



What Do You Need In Order to Experience Wellness?

- To learn more effective self-care techniques
- To learn how to set more time aside for me and my own self-care
- To ask for help
- To set boundaries
- To make more effective use of my time
- To develop strategies to stay committed to a sustainable wellness plan
- To say no
- To reduce anxiety
- To prioritize my responsibilities better
- To be kind to myself
- To learn how to incorporate self-care into my daily living
- To identify my warning signs when things are worsening
- To apply “wellness first air” because I’m on the verge of burnout
- To develop coping skills for my major stressors in life
- To develop coping skills for my minor stressors in life
- To get clinical supervision and guidance in my professional life
- To increase training
- To find inspiration in my work again
- To celebrate my successes more
- To create more respect and understanding among my co-workers
- To have a healthier team and work environment
- To become more engaged with the people I work with/support
- To learn from my mistakes and challenges
- To learn to be creative in my self-care plans
- To stop wasting time doing things that are not helpful to me
- To learn how to effectively resolve conflicts
- To express my needs and wants more clearly to others
- To have more control over my schedule and workload
- To develop greater motivation to make change in my life

*****Remember to take care of yourself.***

Sometimes you get so busy helping others you forget that you’re important too **

