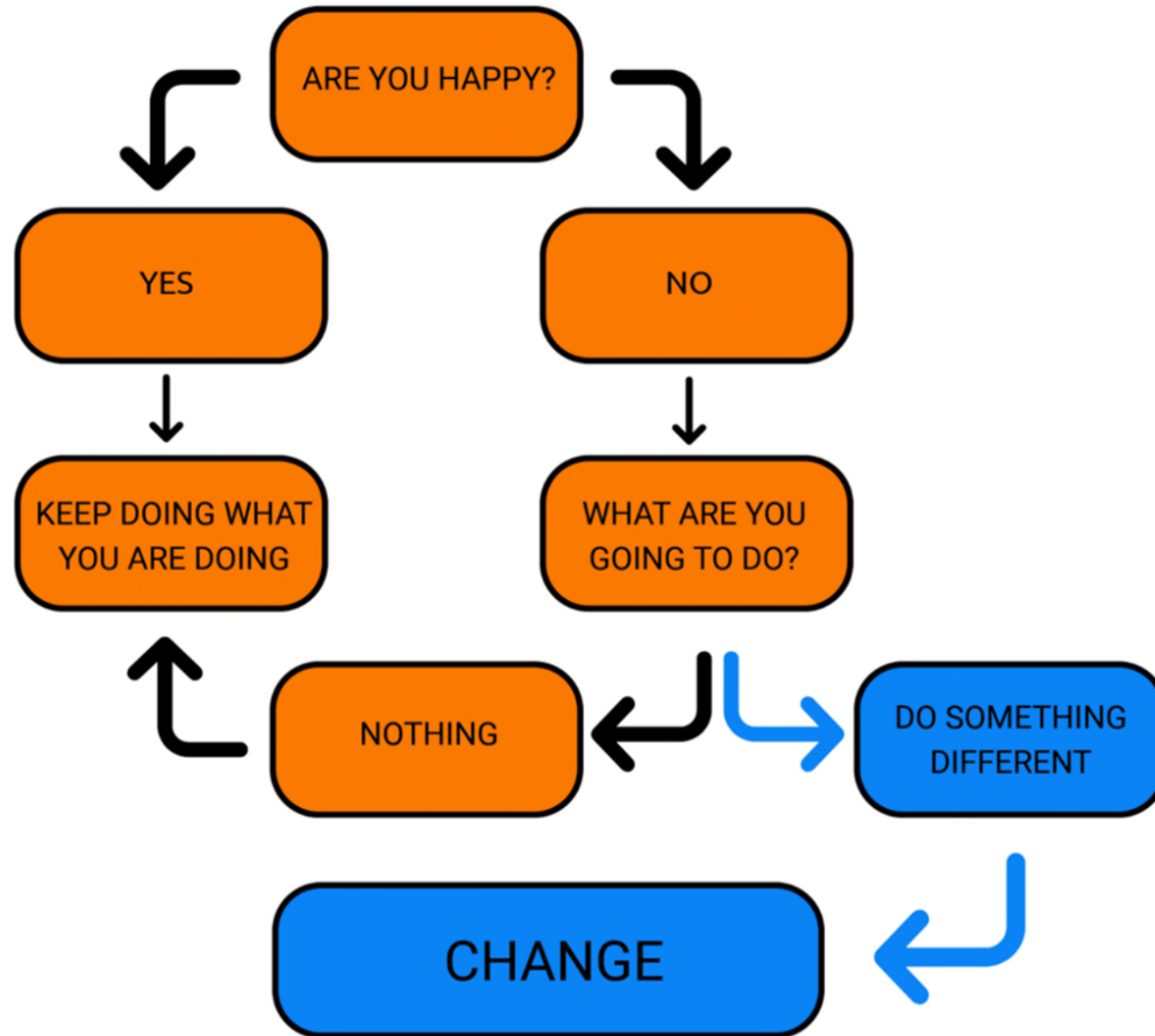












BONUS QUESTION!



Who is number one?





YOU

ARE!

MAY YOU ALWAYS BE **CHALLENGED**
BUT NEVER **DEFEATED.**





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