

Self-Care Strategies for Work and Home

September 14 - 15, 2021



NATIVE WELLNESS
Institute

Training provided by the Native Wellness Institute
www.NativeWellness.com

*The Native Wellness Institute exists to promote the well-being of
Native people through programs and trainings that embrace
the teachings and traditions of our ancestors.*



Self-Care Strategies for Work and Home

September 14, 2021

9:00 am	Opening Ceremony Welcome, Blessing, Introductions, Overview, Ice-breaker
9:45 am	What is Stress? How Does it Impact You? What Stresses You Out?
10:30 am	Self-Care Tools for Work and Home
10:55 am	Closing
11:00 am	Break
Noon	Welcome back Ice-breaker
12:10 pm	Movement and Healthy Eating
1:00 pm	Break
2:00 pm	Welcome Back Anticipatory Grief
3:30 pm	Self-Care Tools
3:55 pm	Closing
4:00 pm	Adjourn



Self-Care Strategies for Work and Home

September 15, 2021

9:00 am	Opening Ceremony Welcome, Blessing, Introductions, Overview, Ice-breaker
9:45 am	Feel Good Hormones
10:30 am	How To Do Virtual Self Care
10:55 am	Closing
11:00 am	Adjourn
Noon	Sharing Circles
1:00 pm	Break
2:00 pm	Welcome Back Cultural Resiliency
3:30 pm	Closing
4:00 pm	Adjourn