



TIME TO *RECHARGE*

ENVOLVE



Let's Chat!



**What is the best
activity you've
done in the past
month?**

ENJOY

Let's Chat!



**Name one rockstar
in your leadership
program who has
made your year
better!**

ENJOVE

Let's Chat!



**What is your
favorite thing
you've done to
rest lately?**

ENVOLVE



**Mindset of
"YES!"**

ENVOLVE



Tonight, Be Willing To Say "Yes" To...

1

**New
Ideas**

2

3

ENJOY



Tonight, Be Willing To Say "Yes" To...

1

**New
Ideas**

2

**Taking
Time**

3

ENVOLVE



Tonight, Be Willing To Say "Yes" To...

1

**New
Ideas**

2

**Taking
Time**

3

**Being
"Selfish"**

ENJOY

Tonight's Plan

Listen

Expand

Plan

ENJOYOLIVE

Tonight's Plan

Listen

Expand

Plan

ENJOYOLIVE



We Have a Special Guest!

Kate Garnes, Speaker Extraordinaire

ENVOLVE

Tonight's Plan

Listen

Expand

Plan

ENJOYOLIVE



Self-Care has a **ton of
definitions and
applications. **Practice**
what works for you!**

ENJOYOLIVE

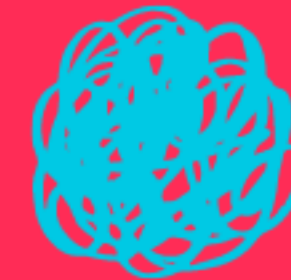
Our Self-Care "Categories"



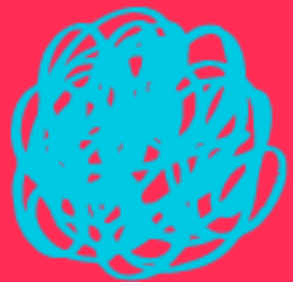
Physical



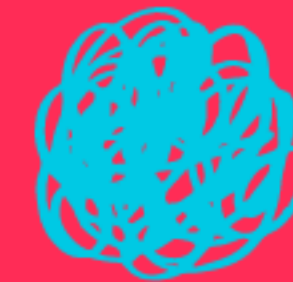
Psychological



Social



Emotional



Organizational



ENVOLVE

Our Self-Care "Categories"



Physical



Psychological



Social



Emotional



Organizational



ENVOLVE



Physical Self-Care

Sleep is Important!

More Water, Please!

Get Some Sun!

Do Not Disturb Mode

Hello Serotonin!

ENVOLVE

Our Self-Care "Categories"



Physical



Psychological



Social



Emotional



Organizational



ENVOLVE



Psychological Self-Care

Read a Book

ACTIVELY SCHEDULE Relaxation

Engage in Hobbies

Journal Often

Take Yourself on an Adventure!

Create a Daily Self-Care Regimen

ENJOY

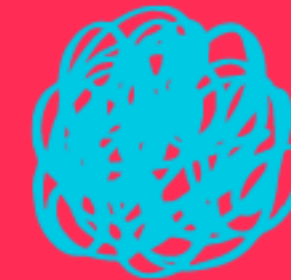
Our Self-Care "Categories"



Physical



Psychological



Social



Emotional



Organizational



ENVOLVE



Social Self-Care

Have Face-to-Face Time with Friends

Organize Social Outings

Have a Self-Care Buddy!

Adventure Often!

Family Time Matters!

ENVOLVE

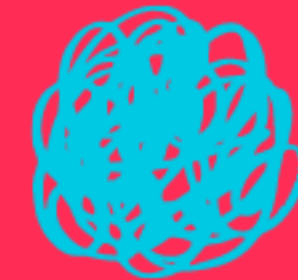
Our Self-Care "Categories"



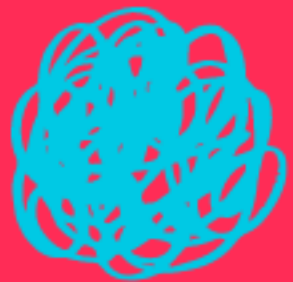
Physical



Psychological



Social



Emotional



Organizational



ENVOLVE



Emotional Self-Care

- Practice Mindfulness
- Limit Exposure to Negativity
- Actively Practice Gratitude
- Use the BIG Blanket

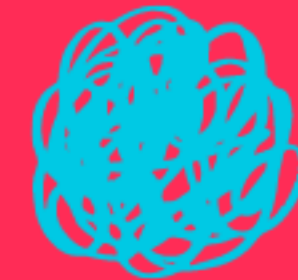
Our Self-Care "Categories"



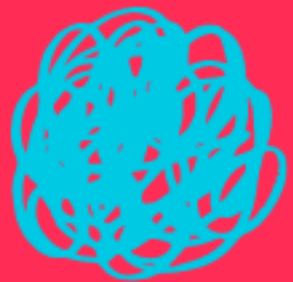
Physical



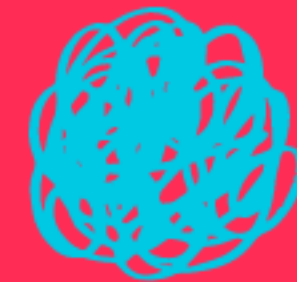
Psychological



Social



Emotional



Organizational



ENVOLVE



Organizational Self-Care

Celebrate Your Accomplishments!

Change-Up Your Space

Allow for Flexibility

Build-in Meaningful Pauses & Breaks

Make Room For Silliness

ENVOLVE

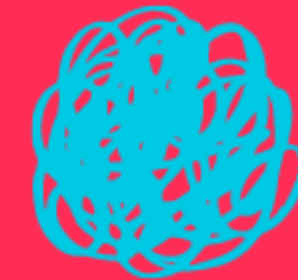
Our Self-Care "Categories"



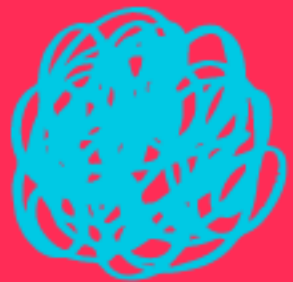
Physical



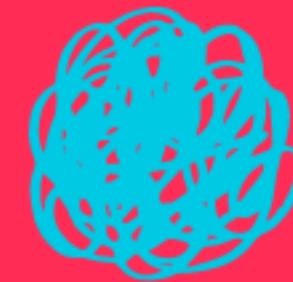
Psychological



Social



Emotional



Organizational



ENVOLVE

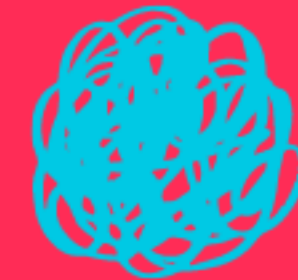
Our Self-Care "Categories"



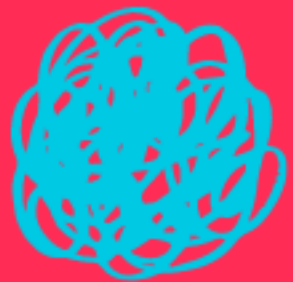
Physical



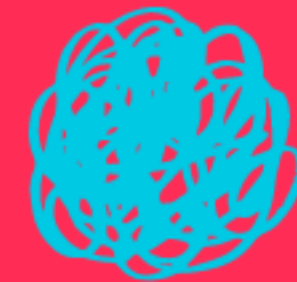
Psychological



Social



Emotional



Organizational



ENVOLVE



Breakout #2!



ENVOLVE



**As a group, you have 5
minutes to create a "top
10" list of self-care items
for this week!**



ENJOVE

Tonight's Plan

Listen

Expand

Plan

ENJOYOLIVE



**The world's greatest
activities programs
encourage students to
practice self-care through
activities.**

ENJOVE

Self-Care Activities



ENVOLVE

Self-Care Activities

Messaging

Pro Tips

Additional Instructions

Calming Music Before Tests

Notebook Notes

ENVOLVE

Self-Care Activities

Messaging

Lunchtime

Pro Tips
Additional Instructions
Calming Music Before Tests
Notebook Notes

Stress Balls
Low-Fi Lunch
Emotional Support Animals
Story Time

ENVOLVE

Self-Care Activities

Messaging

Pro Tips
Additional Instructions
Calming Music Before Tests
Notebook Notes

Lunchtime

Stress Balls
Low-Fi Lunch
Emotional Support Animals
Story Time

Large Events

Teachers in the Field
Blanket Day
Tea and Study
Study Kits

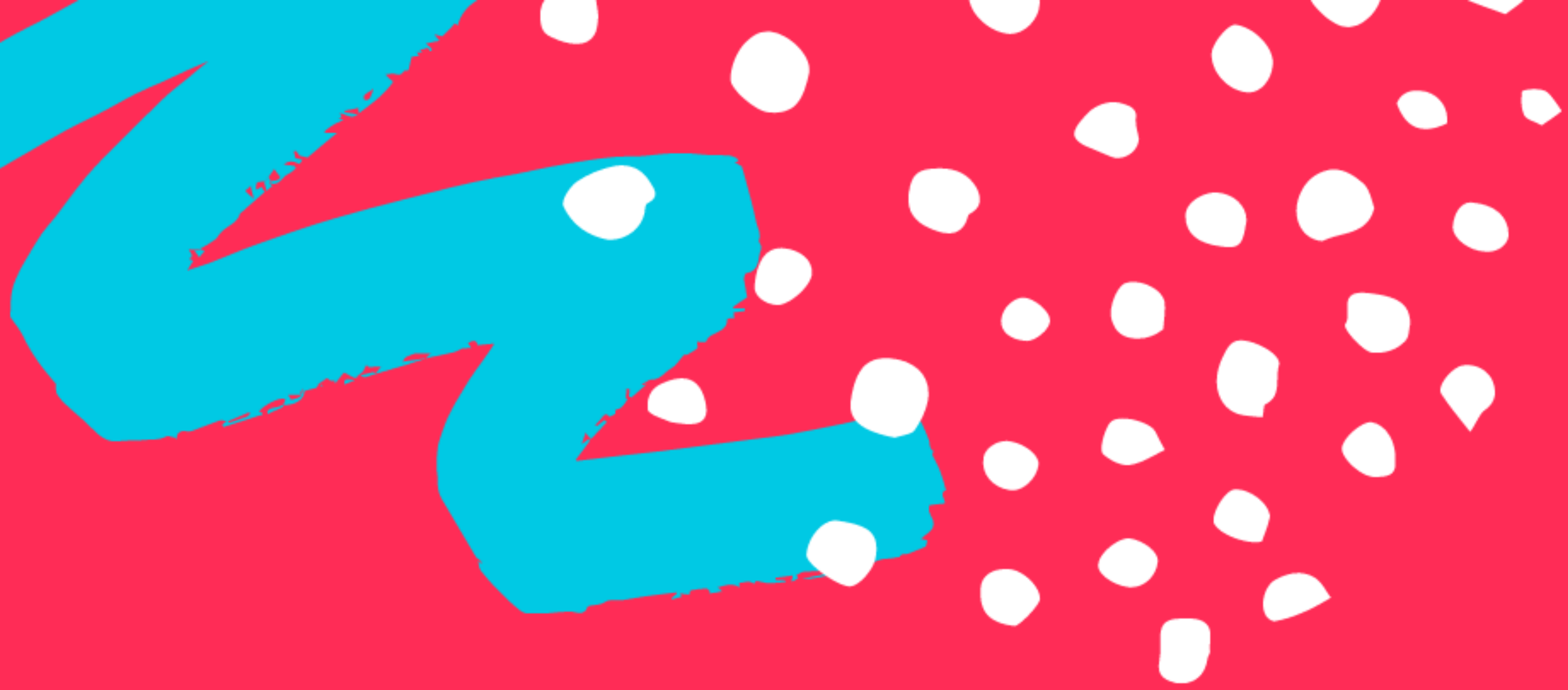
ENVOLVE



Breakout #3!



ENVOLVE



**Create a Treat Yourself
Week with the help of
your group members.**

ENJOY