Start With You: The Importance of Self-Care

Laura Armstrong, Policy & Field Relations Assoc, Coalition for Juvenile Justice

Gabriella Nixdorf, Project & Administrative Assistant, Coalition for Juvenile Justice

Dr. Shameka Stanford, Assistant Professor, Howard University
Mindfulness Exercise #1

Putting Your Selfcare First
Link: https://youtu.be/SEfs5TJZ6Nk
Ambivert Personality Continuum Scale

Introvert

With 25% Introvert functions.

With 50% Introvert functions.

Ambivert

With 25% Extrovert functions. With 50% Extrovert functions.

Extrovert

Introvert vs. Extrovert Quick Quiz

LonerWolf.com
Self Preservation or Selfish?

“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.”

Audre Lorde
Balling on a Budget

Gabriella Nixdorf, Project & Administrative Assistant, Coalition for Juvenile Justice
Daily Routines

Laura Armstrong, Policy & Field Relations Assoc, Coalition for Juvenile Justice
Exercise

Dr. Shameka Stanford, Assistant Professor, Howard University
My Self-Care

“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.”

Audre Lorde
Reflection
Mindfulness Wrap-Up Session

Link: https://youtu.be/dEzbdLn2bJc