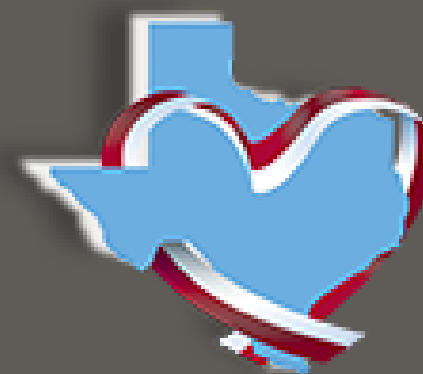




A WELL CARED FOR HUMAN

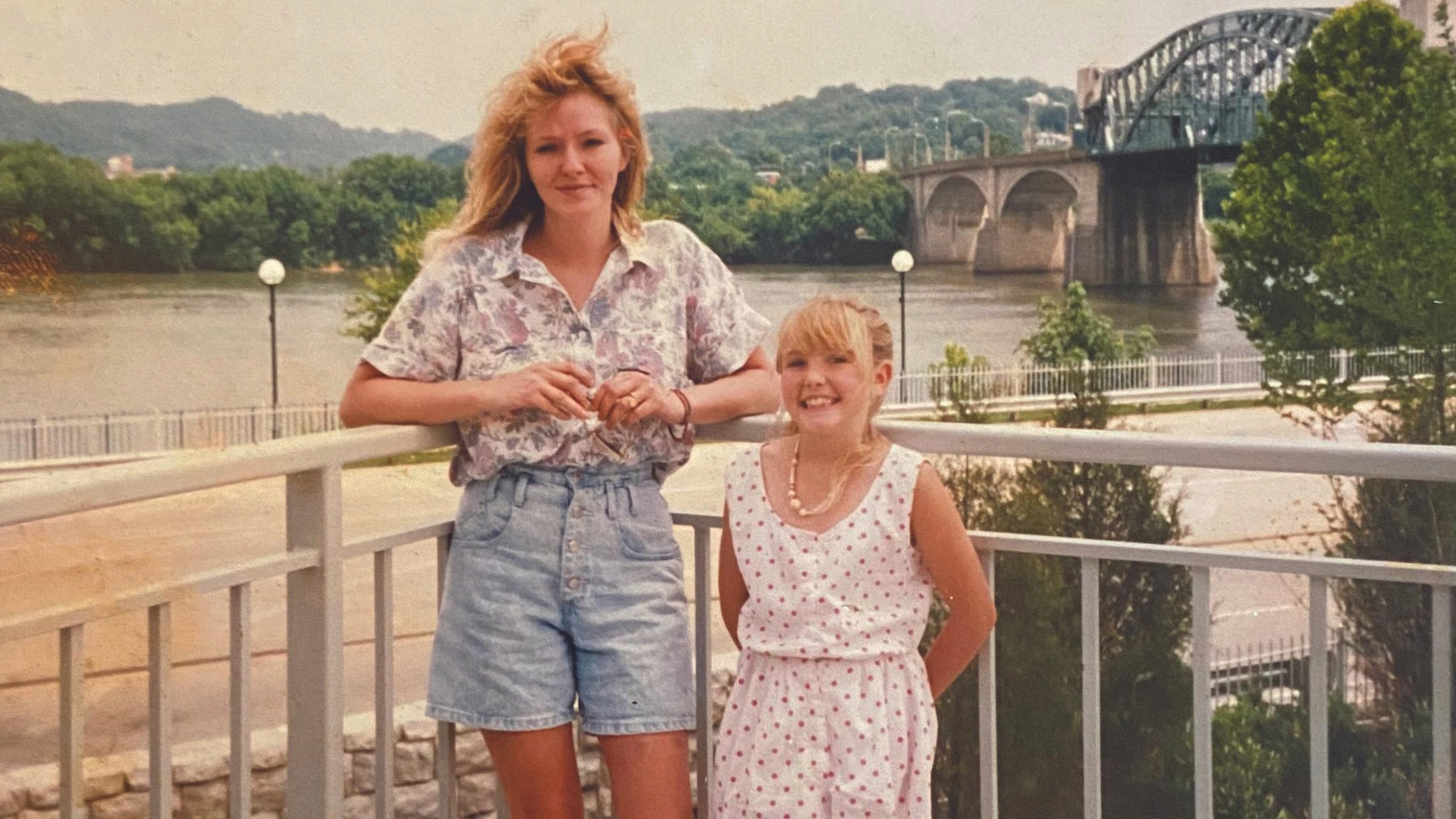
Helping the Helpers

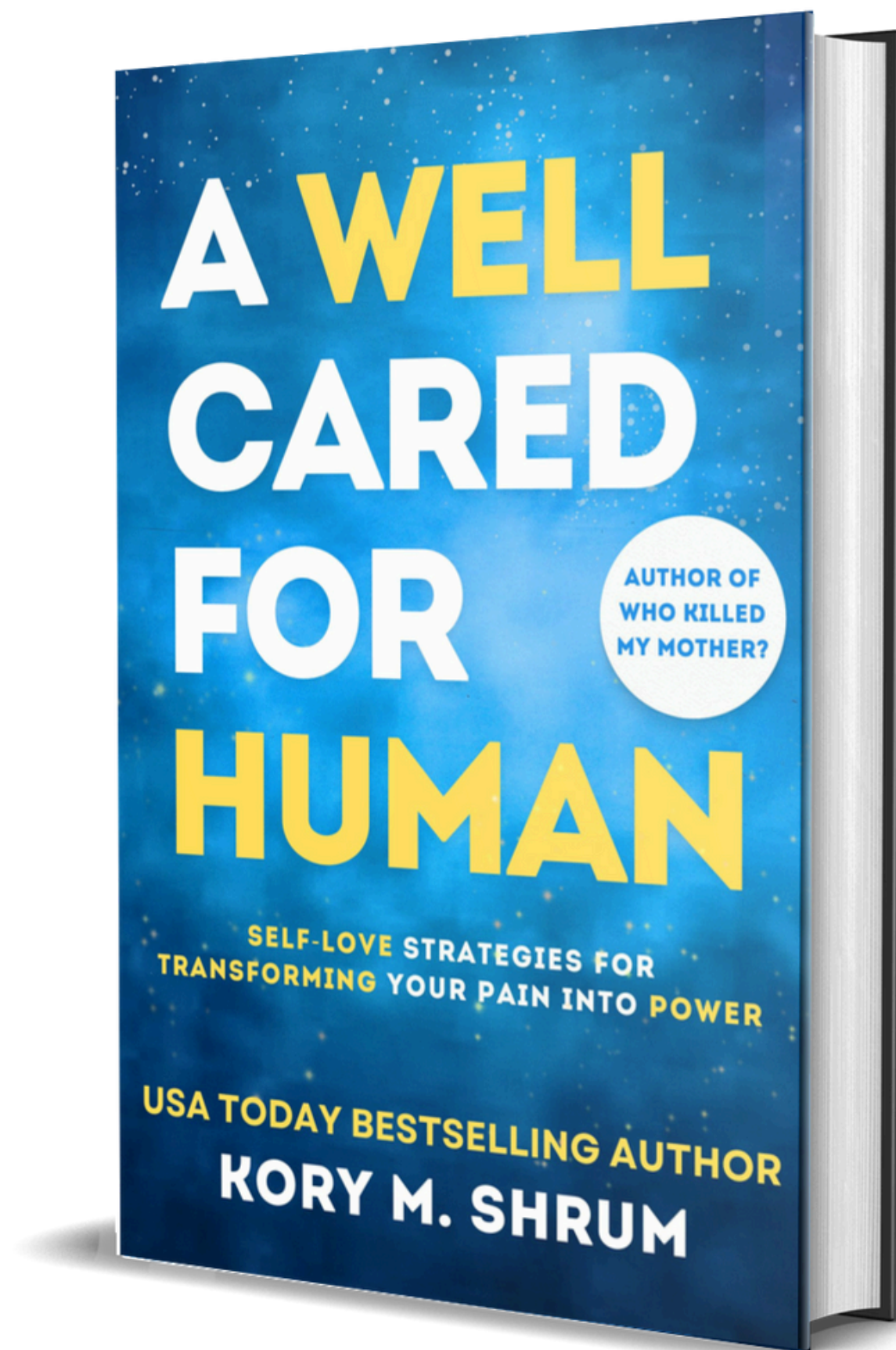
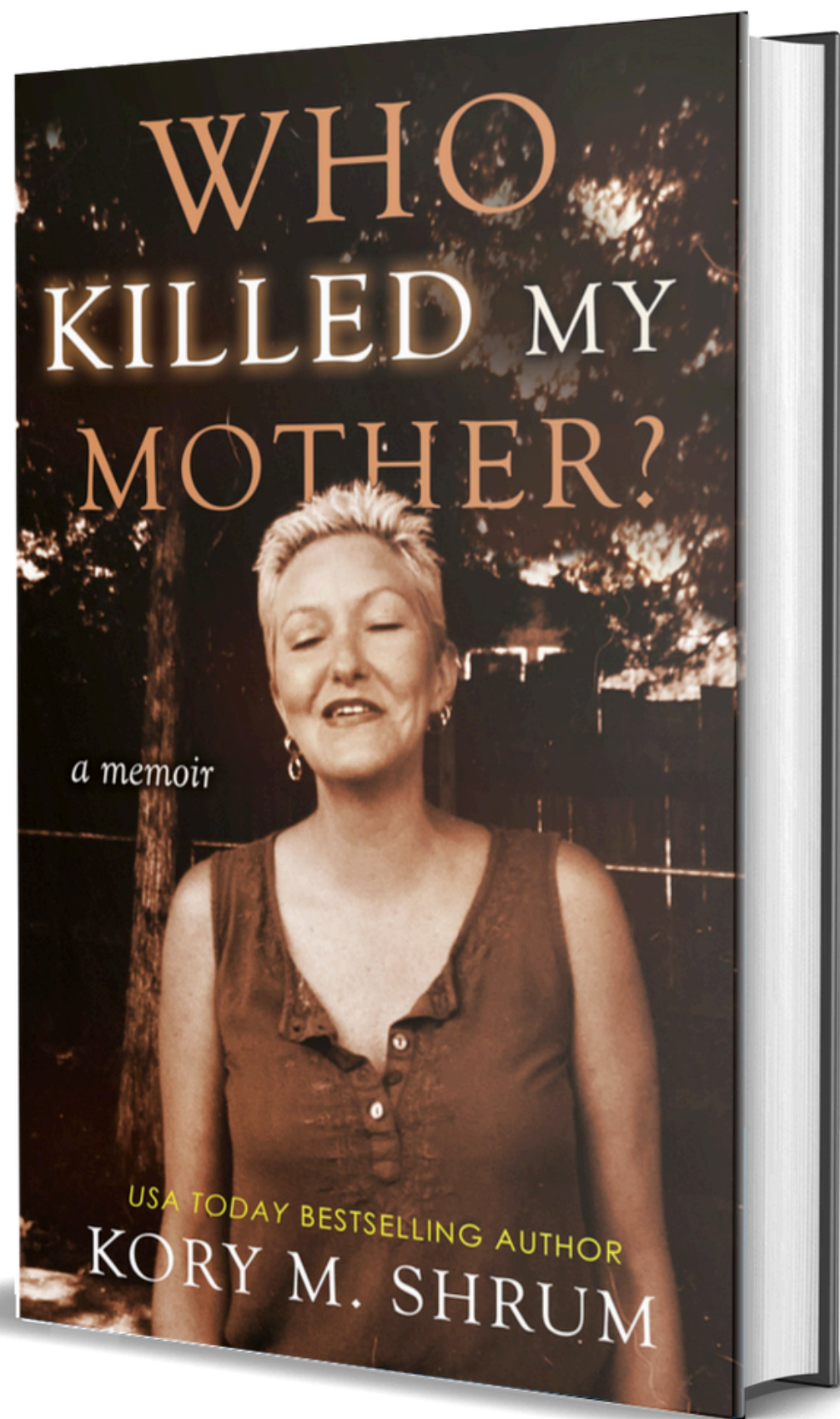
CODE: 5002



Texas Council
of Community Centers







To be well is to have a healthy
relationship with yourself.

@koryshrum



The degree to which you
manage your fears, is the
degree to which you will
experience success.

@koryshrum

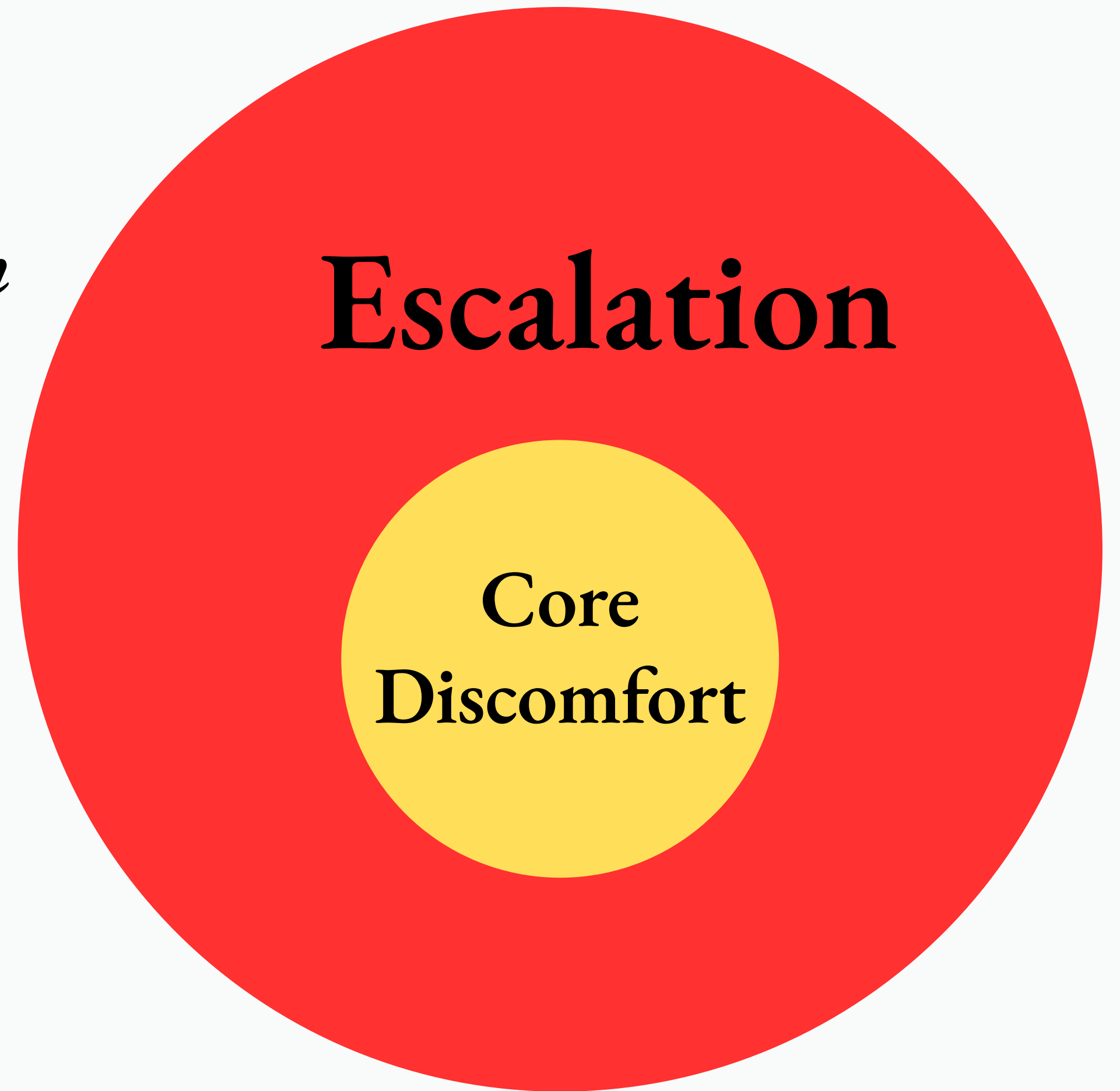


The triumph you seek
is on the other side
of your fear.

@koryshrum



From Chapter 7
of *A Well Cared For Human*



Working with Fear Playlist

www.awellcaredforhuman.com/conference





Habits

- Fear, Obligation, Guilt
- Negativity / Negative self-talk
- Self-blame
- Overworking
- Deprioritizing yourself
- Worry

Self-care isn't only what we do
for ourselves. It's also what we
stop doing *to* ourselves.

@koryshrum



No Time Self-Care

- Boundaries (say no, inner, relational)
- Simplification (declutter life, schedule)
- Self-Talk (address negativity, habits)
- Awareness / Mindfulness
- Gratitude

Watch your **thoughts**, for they **become words**;
watch your **words**, they **become actions**; watch
your **actions**, they **become habits**; watch your
habits, they **become character**; watch your
character, for it **becomes your destiny**.”

- Lao Tzu

Ask yourself:
What do you wish you
believed today?

Make that your tomorrow.

The Four Pillars of Wellbeing



Body

**Mind &
Emotions**

Spirit

Connection



Connection

- Honesty
- Trust
- Respect
- Open Communication

You *are* strong enough to be soft-
hearted in a hard world.

@koryshrum



A Relationship Worth Building

- Invest in your four pillars
- Triumph over your fears
- Align your thoughts, speech, actions
- Balance your heart
- Trust your strength

Whatever you're looking for,
you will find in your
relationship with yourself.

@koryshrum



Please take the survey!

Scan this QR code



Or go to

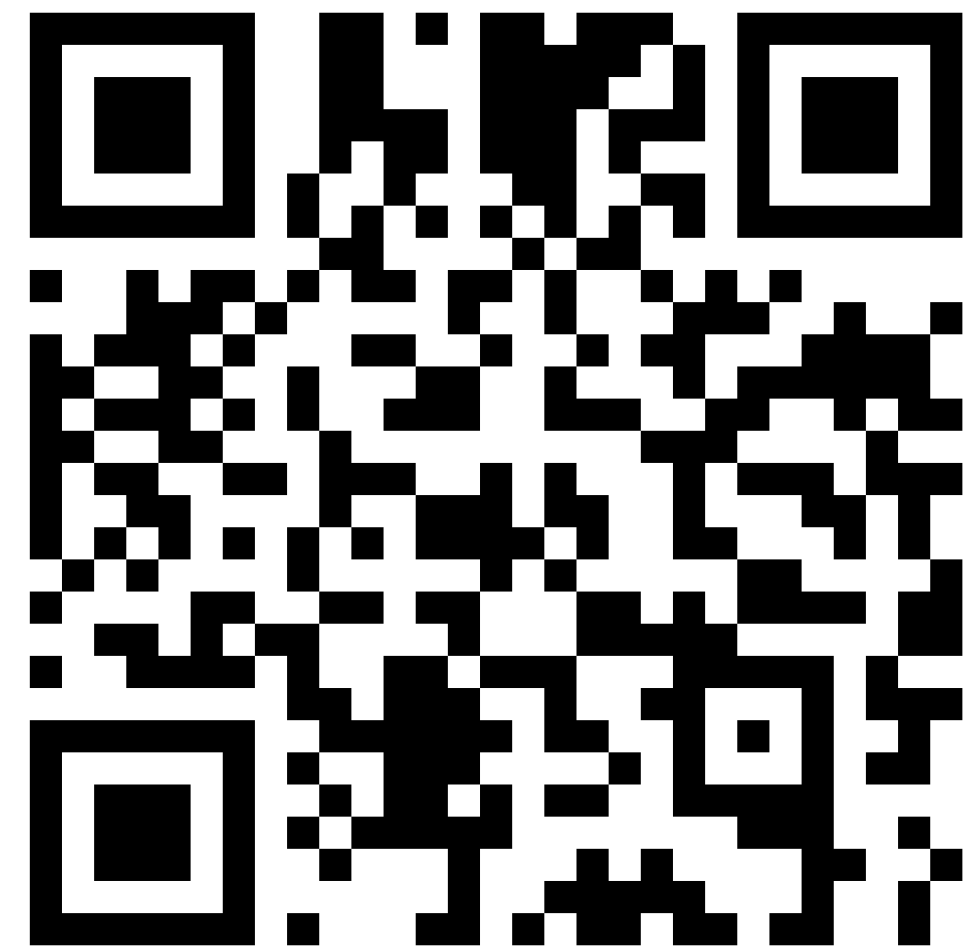
<https://talk.ac/kory>

and enter this code when prompted

TCC



Please take the survey!



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