



The Importance of Self-Care

Tuesday, February 22, 2022 • 10:00am to 11:00am

Virtual Location: <https://nsula.webex.com/meet/deepn>

SYNOPSIS:

Self-care is a complex idea, but overall, can be defined as activities and routines to promote an individual's health and well-being. This presentation will focus on six components of self-care as identified by The National Institute of Mental Illness: physical, psychological, emotional, spiritual, social/personal, and professional. We will also discuss different stress factors and ways to combat the feeling of becoming overwhelmed. It is important to understand, develop, and maintain self-care strategies to alleviate burnout or not being able to meet your full potential as students.

PRESENTERS:



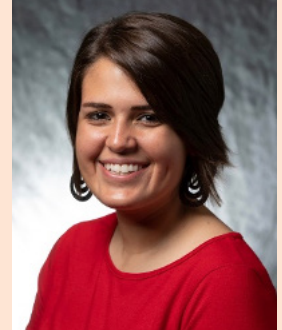
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