Self-Care: Talking the Talk, Walking the Walk

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What is Self-Care?

What people think…
What is Self-Care?

What it really is…
What is Self-Care?

• Regularly practiced activities
• Addresses more than comfort
  – Physical well being
  – Psychological/emotional health
  – Social connection
  – Moral well being
  – Career/organizational connection
• Re-energizes, rejuvenates, refocuses
• Protects
Personal Responsibility, Collective Impact
Is your workplace culture turning your staff from Superstar to super stressed?
What will it look like when...?

... people are committed to their own self-care?

... peers support one another’s self care?

... organizations support workers’ self care?
What is one way your organization promotes self-care?
Thanks!

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