

# Want to Increase Your Coping When Feeling Stressed, Anxious, Isolated, and Overwhelmed?

## Mindful Self Care & Connection for Social Workers in Challenging Times

Learn short simple self care skills to help you navigate personal and professional situations as caretakers in these stressful times.

### **Learn To:**

Recognize and Ease Stress, Anxiety, and Fear  
Calm Your Body and Mind  
Ease Physical Discomfort  
Build Focus/Increase Patience  
Care Kindly for Yourself and Others  
Rest and Renew  
Practice Presence and Connection Daily  
Share Simple Self Care with Others

### **Practices and Skills Include:**

- Self Care Breathing Breaks
- Self Care Movement Breaks
- Self-Reflection Activities
- Relaxation Strategies
- Focusing Strategies
- Real Life Meditations
- Mindful Living Practices
- Access to Kate's *Self Care Yoga* Videos and Mindful Meditation Audios

Apply the Practices and Skills in Your Therapeutic Work with Clients  
Build Resilience in Stressful Work Situations  
Decrease Burnout with Self-Kindness  
Create Simple Self Care Routines to Practice at Work and Home

**April 1 - May 6, 2020  
(6 Weeks)**

Live Zoom calls:  
Wednesdays 3:00-4:00 p.m.

<https://zoom.us/j/402738207>  
Meeting ID: 402 738 207

**Kate Forest, RYT** is a Self Care and Mindful Living Teacher and the Director of Self Care Moments in Education. She is an advanced level yoga teacher with over twenty years of experience sharing her calm and mindful approach to learning, teaching, loving, and living with people of all ages and stages of life. [www.kateforest.com](http://www.kateforest.com)

Each live Self Care Gathering will be recorded. If you cannot join us live you can still care kindly for yourself and join our *Community of Care and Connection* via the recordings.