



Self Love: Health & Wellness

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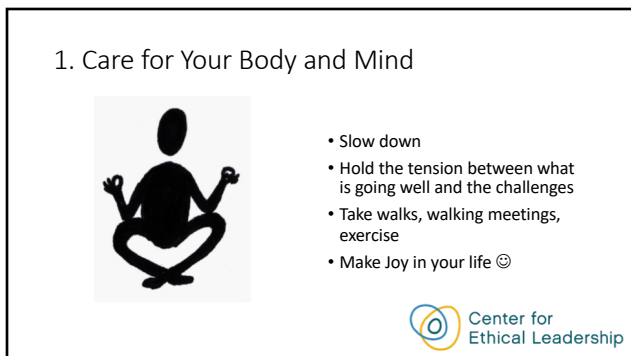
Center for Ethical Leadership




Self Love: Health and Wellness



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1. Care for Your Body and Mind



- Slow down
- Hold the tension between what is going well and the challenges
- Take walks, walking meetings, exercise
- Make Joy in your life ☺

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2. Surround Yourself with Love

- Make time for your loved ones
- Make time to have healthy relationship with others
- Get involved and stay involved



3. Gratitude and Attitude



- Gratitude for your loved ones
- Gratitude for the people you work with and serve
- Gratitude and Attitude in life – good, bad, and the ugly



4. Volunteer - Care for Others



5. Point Towards Hope

Hope is a gift that gets us through the thick of things



6. Stay Connected to Your Community

- If able, please get up and make a large circle
- Look around the room, this is your community
- You and the work you do are interconnected

Be the Ripple! 😊



Questions and Thank You!



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