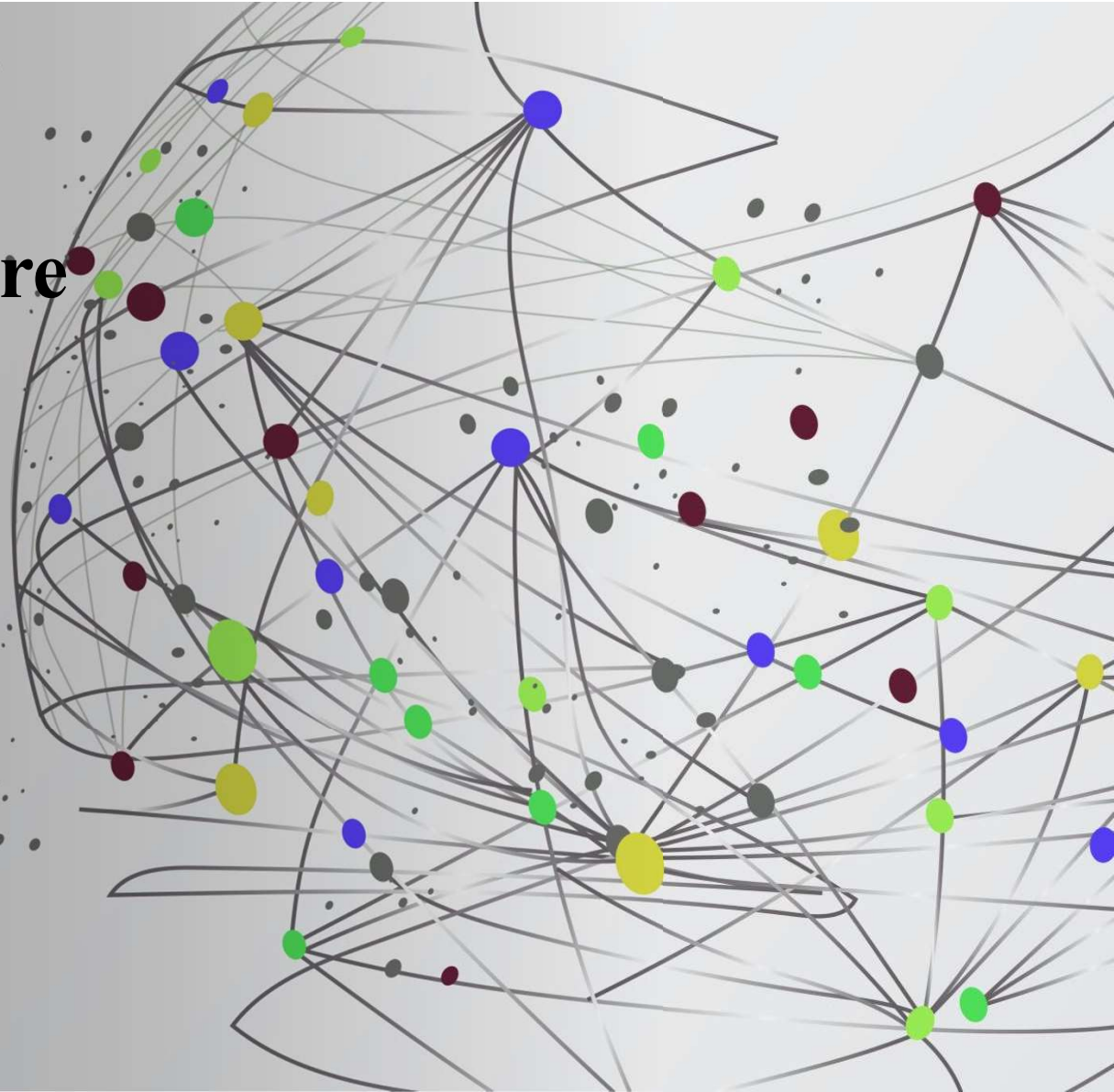


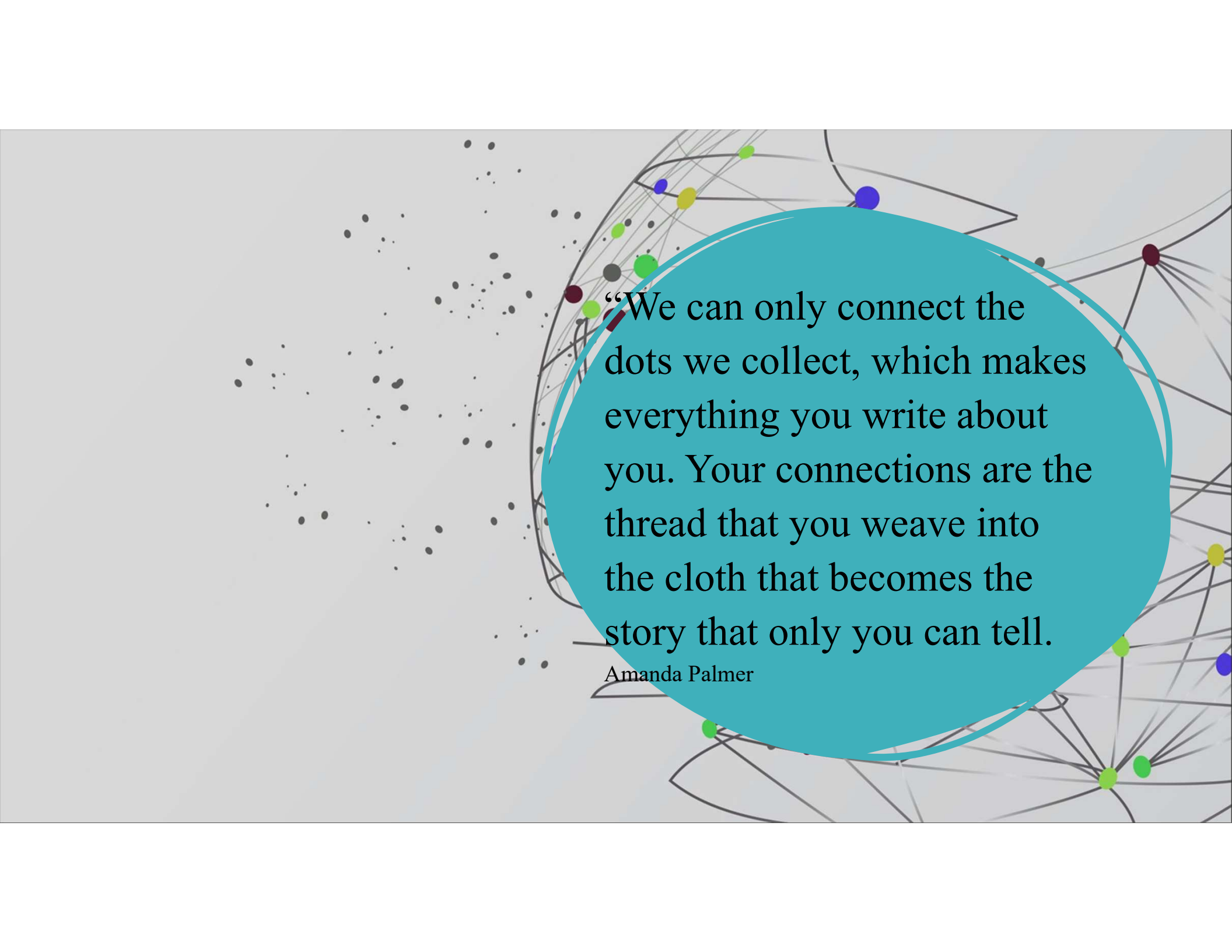
Connecting the Dots while balancing self-care

Dr. Patrice Palmer, DD, LSW, MSW

Chosen4change Co-Founder

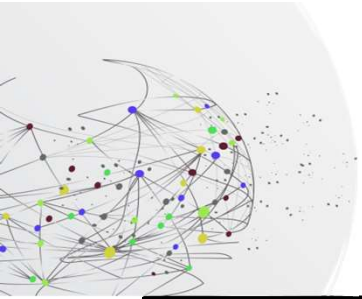
Social Justice Advocate



The background is a light gray with a complex network of thin black lines and small dots in various colors (black, green, yellow, blue, red). A large, semi-transparent teal circle is positioned in the center-right, containing the main text. The text is in a black serif font and is preceded by a red double quote mark.

“We can only connect the dots we collect, which makes everything you write about you. Your connections are the thread that you weave into the cloth that becomes the story that only you can tell.

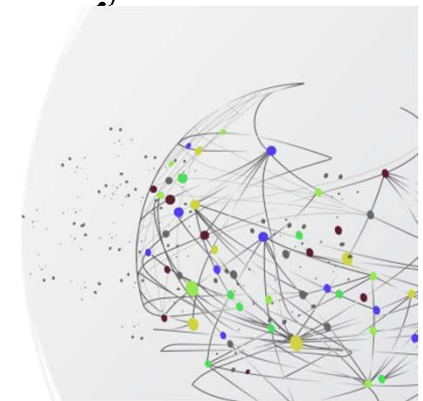
Amanda Palmer



OBJECTIVES:

Connecting the Dots

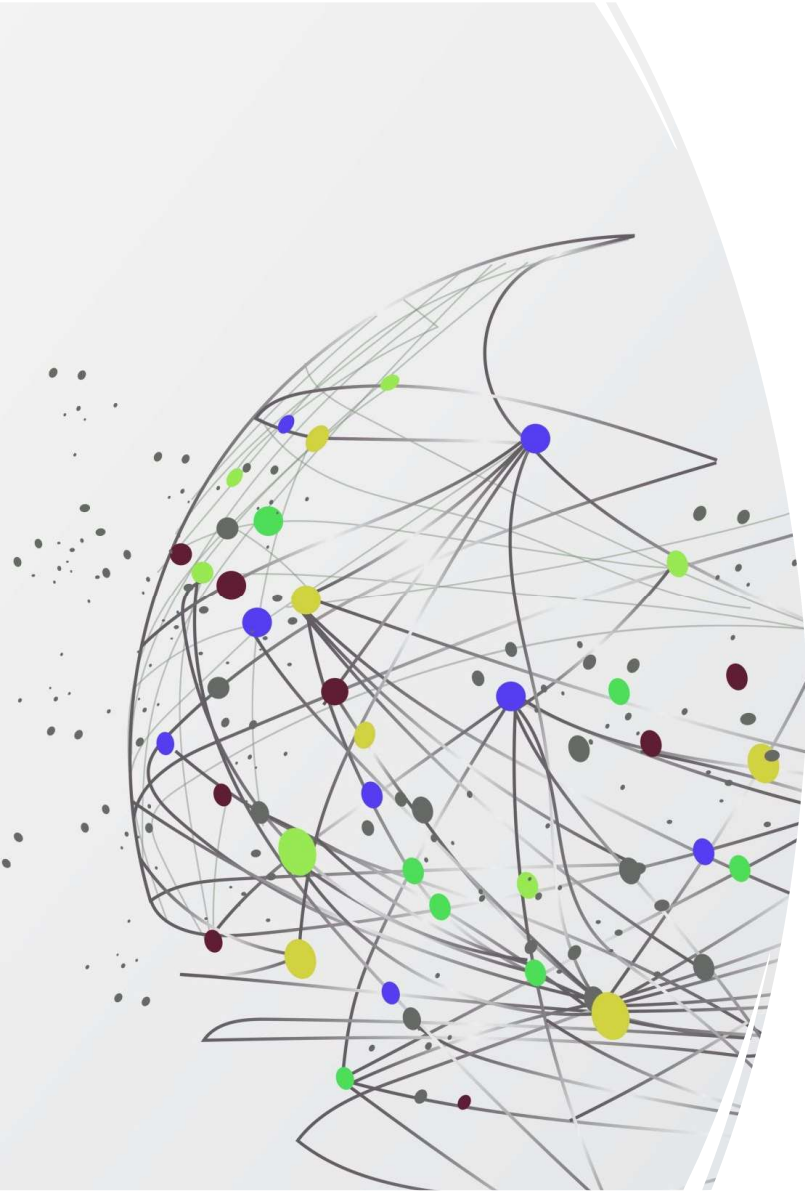
- Look at “*Self-Care*” through the lens of self-awareness and a place called **balance**.
- Avoiding Burnout understanding trigger and setbacks
- Incorporating self-care techniques
- **Sharing my Personal Journey of Recovery & Transformation**





Connecting the Dots

- **Understanding something by piecing together hints and bits of information or experiences**
- **Showing the relationship between different things**
- **Draw logical inferences connecting items of information to reveal something previously hidden or unknown**



Self-Care

- The practice of taking action to preserve or improve one's own health
- Protecting one's own well-being and happiness

6 types of self care



Emotional

Activities that help you connect, process, and reflect on a full range of emotions.



Practical

Tasks you complete that fulfill core aspects of your life in order to prevent stressful situations.



Physical

Activities you do that improve the well-being of your physical health.



Mental

Any activity that stimulates your mind or your intellect.



Social

Activities that nurture and deepen the relationships with people in your life.



Spiritual

Activities that nurture your spirit and allow you to think bigger than yourself.

An abstract graphic on the left side of the slide. It features a complex network of thin, dark grey lines connecting various colored dots (nodes). The dots are in shades of blue, green, yellow, red, and black. The network is contained within a light grey, curved, bowl-like shape that has a white highlight on its right edge. The background of the slide is white.

Steps to Self-Care

-
1. Get regular exercise. ...
 2. Eat healthy, regular meals and stay hydrated. ...
 3. Make sleep a priority. ...
 4. Try a relaxing activity. ...
 5. Set goals and priorities. ...
 6. Practice gratitude. ...
 7. Focus on positivity. ...
 8. Stay connected.



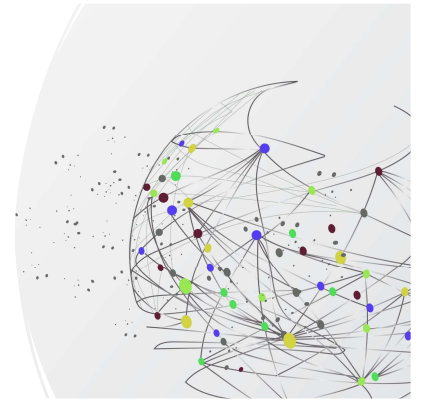
Research Harvard Business Review

-
- **Tasha Urich, PhD suggest:**
 - **Internal self-awareness is how clearly, we see ourselves.**
 - **Value, passion, aspirations, thoughts, feelings, behaviors, strengths and weakness, as well as impact on others.**

A Place Called Balance

- An even distribution of weight enabling someone or something to remain upright and steady.

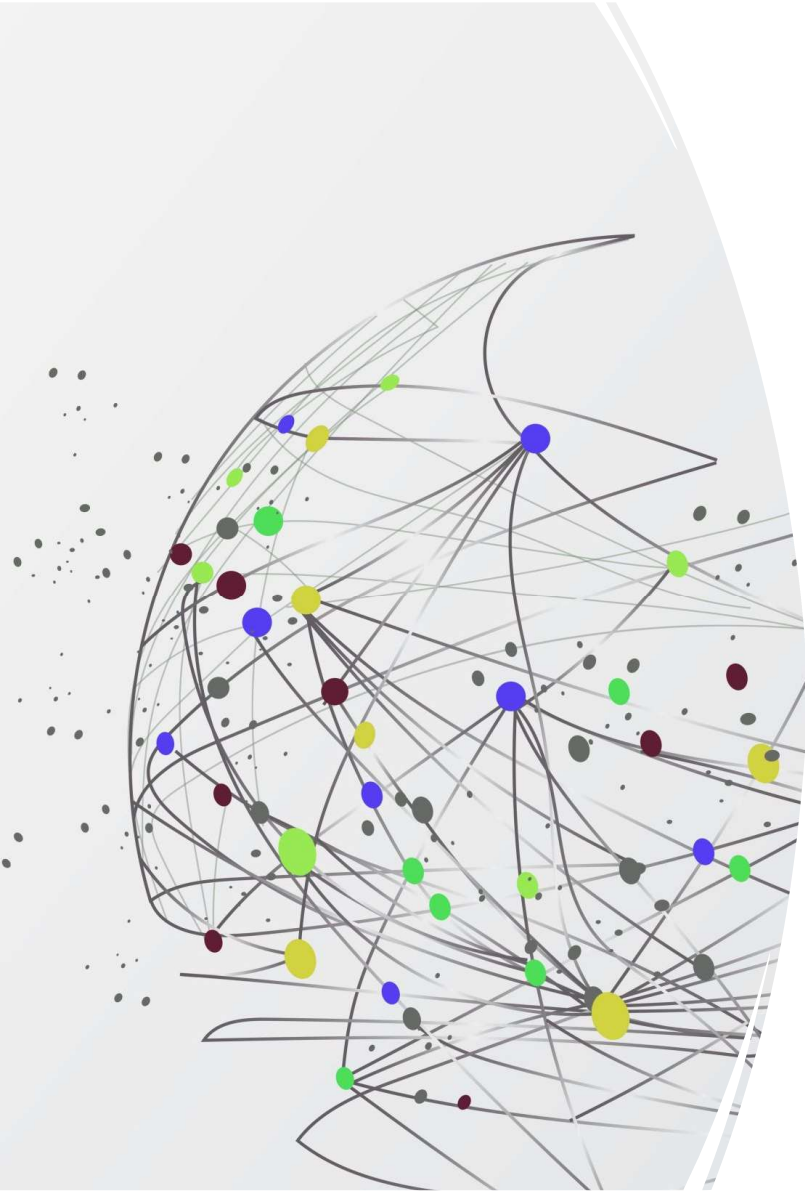
-
- **A condition in which different elements are equal or in the correct proportions**





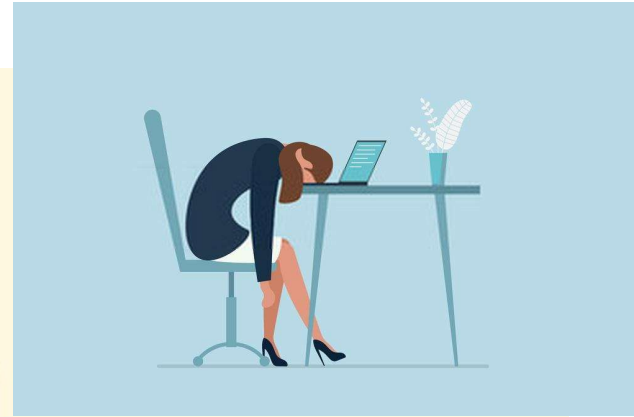
Balance

- **Pause and stop to perceive where you are in this moment in your life.**
- **Wholeness**
- **Rest**
- **Fulfilment**
- **Alignment**



Balance

- **Connect you with the highest version of yourself and replace:**
- **Anxiety with peace**
- **Dysfunction with progress**
- **Stagnation with unlimited creativity**





signs of
BURNOUT

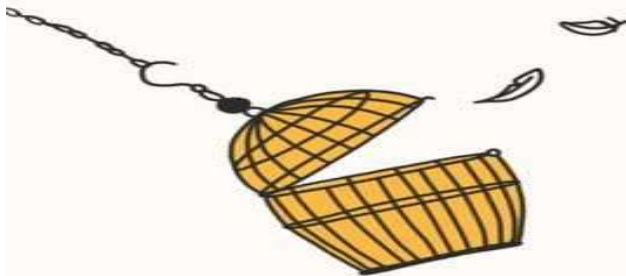


exhaustion

isolation



escape fantasies



irritability



frequent illness



healthline

**HOW TO RECOVER
FROM**

burnout



Self-Care Techniques

Breathing Exercise:

Close your eyes and center yourself

3 rounds of breathing: inhale/exhale

Share your thoughts

Sharing my Personal Journey



Connecting the Dots while balancing self-care

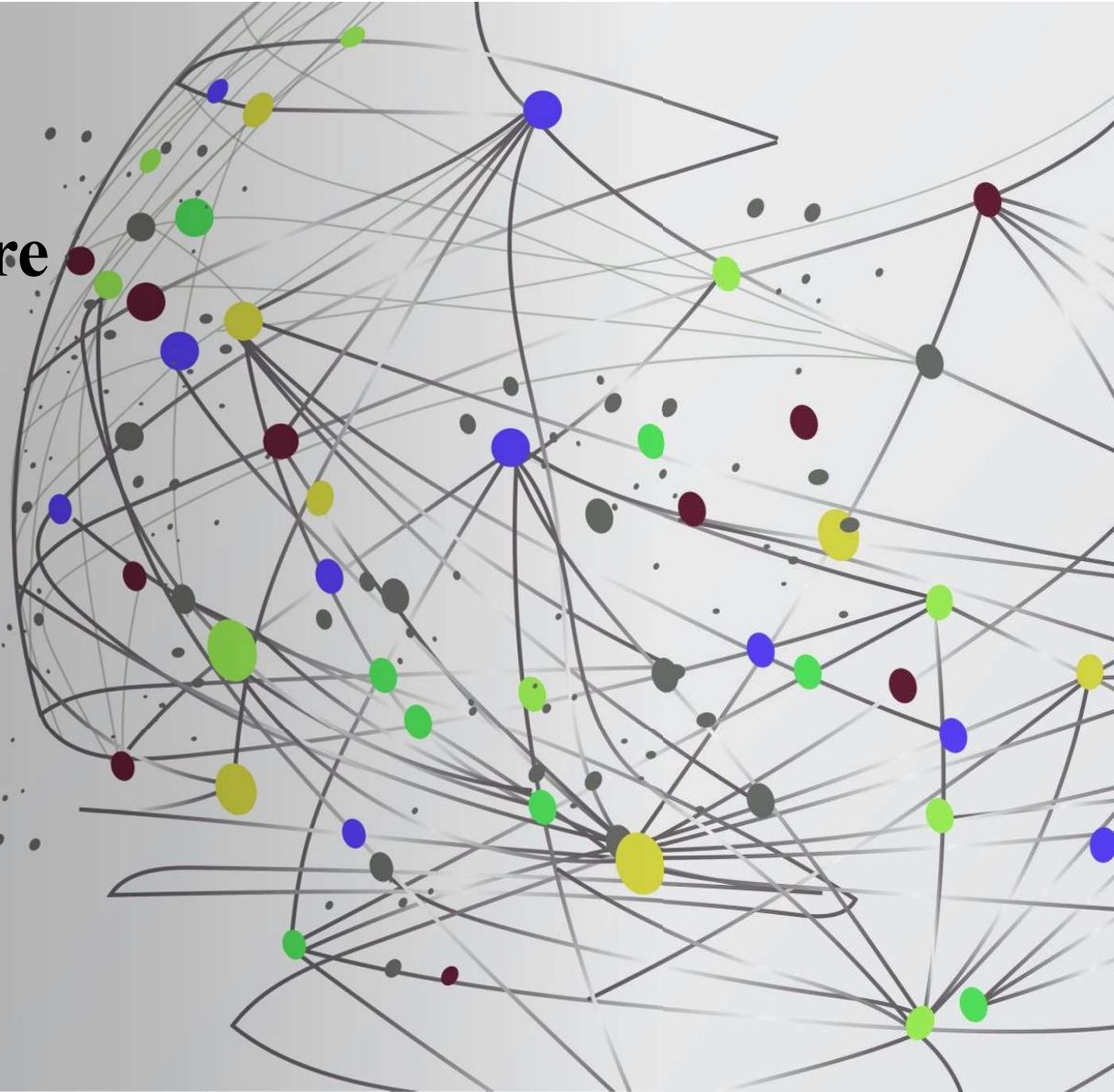
Dr. Patrice Palmer, DD, LSW, MSW

Chosen4change Co-Founder

Social Justice Advocate

drpapalmer1@outlook.com

Thank You for allowing me to serve today



A person stands on a beach at sunset, surrounded by a large, vibrant firework display. The sky is a deep blue, and the water reflects the orange and red hues of the sunset. The fireworks are a mix of orange, yellow, and red, creating a dramatic and celebratory scene. The person is silhouetted against the bright light of the fireworks.

DEAVITA

Most of the important things
in the world have been accomplished
by people who have kept on trying
when there seemed to be no hope at all.