

GrapeVine Unit

Self-Care: Awareness, Acknowledgement, Action

FREE

Self-care is a necessary and unselfish tool for maintaining good health and well-being. This unit will educate individuals on the steps they can take for balanced physical, mental, and spiritual health needs amidst everyday responsibilities.

The session will cover:

- Symptoms of burnout and imbalance
- What is self-care?
- Health benefits of self-care
- Self-awareness activities
- Practical tips for physical, mental, and spiritual health

A workbook will be available for participants to take home.

GrapeVine is a program of the Wisconsin Women's Health Foundation