

# The Strength in Self-Care



*Self care is not self indulgence, it is self-preservation. ~ Audre Lorde*

This session will emphasise on the actual answers to the question, How can I actually help myself? Simple strategies for making lifestyle changes which will practically help enhance coping with the present stressors. The emphasis of this session is on the things we can actually do for our own well being so as to bring our focus back on to factors that are within our control.

The thought in our mind is often self care is selfish, self indulgent and I really don't have the time for it. Understanding the scientific basis of the power of adequate rest in the recovery of the mind from daily stressors will create the mindset ready to take on self care.

- ❖ Awareness : the good, the bad, the ugly
- ❖ Dimensions of self care
- ❖ Strategies to enhance self care
- ❖ Personal reflections for identification and action

Format: Online/ Offline

Participants: Not more than 50

Duration: 1.5/3/6 hours

Requirements: Participants should have

- ▶ Videos On
- ▶ Audio on Mute

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