

Webinar Series:  
*Self Care, Resiliency and Compassion Fatigue  
in Student Support and Educational Services*

## Webinar Four: Assessing your Self-Care Map



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**99% of the strategies we will discuss  
are free**

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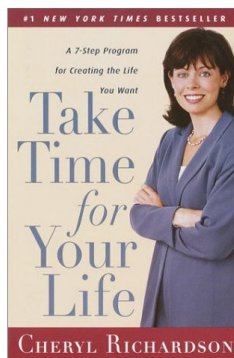
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### Your Balance Map

Simplifying	Physical Health	Stress Relief
Reactions to Change	Social Support	Stimulating & engaging work and hobbies
"Trauma stewardship"	Managing occupational stress/resentment	Giving Back

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### Your Map


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### Your Balance Map

Physical Health

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## The Boring Stuff that Really works

- Eating well – the 5/30 challenge
- Sleep debt test
- Exercise to manage stress



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## Your Balance Map

Simplifying

Physical  
Health

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## Setting limits with friends & family



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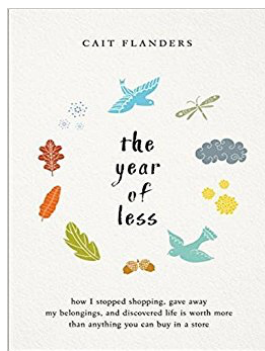
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## Your Balance Map

Simplifying	Physical Health	Stress Relief
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### Your Balance Map

Simplifying	Physical Health	Stress Relief
Reactions to Change		

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**Reflection Activity:**  
What's on your plate?



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**Questions**

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www.tendacademy.ca



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