



Building your
restorative toolkit:
Creating and
maintaining a
sustainable self-care
practice

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(will be using poll everywhere)



Session Overview





Opening Mindfulness Practice

Common Signs of Stress

- Dizziness or a general feeling of "being out of it."
- General aches and pains.
- Grinding teeth, clenched jaw.
- Headaches.
- Indigestion or acid reflux symptoms.
- Increase in or loss of appetite.
- Muscle tension in neck, face or shoulders.
- Problems sleeping
- Tired/exhausted
- Irritable
- Agitated
- Sad
- Anxious
- ***Feeling burnt out***

Why Self-Care?

Personal Life

Work

Current/National
/International
Events

Your current relationship with self-care

What does self-care mean to you?

What barriers come in the way of your self-care?

What types of self-care and collective care do you already have in place?

Some of my daily tools:



Daily walks
with my dog



Meditation
apps



Affirmations



Playlists



Yoga



Stress free
friendships



Gratitude

(will be using poll everywhere)

What are some acts of self-care you participate in?

To Consider:

Self-care is more than just taking a walk or taking a long bath.

Self-care is one of the pillars of self-love

**We are hardwired to connect
with others, it's what gives
purpose and meaning to our lives,
and without it there is suffering.**

Brené Brown

 quote fancy

We need Community Care

Community care is extremely important to any practice of self-care

- What is it? How do we participate in it?

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