



An Introduction to **Self Care**

WORKSHOP DURATION: 2 Hours **COST:** \$700.00 inc. GST

*“Self-care is selfish in the same way breathing is
- it literally exists to keep you alive”*

Buki Sihlongonyane, 2016

OVERVIEW

- Where did my ‘care’ go?
- Have you ever found yourself heavy with thoughts like, ‘I am just keeping my head above water’ and daydreaming about escaping it all to live on a remote island in the sun?
- Too often we find ourselves fatigued at the end of the week with no time to recover.
- Our intention is to support children to thrive, not just survive. It must start with us as their role models first.

OUTCOMES

- This interactive workshop explores how stress impacts brain function. Reflective tools are used to bring into awareness the messages of the body and the impact of our thoughts and emotions on our wellbeing.
- When we can debunk the ‘self-care is selfish’ myth we open up to being able to use powerful tools to improve wellbeing, such as the practice of self-compassion and gratitude.
- Participants step through a number of processes, creative and cognitive, to experience the ability to change the way we think, feel and respond, increasing our capacity to regulate during stressful and overwhelming experiences.
- With the offer of practical short and long-term strategies in self-care, participants are able to work with a new grounded and connected way of being for both themselves and their classrooms.