



Practicing Resilience: Essential Self-Care Strategies for Helping Professionals

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This online training is self paced with one hour of content a week for 6-8 weeks and features:

- Nearly 3 hours of guided movement practices.
- Over 50 minutes of guided meditation.
- Over 20 activities, including the framework to develop and implement your own self-care plan.

This course will be a journey of awareness, care and compassion for YOU. Too frequently in a helping profession burnout, vicarious trauma and compassion fatigue are written off as the cost of caring. We know that this does not have to be true. You need to find ways to live and flourish in your work. Practicing Resilience will instill the absolute necessity of your commitment to intentionally care for yourself. You must know that self-care is not separate from your work; it is non-negotiable for your work.

To sign up for this training please contact Kehli Henry at khenry@sagchip.org by May 27th.

The participants will be able to:

- Define the experience of compassion fatigue, vicarious trauma, and burnout.
- Recognize the impact of society, organizations, and our personal experiences on how we find balance in our work.
- Understand the psychophysiology of stress and joy
- Recognize negativity bias, and harness the power of neuroplasticity.
- Connect to your own Universal Needs and Examine Your Circle of Courage.
- Experience physical, mental, and emotional awareness practices to help guide you in creating an intentional, individualized plan to build resilience daily.