

Choose You First

UNAPOLOGETIC SELF CARE

Do you feel like you're constantly struggling to find time for yourself amidst the demands of everyday life? Do you often put the needs of others above your own?

It's time to make a change.

Those who work in caring professions are often encouraged to prioritize care for others over themselves, even though they are especially susceptible to the negative consequences of this practice. This depletion of inner resources eventually leads to burnout, mental exhaustion, low self-esteem, perceived loss of self and other systemic issues. Many of these symptoms can be remedied by prioritizing themselves first, thus ensuring they have the reserves to feel their best and pour into others.

In this empowering course, learn the true meaning of self-care: the ability to effectively manage care for oneself through awareness, self-control, and self-reliance to achieve, maintain, and promote optimal health and well-being. Participants will learn to redefine their self-care practices, recognize how to establish healthy boundaries and devise actionable strategies for self-care that allow them to show up as their Best Self in everyday life.



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LEARNING OBJECTIVES:

- Demonstrate an understanding of self-care practices and the significance of prioritizing oneself
- Recognize how to establish healthy boundaries
- Develop strategies to live a Self-first life every day

Suggested Audience:

All Dental Professionals

Suggested Format:

Partial Day;
Lecture, Workshop, Keynote

