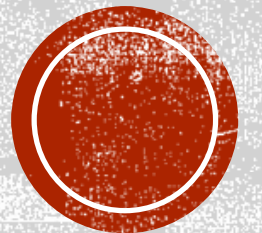


# HEALTH, WELLNESS & SELF-CARE

Brandman University, Career Services

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04.10.2020





**WHO AM I...**



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# OPEN MIND

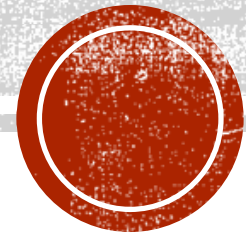


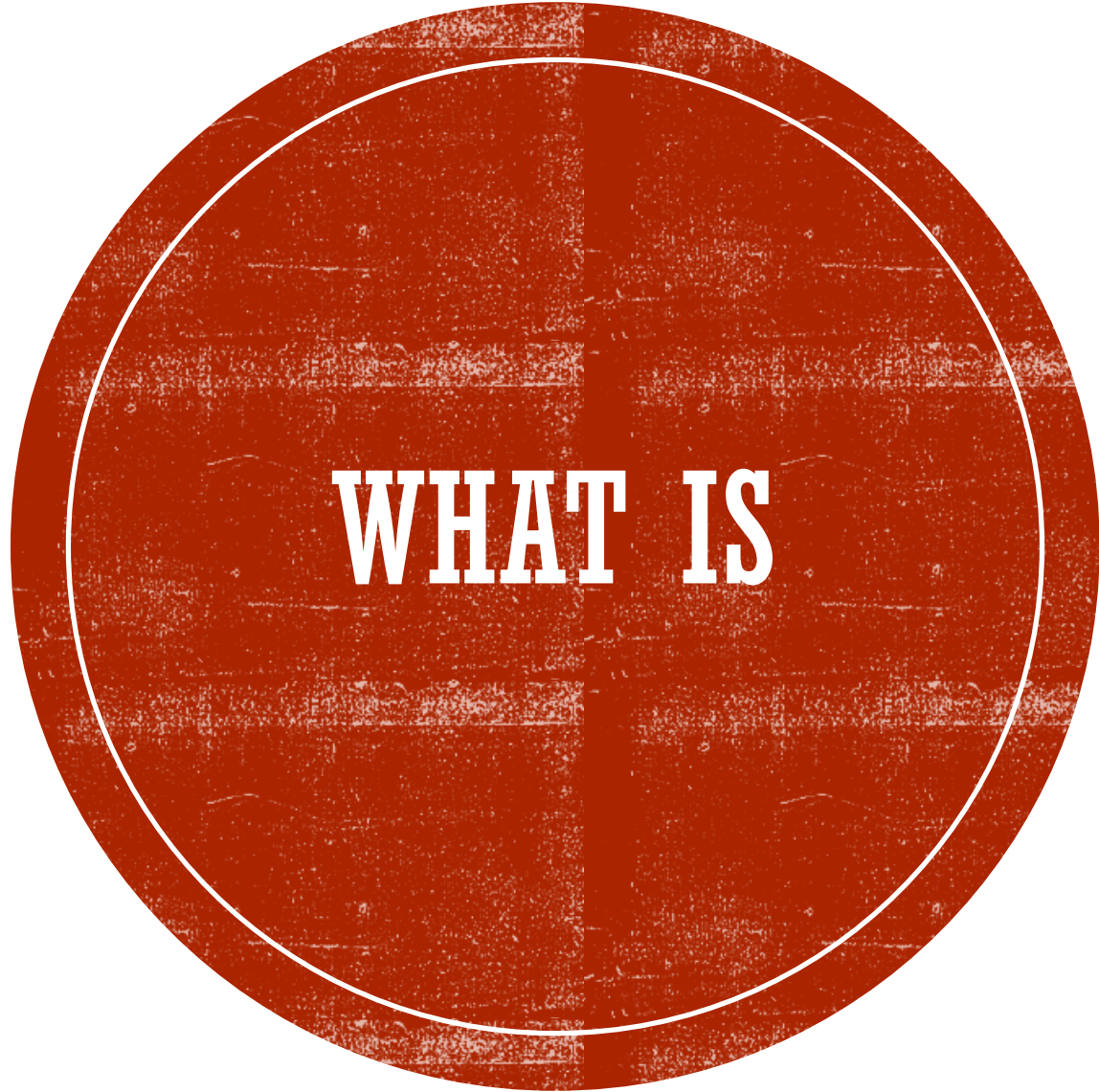
# TODAY'S PURPOSE:

Learn why self-care  
important

Discuss what protecting  
your wellbeing looks  
like

Learn how to include  
wellness practices into  
your life and career





Health?

Self-Care?

Wellness?

# DEFINITION OF WELLNESS

- “Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. **Wellness is more than being free from illness, it is a dynamic process of change and growth.”**



# DEFINITION OF HEALTH

- **“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (physical or mental weakness).”**



# SELF CARE

Simply put, it's doing the things **we** need to do to maintain our happiness, our health and the ongoing development of our minds...

in whatever way works for the individual.

**WHAT ABOUT SELF-CARE?**





## **WHY IS SELF-CARE IMPORTANT?**

- Getting to know yourself and what you need
- It's taking responsibility of your well-being and all the important areas in your life
- Just making it, is not okay  
(sometimes it can be)



**YOU GOTTA  
NOURISH  
TO FLOURISH**



- We've forgotten how powerful we can be in determining the course of our lives
- Say no
- Build your skills of empowerment



**WHAT DOES  
PROTECTING YOUR  
WELL-BEING LOOK  
LIKE?**



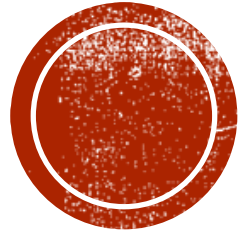


# The Art of Living Well

**START**

**LEARN HOW TO  
INCLUDE WELLNESS  
PRACTICES INTO  
YOUR LIFE AND  
CAREER**





**LET'S FOCUS ON WHAT WE  
CAN CONTROL**



# I WANT TO HEAR FROM YOU. DURING THIS TIME...

## What do you feel you have lost?

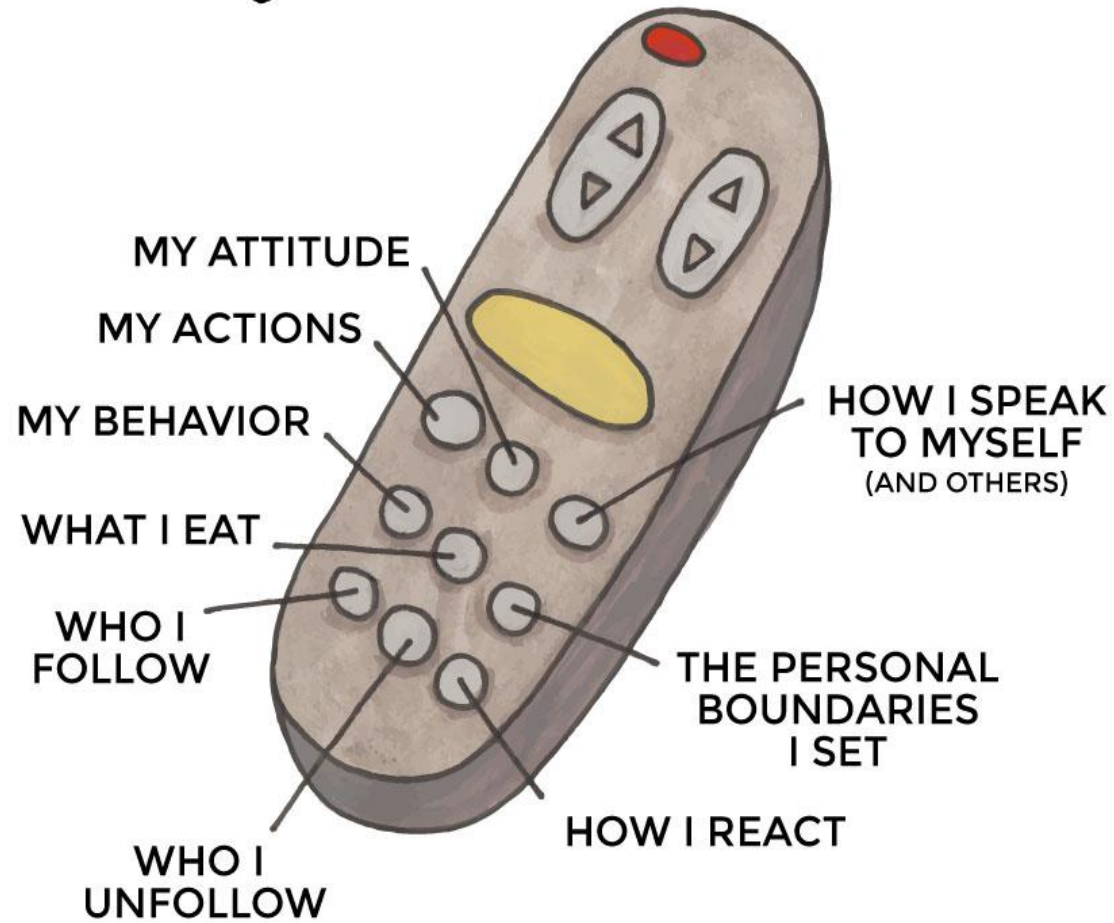
- being with friends
- going to gym
- human touch

## What do you feel you have gained?

- family time
- not having to commute
- learning new technology such as Zoom

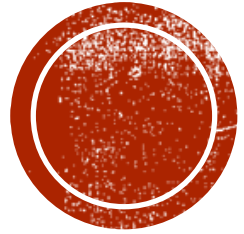


# Things I can control



Mayi Carles





**WE ARE ALL STARTING TODAY!**



# MAIN TYPES OF SELF-CARE

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PHYSICAL



EMOTIONAL



SOCIAL



SPRITUAL



PERSONAL



SPACE



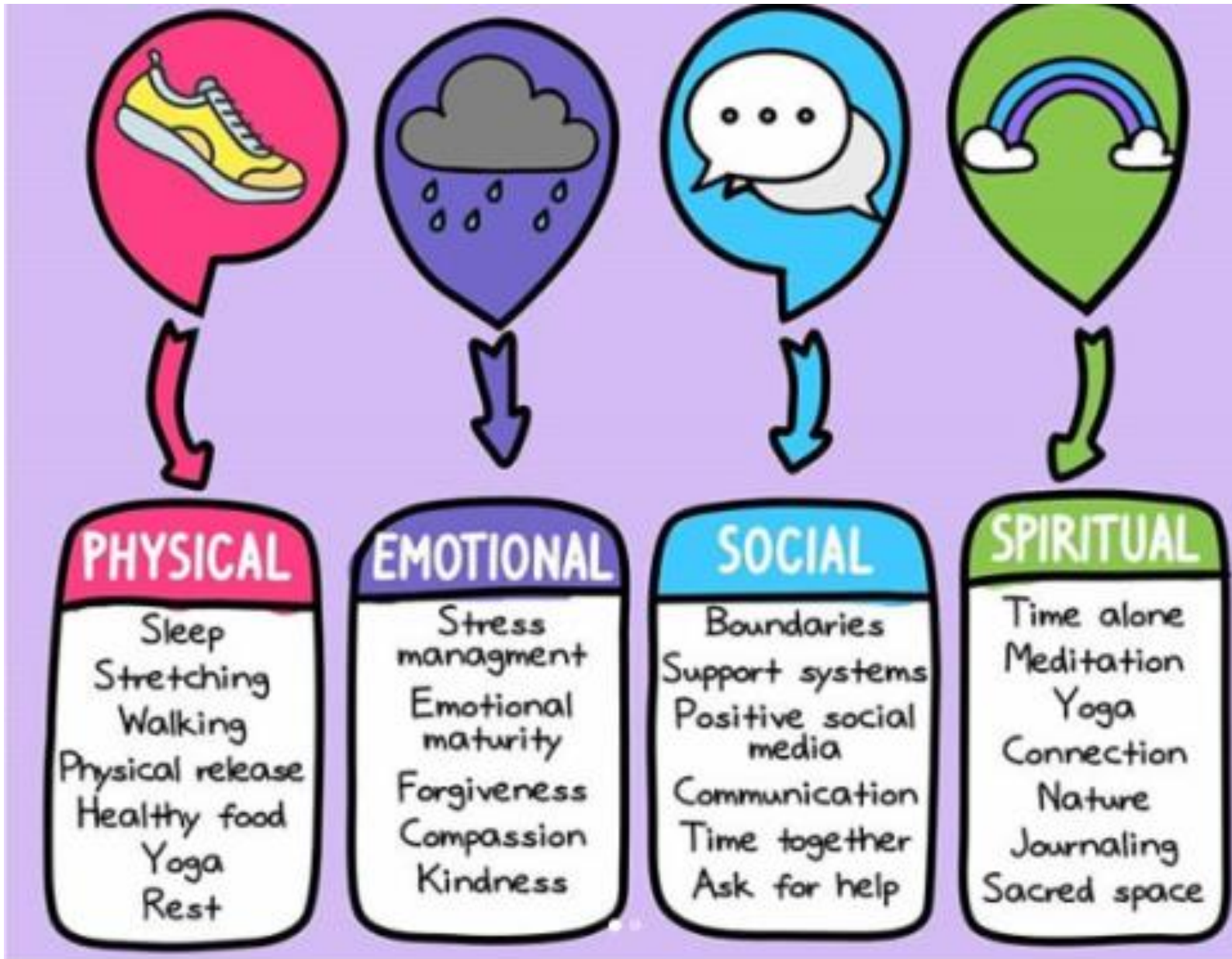
FINANCIAL



WORK



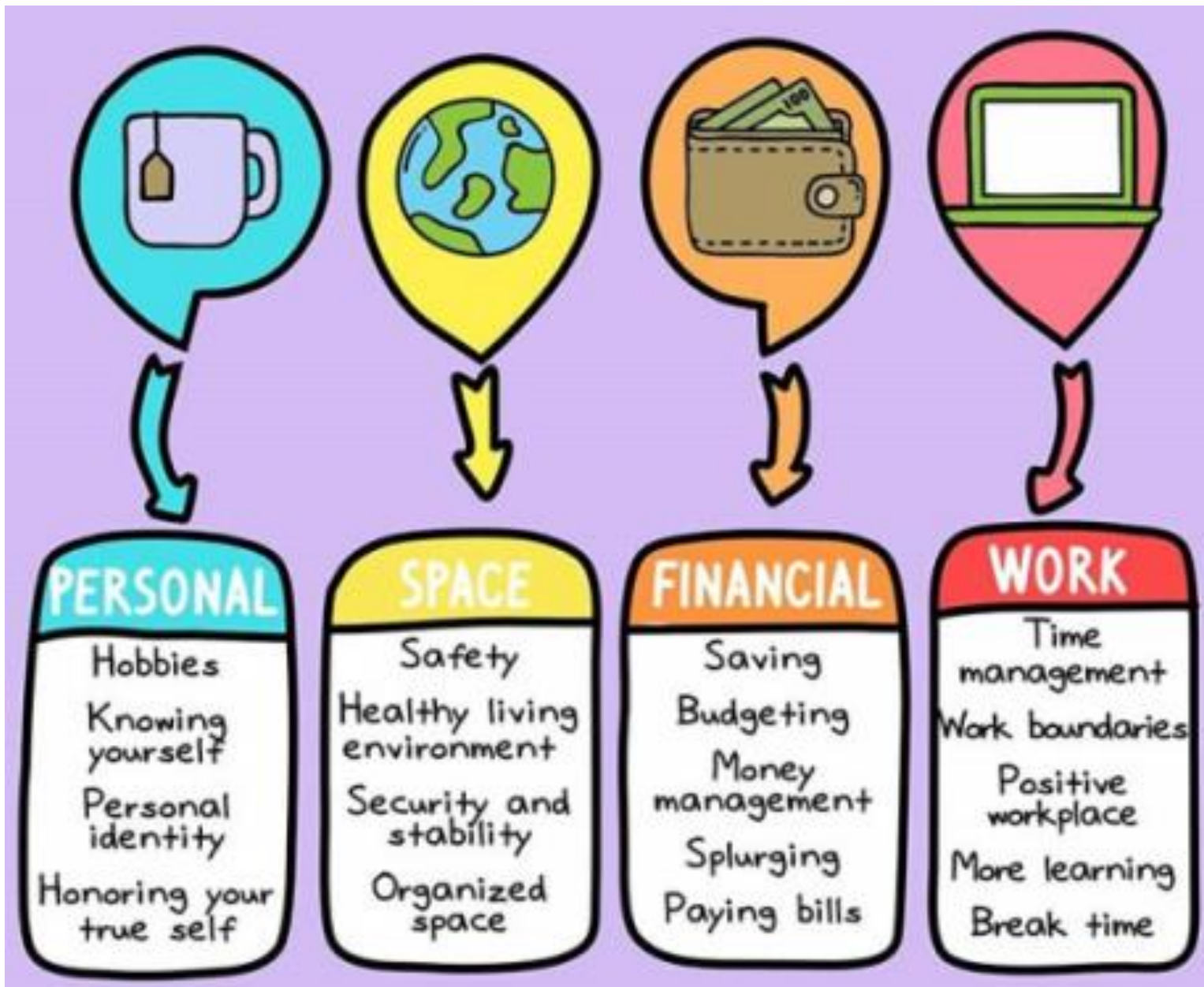




**WRITE ONE DOWN  
THAT YOU CAN  
START TODAY.**

How are you  
going to make it  
manageable?

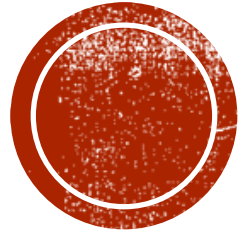




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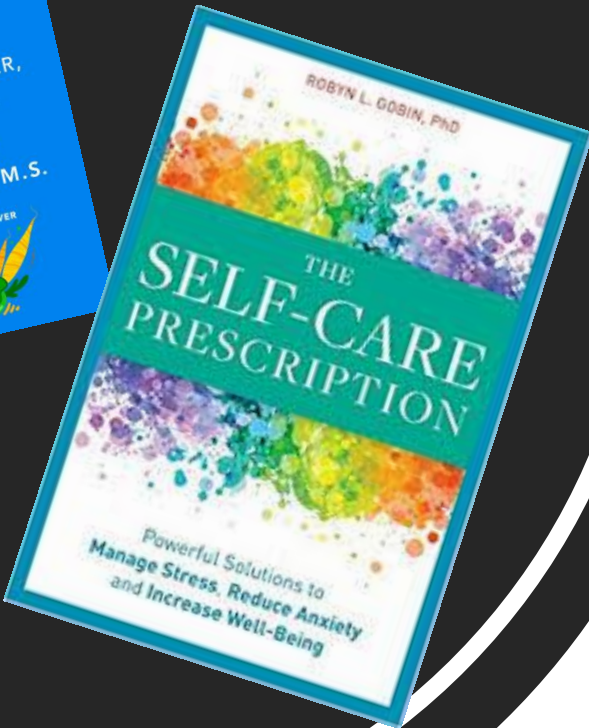
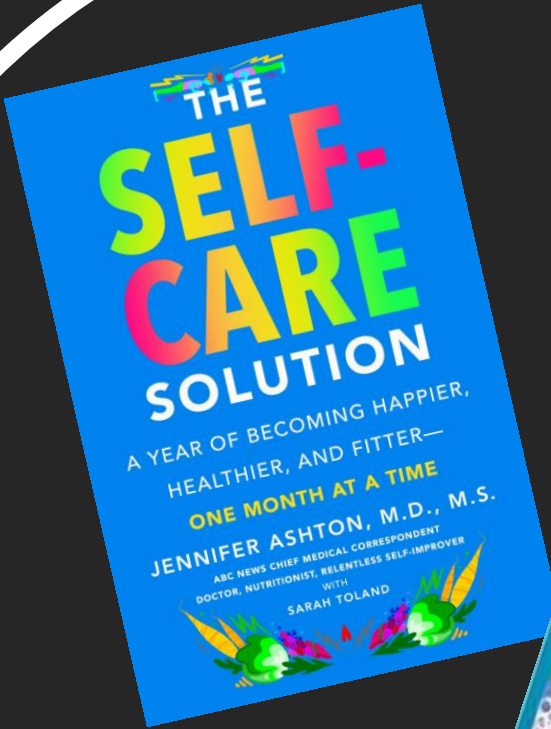


# **“LITTLE BITES OF BRAVERY”**

**- LADY GAGA**



audible 



**LISTEN ON A WALK**

**PODCAST THAT SPEAKS TO YOU**

**APPS: CALM, HEADSPACE**





Check Engine on AGAIN

**THINK OF YOURSELF  
AS A CAR.**

**YOU CAN ONLY GO SO  
FAR BEFORE YOU NEED  
MAINTENANCE OR  
EVEN BREAKDOWN.**



IT'S ALL ABOUT  
**YOU...**





**DON'T WORRY  
IF YOU DON'T  
GET IT RIGHT  
TODAY, YOU  
ALWAYS HAVE  
TOMORROW.**





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**THANK YOU**

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Dissertation link: [A Mixed-Methods Study: Self-Efficacy and Barriers to Participation in Workplace Wellness Programs](#)

