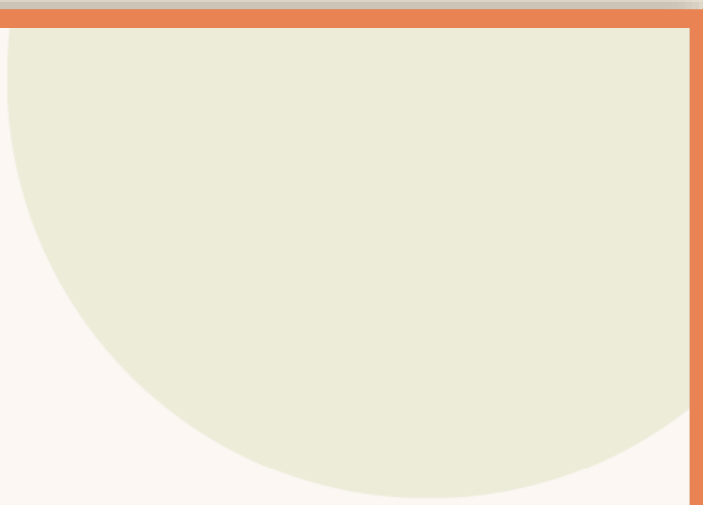





2024 HOUSING EDUCATION SYMPOSIUM

CHATTANOOGA, TENNESSEE



NURTURING RESILIENCY: A GUIDE TO SELF-CARE JOURNAL

*The most powerful
relationship you will ever
have is the relationship with
yourself.”
- Steve Maraboli*



Tennessee Housing
Development Agency



NURTURING RESILIENCY SELF-CARE FOR HOUSING COUNSELORS

Welcome and Introduction



**Self Care is giving the world
the best of you, instead of
what's left of you.**

Katie Reed



Understanding the Need for Self-Care

Protect your Professional Performance

Protect Your Relationships

**Protect Your Physical, Emotional, and
Mental Health**



SELF-CARE REMINDERS

Don't compare yourself to others

Growing your positive vibe things

Do an activity you love

Find a place that makes you happy

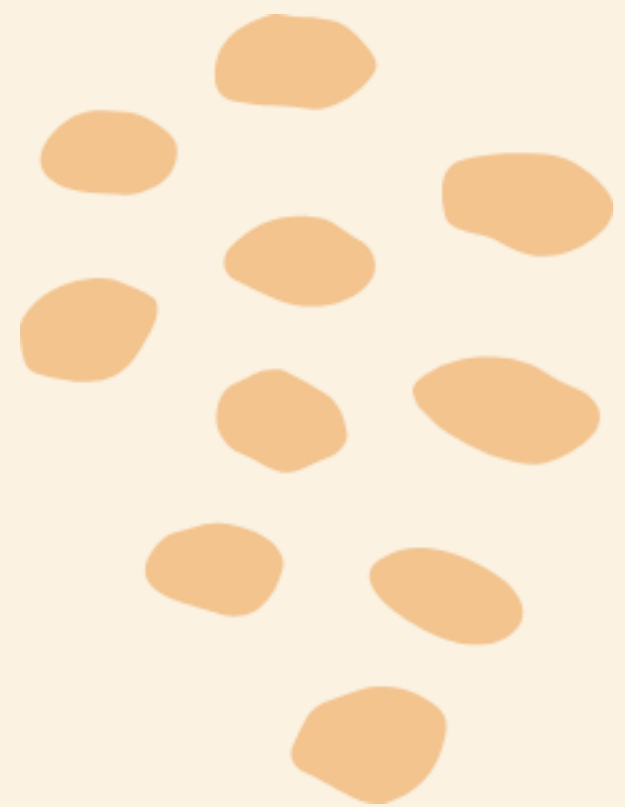
Clean your room and environment

Don't forget to take time to relax



LET'S BEGIN WITH YOUR SELF-CARE TREE

*What Do You
Love And Admire
About Yourself?*

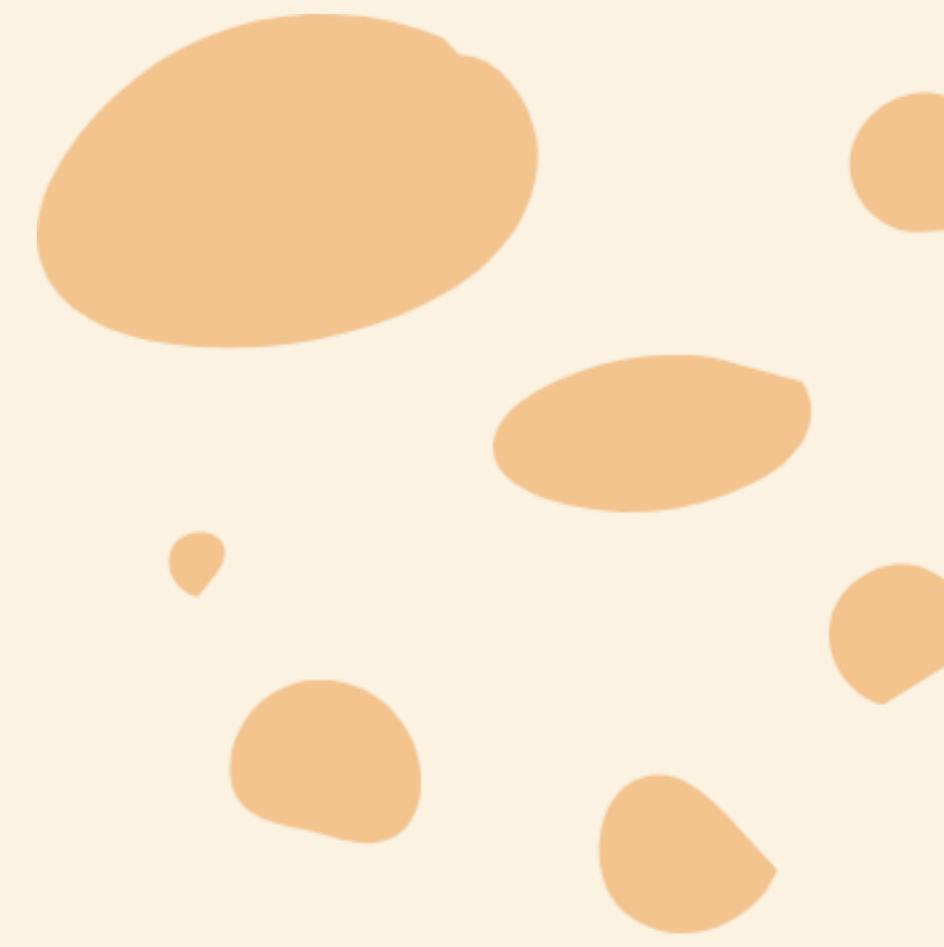


KEY CONCEPTS

Physical

Emotional

Mental





Let's Get Physical

✓ **Exercise**

✓ **Eat Healthy Foods**

✓ **Sleep**

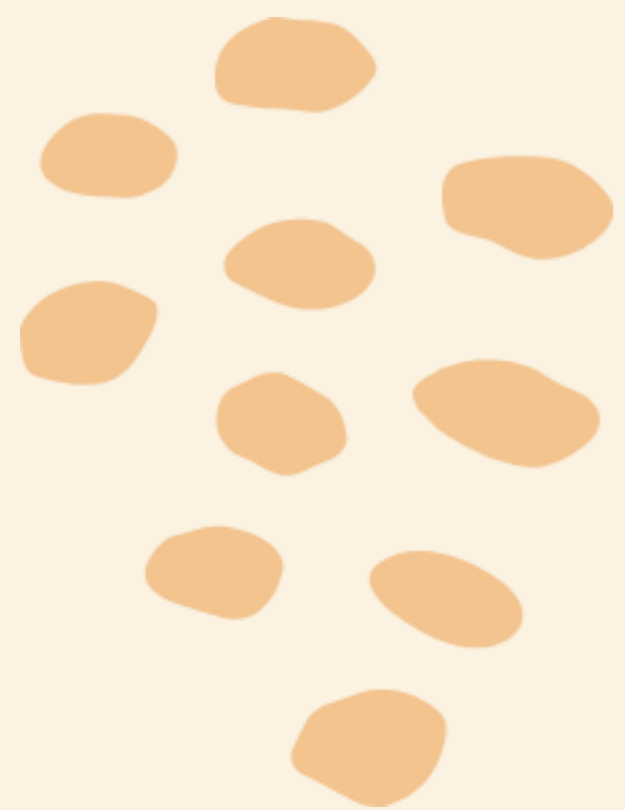


✓ **Connect with Nature**




All The Emotional Feels

- ✓ **Spiritual**
- ✓ **Intellectual**
- ✓ **Social and Relational**
- ✓ **Financial Safety & Security**





Being Mental

- ✓ **Self-Compassion**
 - ✓ **Mindfulness**
 - ✓ **Meditation**
 - ✓ **Journaling**
 - ✓ **Establishing Routines**
- 
- 

SELF-CARE QUIZ



*So, How Am I
Doing These
Days?*

TAKE THIS EASY QUIZ TO UNDERSTAND THE ASPECTS
OF YOURSELF THAT WILL HELP YOU ON YOUR SELF-CARE JOURNEY

	YES	NO
I am up-to-date with my health check-ups	<input type="checkbox"/>	<input type="checkbox"/>
I eat healthy and nutritious foods	<input type="checkbox"/>	<input type="checkbox"/>
I get 7-8 hours sleep each night	<input type="checkbox"/>	<input type="checkbox"/>
I am able to speak up when necessary	<input type="checkbox"/>	<input type="checkbox"/>
I am able to set boundaries and say "no"	<input type="checkbox"/>	<input type="checkbox"/>
I have forgiven myself for past mistakes	<input type="checkbox"/>	<input type="checkbox"/>
I have things I am looking forward to in my life	<input type="checkbox"/>	<input type="checkbox"/>
I know what I am passionate about	<input type="checkbox"/>	<input type="checkbox"/>
I have a good work-life balance	<input type="checkbox"/>	<input type="checkbox"/>
I am happy with my physical fitness routine	<input type="checkbox"/>	<input type="checkbox"/>





PRACTICAL STRATEGIES FOR HOUSING COUNSELORS

Work-life Balance: Boundaries And Time Management

Mindfulness And Relaxation: Breathing Mindfully

Support Networks: Give External Accountability



Professional Development And Learning: You Are Here





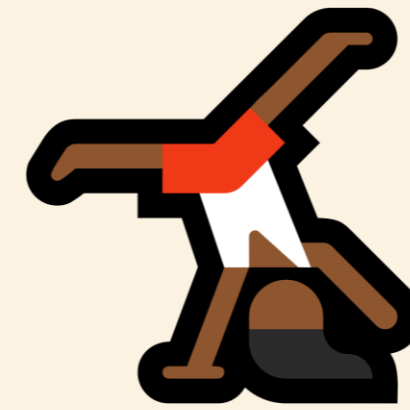
*Easy In Theory Yet,
It Can Take A Little Practice*



GET PHYSICAL & MENTAL



Make Yourself A Healthy Snack



Stretch Your Body



Get Outside For A Walk Or Run



Meditate Or Pray



Write What You Are Grateful For



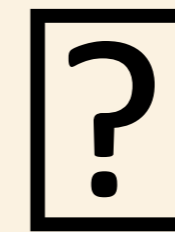
GET CREATIVE



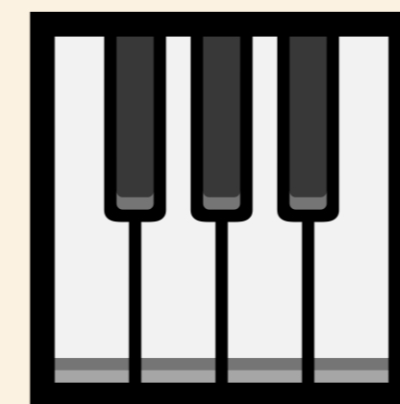
Compose or Draw



Paint Or Sketch



Plant Something



Pick Up A New Hobby



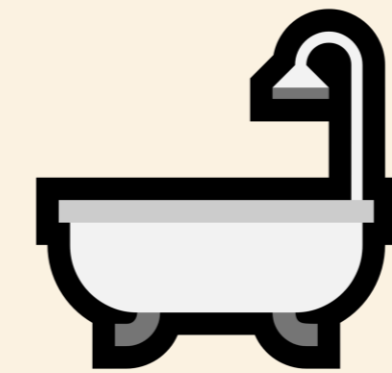
Take Photos Of Things You Love



REST & RELAX



Listen To Music And Do Nothing Else



Take A Long Bath



Take A Nap



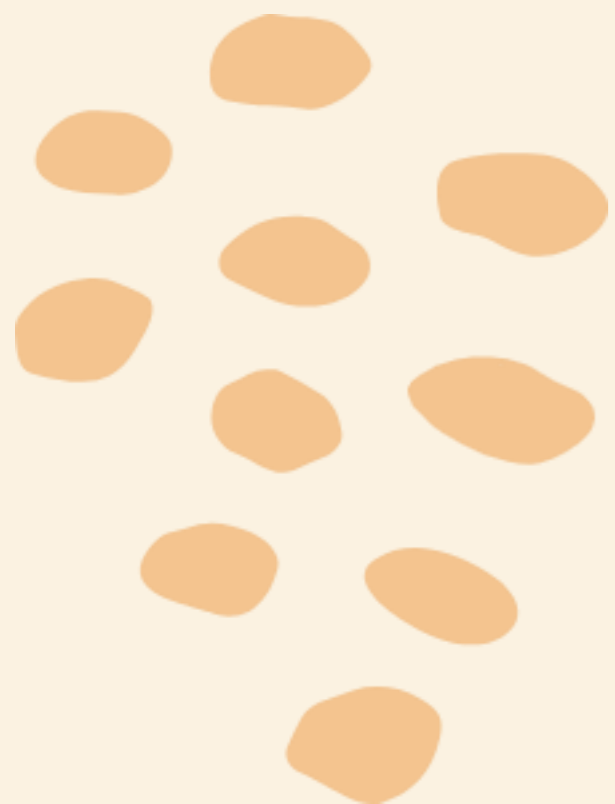
Watch A Favorite Movie Or Show



Read A Book Or Magazine



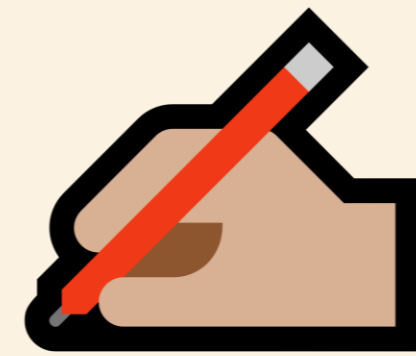
Sit In Solitude And Do Nothing



COMMUNICATE



Reach Out To A Friend



Write A Letter To A Loved One



Meet A Friend For Coffee



Have A Day Of Social Media Timeout



*Let's Take A Few Moments To Share
And Then Breathe...*



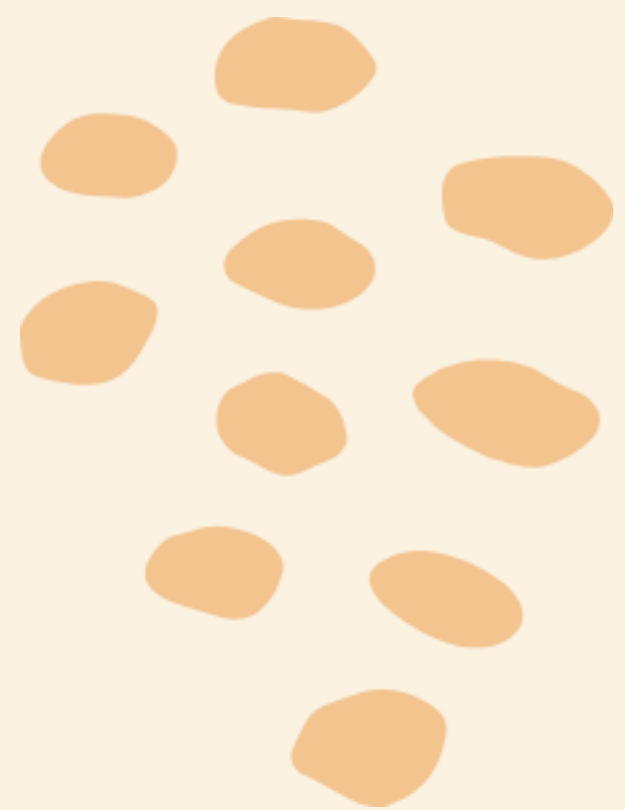


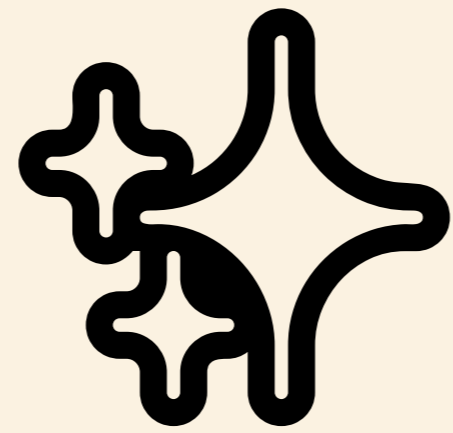
<input type="checkbox"/> Stretch all your muscles	<input type="checkbox"/> Drink more water	<input type="checkbox"/> Go for a walk in nature	<input type="checkbox"/> Eat your favorite treat	<input type="checkbox"/> Go to bed early
<input type="checkbox"/> Listen to favorite song	<input type="checkbox"/> Eat vegetarian meals	<input type="checkbox"/> Take a nice bubble bath	<input type="checkbox"/> Cook your favorite meal	<input type="checkbox"/> Practice yoga
<input type="checkbox"/> Go on a solo date	<input type="checkbox"/> Journaling	<input type="checkbox"/> Give yourself a facial	<input type="checkbox"/> Practice gratitude	<input type="checkbox"/> Try a DIY Project
<input type="checkbox"/> Watch the sunrise	<input type="checkbox"/> Read a book	<input type="checkbox"/> Explore a new city	<input type="checkbox"/> Watch your favorite movie	<input type="checkbox"/> Give yourself a manicure
<input type="checkbox"/> Get some sunlight	<input type="checkbox"/> Start a new hobby	<input type="checkbox"/> Write out your goals	<input type="checkbox"/> Organize your closet	<input type="checkbox"/> Watch the sunset
<input type="checkbox"/> Give yourself a break	<input type="checkbox"/> Learn a new skill	<input type="checkbox"/> Create your ideal future	<input type="checkbox"/> Surround yourself with positivity	<input type="checkbox"/> Drink plenty of water

**Let's Begin Your
Goal Setting
Journey and
Practice By
Committing To
One or More 30-
Day Goals.**

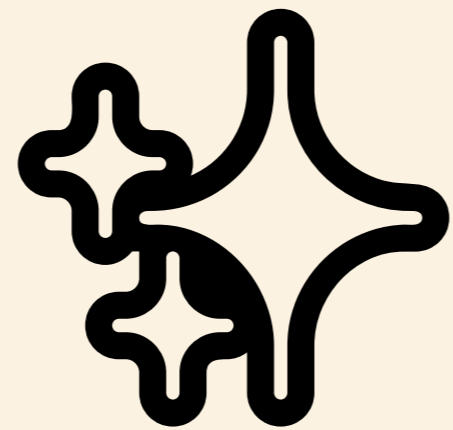


RESOURCES AND TOOLS

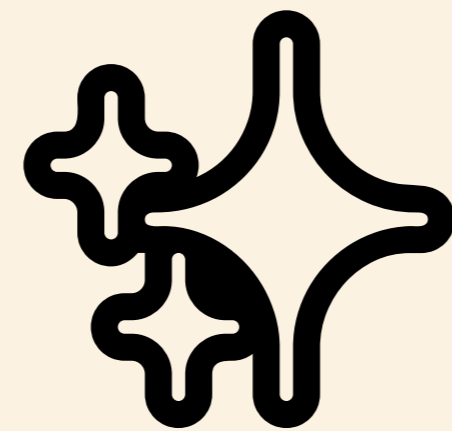




Questions?



Thank You!



Congratulations!

