Self-Care 101

To live a holistically healthy life, self-care is necessary. Since we are all different and have different needs, it's important to reflect on what self-care looks like and feels like for you. This workshop explores the topic of self-care, and its importance to our health and wellness. We also discuss some ideas for figuring out what self-care practices work best for you as well as resources across campus that can support your self-care.

After viewing this webinar, participants will be able to:

- Define self-care- What it is and what it is not
- Explore what self-care means to you
- Understand the resources available and how they can support self-care and multidimensional wellness
About the Presenter:
Marissa C. Knox has a Master's in Program Evaluation and is a PhD candidate in Educational Psychology at the University of Texas at Austin studying self-compassion, mindfulness, and body image. She has worked on research projects teaching self-compassion to healthcare professionals, teachers, and parents of children with chronic and complex illness to reduce stress and improve coping skills. Marissa is passionate about the importance of emotional resilience, and she believes that revolutionary social change begins with the relationship we have with ourselves. She shares about self-compassion through teaching, facilitation, and curriculum development that supports multi-dimensional wellbeing.

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