

Dr.
Marcie

*Self Care
for
Providers*



What did it take to get here today?

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HANDS ON HEART

BREATH



We need to take care of ourselves to:

recharge,

refill,

rest,

so we can keep going

We are worthy of the same love we give others

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WHY?



3 PRACTICES

SEE WHAT'S RIGHT FOR YOU



EXPERIENTIAL

**WANT YOU TO BE IN YOUR
EXPERIENCE**

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MOVING MEDITATION



**GET COMFORTABLE BEING
UNCOMFORTABLE**

WHAT MIGHT YOU FEEL?



ACTIVE LISTENING

Active Listening in Pairs

- Person A has 3 minutes to share something that is hard for them right now?
- Person B LISTENS. Using only nonverbal communication, no words as you listen
- At the end of 3 minutes, Person B says 'Thank you for sharing'
- We will then switch roles



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STILLNESS



Peaceful Scenes



NO RIGHT WAY

**PERFECTION IN THE
PRACTICE**



INTEGRATE INTO YOUR LIFE

**TREAT IT AS AN
ACTION OR GOAL**



HOW WILL YOU BE?

HEART COHERENCE

MOVING MEDITATION

ACTIVE LISTENING

STILLNESS



FOR HOW LONG?

3 MINUTES

10 MINUTES

20 MINUTES



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WHEN WILL YOU BE?

WHEN YOU FIRST WAKE UP?

AFTER TO DROP THE KIDS AT SCHOOL?

AFTER WORK?

BEFORE BEDTIME?



WHAT IS YOUR GOAL FOR BEING?

2X WEEK

4X WEEK

6X WEEK

1 WEEK

2 WEEKS

1 MONTH



WHO WILL BE WITH YOU?

YOUR PARTNER?

YOUR DEAR FRIEND?

YOUR COLLEAGUE?

YOUR CHILDREN?



**CELEBRATE
YOUR
SUCCESSFUL MOMENTS**

PERMISSION SLIP

I give myself permission to BE each and everyday.

*I will integrate moments of BEING into my life with kindness
and compassion. I am worthy of this time.*

I know that BEING more, will allow me to BE MORE!

Signed: _____

Date: _____

Witnessed by Dr. Marcie



**BEST
DAY
EVER!!!**

info@behaviorandbeyond.net
DrMarcie.com



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I AM AMAZING!



RESEARCH REFERENCES

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