Taking the Lead

Mirror
Neurons

Regulate Yourself

Recognize...!
○ thoughts
○ feelings
○ actions

Reset

Release & Reflect

Resume ☺

Homeostasis
Heal ♡
Help
Model daily

Compassion Fatigue

↑ Stress
Concern
↓ Control

o tension
o toxicity

Compassion Fatigue

mindful
control
self-care

✦ Stretch Your spine

Self-care ≠ Selfish

Joy
calm
Happy
peace