



NOURISH TO FLOURISH: SELF-CARE & RECOGNITION FOR SOCIAL WORKERS

The Nourish to Flourish Project is a collaborative effort of the Center for the Study & Promotion of Communities, Families, & Children, FSU College of Social Work, & the National Association of Social Workers-Florida Chapter (NASW-FL) to provide recognition, appreciation, & support to the social work profession.

WHAT: Engage in practicing self-care habits with guest presenters

WHEN: Every Monday & Wednesday at 10:30 AM for 5-weeks

WHERE:

- FSU College of Social Work online platforms: Facebook & YouTube
- NASW-FL online platforms

TOPICS: (1) Self-compassion, (2) Finding joy in the work, (3) Eight types of self-care: Emotional, Psychological, Professional, Spiritual, Physical, Personal, Relationships, Environmental

RESOURCES:

- Personal Self-Care Plan Template: <https://csw.fsu.edu/article/nourish-flourish-project-self-care-and-recognition-social-workers>
- Other resources presented throughout the five weeks will be made available

GUEST PRESENTERS



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Dean & Professor FSU
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Dr. Lisa Schelbe

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Dr. Leigh Taylor

Mindful Partnerships,
LLC