

SCCA's 2021 Survivorship Webinar Series

'Surviving the Tough Times: The Self-Care Guide'

presented by Crystal Murillo PhD, RN, CHSE

Presentation Highlights

- ❖ Self-care includes nourishing your body, mind, relationships, and spirit
- ❖ People nourish themselves in different ways and it's important to understand what activities, people and spaces positively feed an individual
- ❖ Keeping a list of proven self-care activities can prevent burnout and maintain well-being

80% of attendees '**Agreed**' or '**Strongly Agreed**' that because of this webinar they:

- ✓ Are better able to describe self-care
- ✓ Understand the importance of self care
- ✓ Have identified strategies to improve their own self-care
- ✓ Feel comfortable implementing self-care techniques for themselves

100% of attendees felt the presenter and presentation were '**Good**' or '**Excellent**'

