

# Self-Care

## Part 1

Think about your day-to-day duties and responsibilities...



What are 3 things that have recently made you feel overwhelmed?  
Stressed? Tired? Anxious?

When your cup reaches capacity, burnout and chronic stress set in.

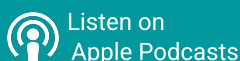
You may begin to feel unmotivated, emotionally exhausted, and weighed down by the expectations and demands of others.



Recognizing your own capacity will help indicate when you need to recharge!

Self-Care is NOT selfish!

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Remember to download the accompanying Self-Care Checklist to prepare for part 2!