

Resilience vs Burn-out: Sustainable Self-care

1.5 or 3 hours

The work we do can be exhilarating and gratifying, while simultaneously discouraging and exhausting. While we try to make the world a better place, we have to find ways to manage our time and focus. How do we care for ourselves and find personal balance while dealing with the challenges of daily life? Good self care is an investment in our capacity to do the work we love. Bring your ideas and experiences to share.

Objectives: participants will be able to:

List specific self care activities.

Recognize and acknowledge existing strengths.

Develop body oriented strategies for balancing relaxation and energy.

List ways to improve and maintain self-care and self-awareness in the workplace.

Develop a personal plan for improved self care.

Suggested Reading

Karen Andes, **A Woman's Book of Power**

An approach to fitness and exercise that emphasizes honoring the body and soul

Allan Chinen, **Once Upon a Midlife**

"Classic Stories and Mythic Tales to Illuminate the Middle Years"

Louis Cozolino, **The Neuroscience of Psychotherapy**

New understanding of the brain and development

-----**The Healthy Aging Brain; Sustaining Attachment, Attaining Wisdom**

Applied brain science information

Thomas Crum, **The Magic of Conflict**

Published in 1987, an interesting look at applying Aikido concepts to everyday life

Cathy N Davidson, **Now You See It**

How the brain science of attention will transform the way we live, work and learn

Jon Kabat-Zinn, **Wherever You Go There You Are: Mindfulness Meditation in Everyday Life**

Excellent resource for the novice or experienced meditator

George Lakoff, **Moral Politics**

Conservative vs. Liberal views of family and policy issues

Harriet Goldhor Lerner, **The Dance of Anger**

Valuable ideas on dealing with life's difficulties

Thomas Moore, **Care of the Soul**

“A guide for cultivating depth and sacredness in everyday life”

Jon Robison and Karen Carrier, **The Spirit and Science of Holistic Health**

An interesting new approach to illness, healing, and wellness

Rafe Sagarin, **Learning From the Octopus: How Secrets from Nature Can Help Us Fight Terrorist Attacks, Natural Disasters, and Disease**

Christina Sell, **Yoga from the Inside Out**

Good suggestions for making peace with the body, and using a physical discipline as part of a spiritual path

Daniel Siegel, MD, **Parenting From The Inside Out**

Mindful relationship skills, applicable to non-parenting situations as well