



**“Taking Care of You”
With
Cane and Able Stroke Club**

*A Presentation By
The CNS Healthcare Empowerment Team*

Meet The CNS Healthcare Empowerment Team Members



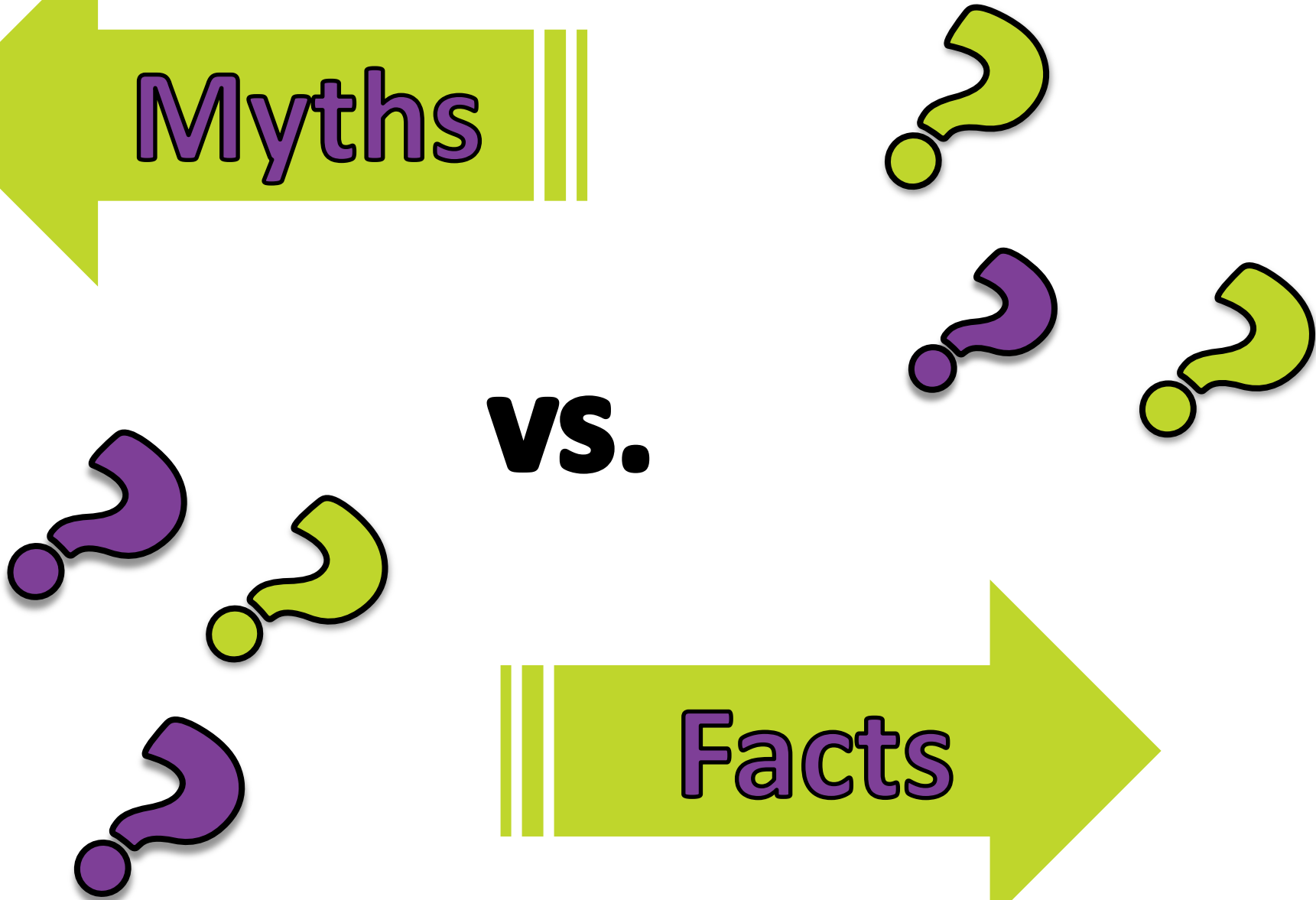
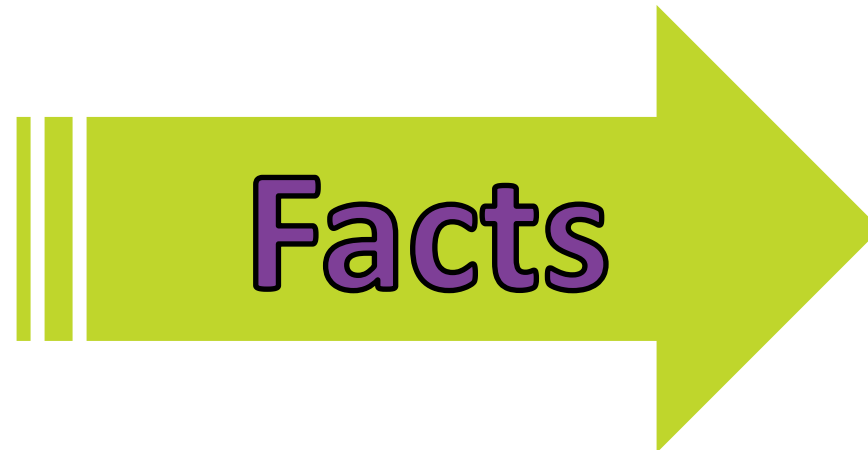
The CNS Healthcare Anti-Stigma Team,
l. to r., Andrew Parrish, Community Advocate Educator & CPSS,
Malkia Newman, Team Supervisor,
Cheryl LaFleur, Community Advocate Educator & CPSS.

Today's Session Objectives

- *This Presentation will identify at least 3 conditions Caused by Stress*
- *This presentation will give at least 2 examples of Self-Care for the Mind, Body, & Spirit*
- *This presentation will highlight 3 ways to incorporate self-care into your daily living*



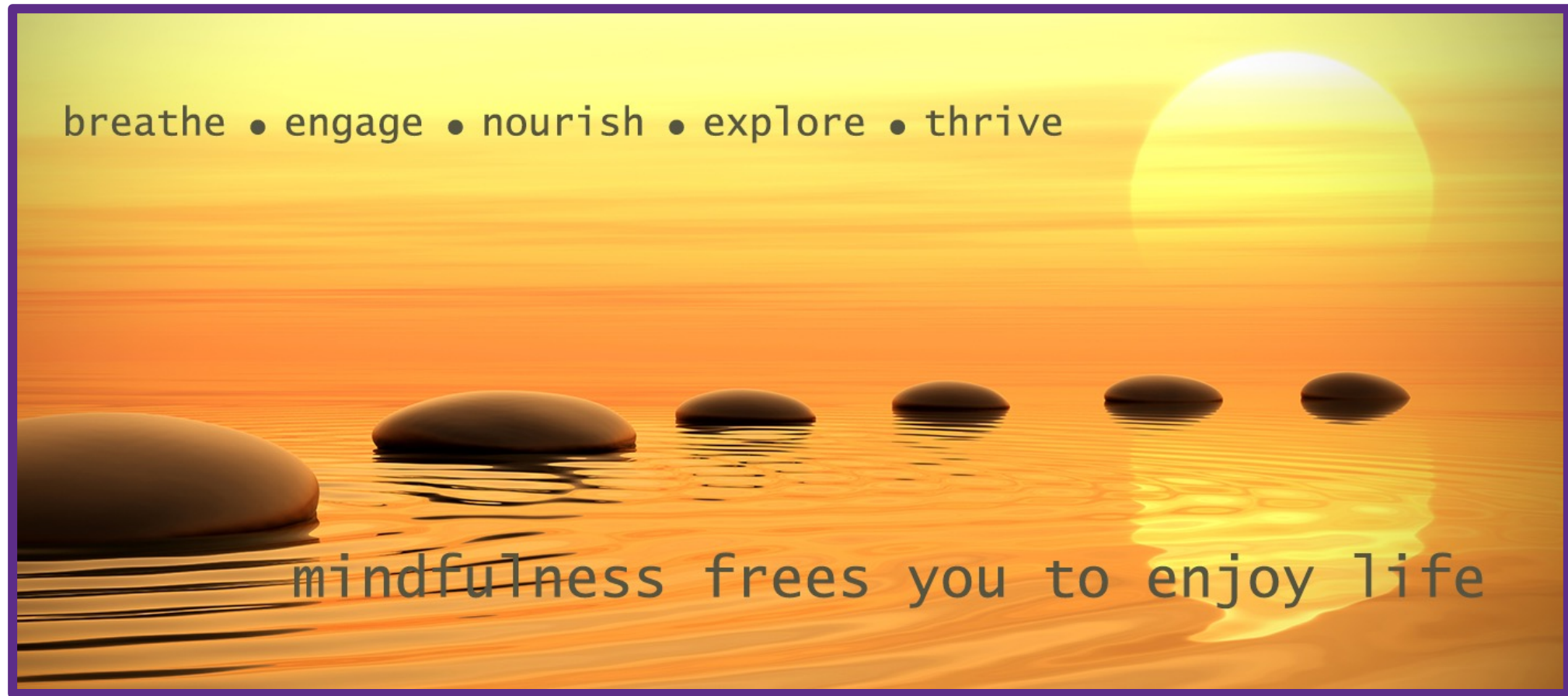
vs.



Self-Care is *Anything* That Soothes You



It Takes Only 15 – 20 Minutes to Benefit from Meditation



Sometimes Self-Care Involves Other People



Self-Care is Optional



Self-care Does not Require Special Tools



You Need Self-care Because Something is Wrong With You



Self-Care Means Finding Ways to Decompress Throughout Your Day



Practicing Self-Care is Not Just for Women



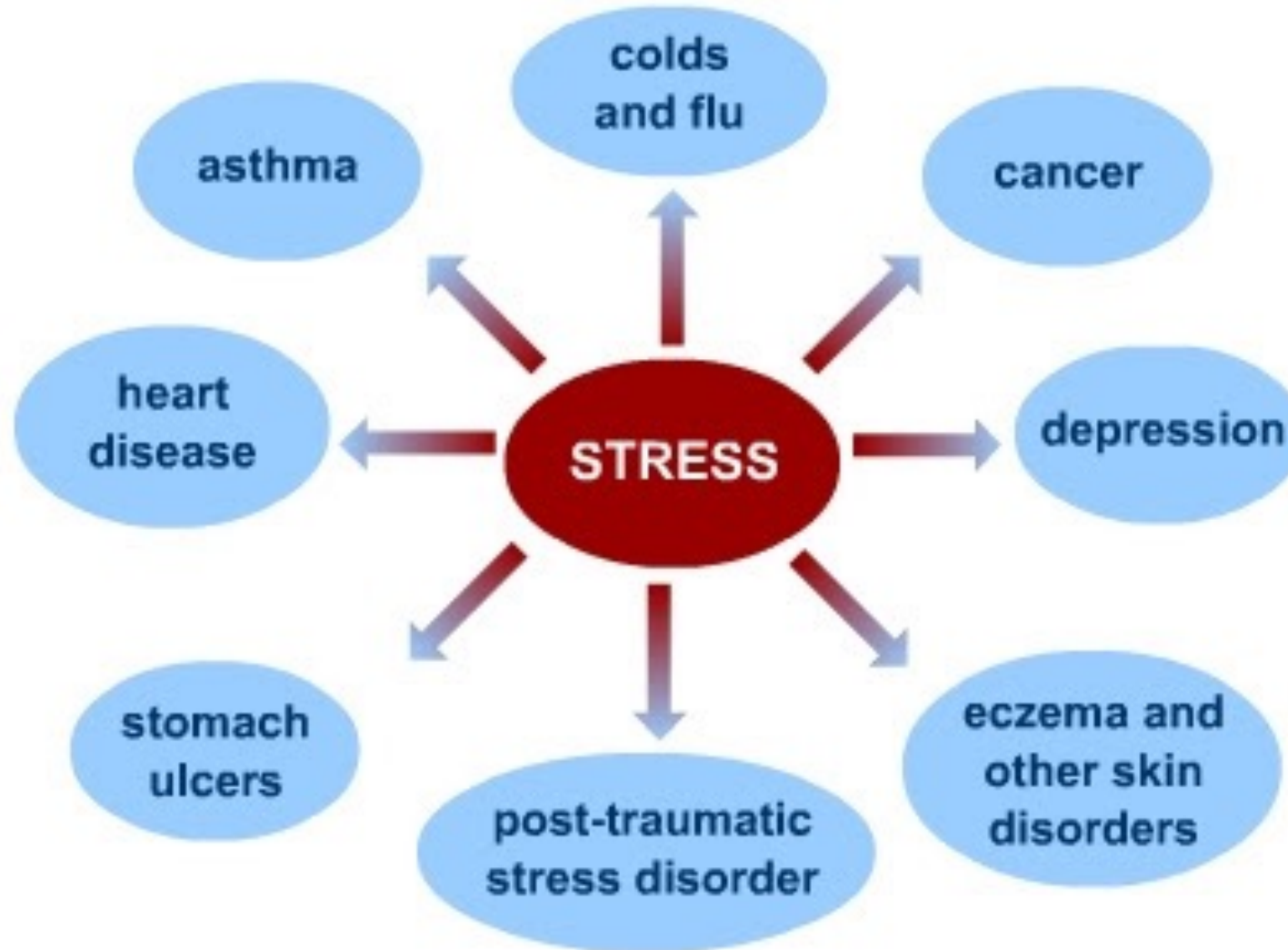
Self-Care Must be Perfect

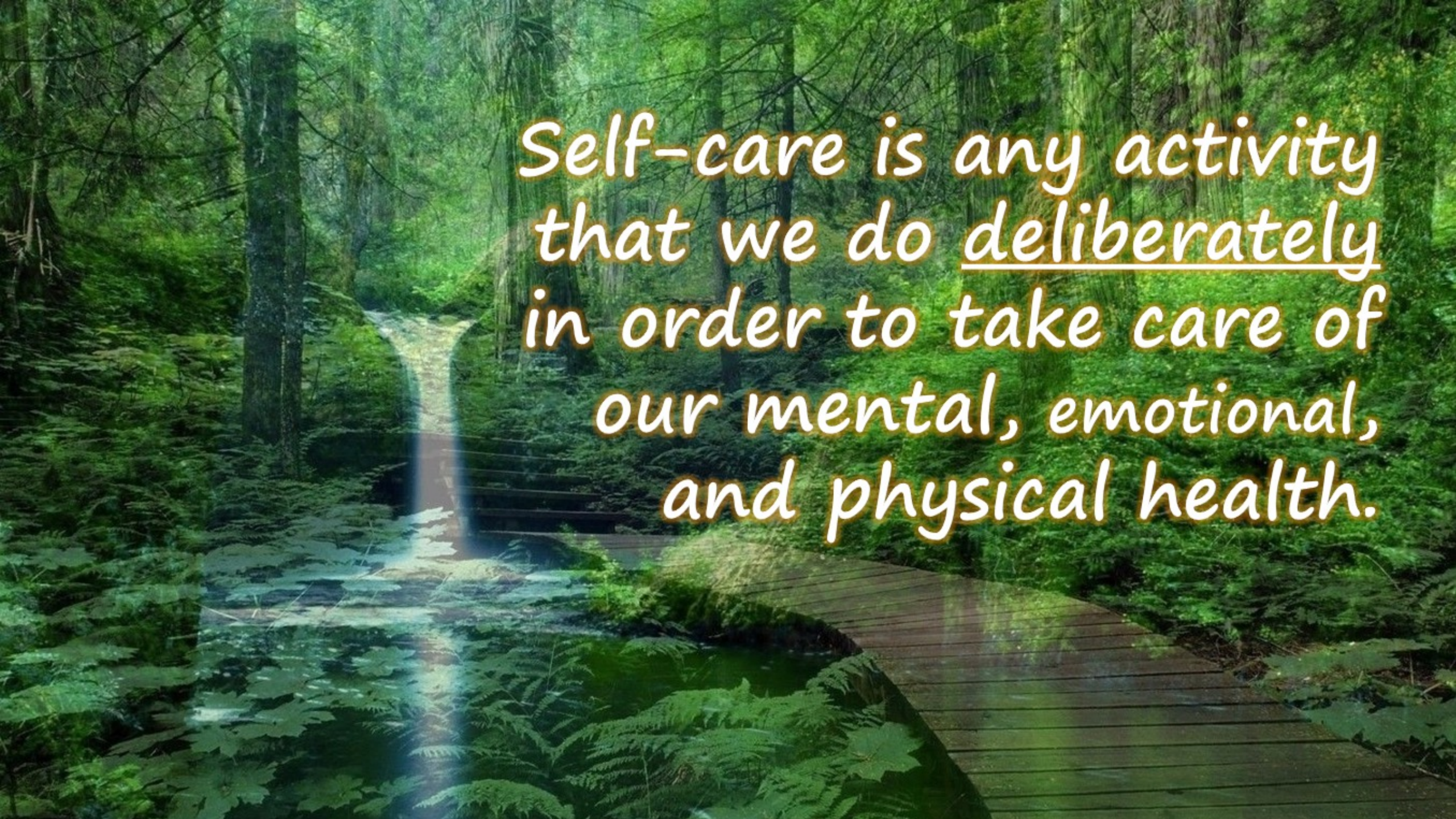


Why Are We Having This Discussion?



Stress Related Illnesses and Disease



A serene forest scene featuring a wooden boardwalk that curves through dense green foliage. In the background, a small waterfall cascades over rocks into a pool of water. The forest is filled with tall trees and various types of ferns and plants, creating a vibrant and peaceful atmosphere.

Self-care is any activity
that we do deliberately
in order to take care of
our mental, emotional,
and physical health.



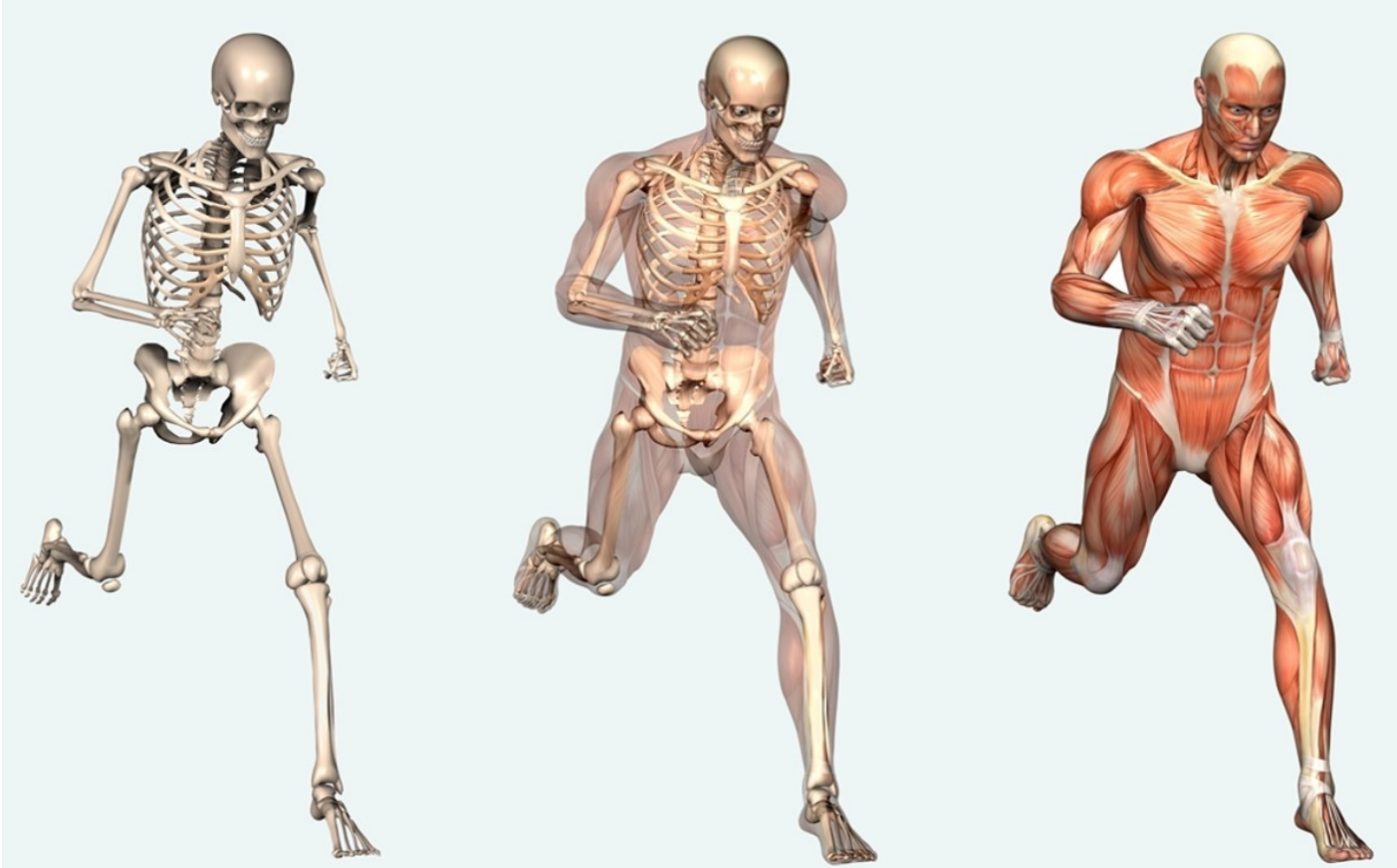
CONNECTION

The Mind



- Positive affirmations
- Hobbies
- Music Therapy
- Meditation/Mindfulness
- Talk therapy/support groups
- Reading

The Body



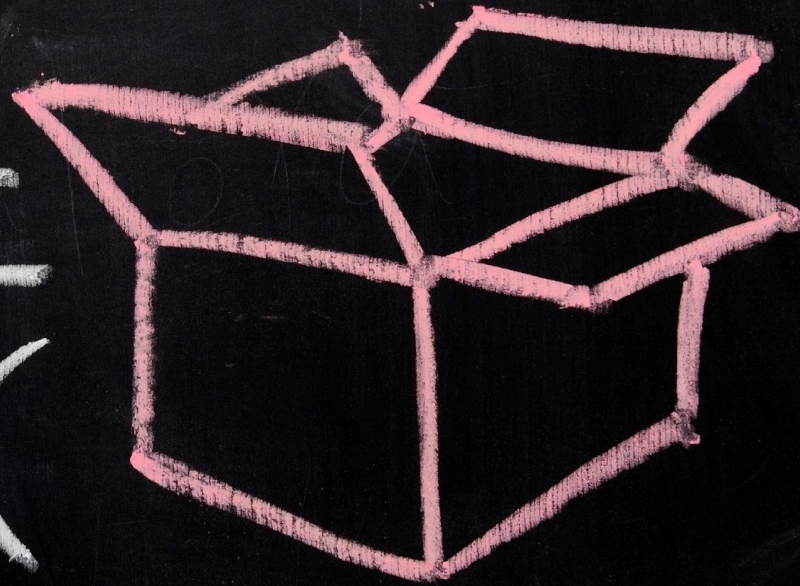
- Get active/exercise
- Healthy eating & hydration
- Routine health checkups
- Educate yourself about your diagnosis & medication
- Get good sleep

The Spirit



- Spiritual practices
- Time with family & friends
- Make new friends
- Direction & purpose
- Volunteer work

THINK
OUTSIDE
THE
BOX



Laughter and A Good Sense of Humor



Declutter/Organization



Look at Cute Pictures



Connect With Your Inner Child



*"Learn the art of growing without losing
your inner child "- Unknown*

Take a Time Out From Technology



The Power of Gratitude



*Be grateful
for everything
that you have
and see how
the life transforms*

wisdom quotes
www.wisdomquotesandstories.com

Time Management



Additional Ideas



BE KIND



for everyone you meet is

★ FIGHTING ★

a battle you know nothing about.

BE KIND,

Always

What things are you
already doing for self-
care?

Did you hear something
new that you are willing
to try?

Like Us on Facebook!





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CNS Healthcare Empowerment Team

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Final Thoughts