

The background of the slide is a light-colored wooden surface. In the top-left corner, there are several dried, brown leaves. In the bottom-left corner, there is a small white card with a pressed plant specimen, possibly a small flower or seedling.

Presented by BU Happiness College

Building Your Self Care Strategy

www.buhappinesscollege.com





"Self care is giving the world the best of you
instead of what's left of you"

- Katie Reed

A Refresher on Self Care

The 3 Types



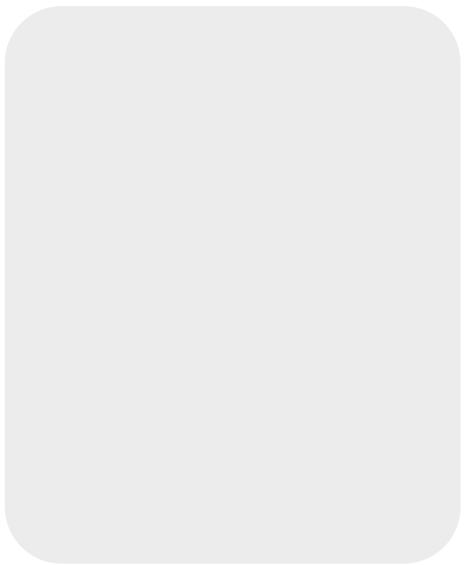
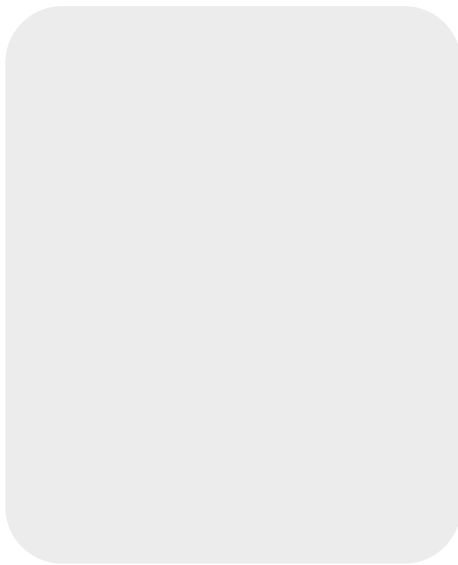
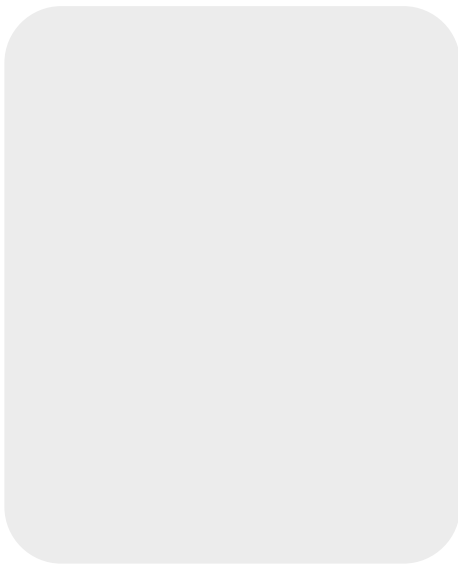
Physical
Self Care



Up-regulating
Self Care



Down-regulating
Self Care



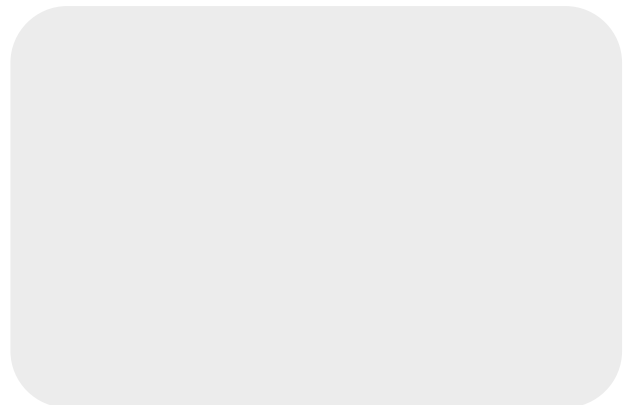
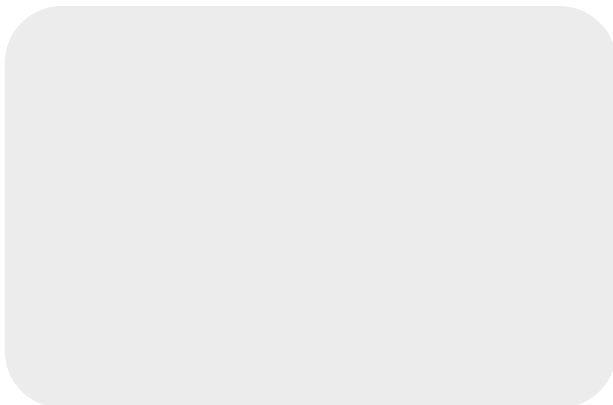
The 2 Methods



Small Sips



Big Gulps





Warning Signs

How do I know when I'm running low on...



Physical
Self Care



Up-regulating
Self Care



Down-regulating
Self Care

Empty rounded rectangular box for notes under Physical Self Care.

Empty rounded rectangular box for notes under Up-regulating Self Care.

Empty rounded rectangular box for notes under Down-regulating Self Care.

My Self Care Plan



Physical Self Care



Up-regulating Self Care



Down-regulating Self Care

Small Sips

"It's not selfish to love yourself, take care of yourself, and make your happiness a priority. It's necessary"

Big Gulps

I aim for small sip(s) per cup per day and big gulp(s) per cup per month

A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...