



Self Care Station

Take a Moment for Yourself

7th Floor - Parasol 1

Open Thursday June 1, 8:00 a.m. to 8 p.m.
Friday June 2, 8:00 a.m. to 3:00 p.m.

Self-Care Station

“Self-care is never a selfish act – it is simply good stewardship of the only gift I have, the gift I was put on earth to offer to others.”

Parker Palmer



Self-Care Station

The room includes nine themes with activities for renewal:

Positive Psychology & Self-Care Wheel

Creativity & Play

Reading & Relaxation

Meditation, Mindfulness, & Spirituality

Massage

- Aromatherapy

- Sound Healing & Music

- Gratitude

- Labyrinth

Self-Care Station

You can explore the Self-Care Station freely in any way you choose. There is no particular order for enjoying the areas in the room. If you would like to receive CEU credit for participating in the Self-Care Station, please see the worksheet in the room with instructions. CEU credits are optional, and the room can be used without receiving CEU credits.



Self-Care Station: Renewal through Quiet Reading and Relaxation

There are large, comfortable chairs in the room. Poetry books, Mindfulness Magazines, and other relaxing reading are available, as well as blank sheets for journaling.



Self-Care Station: Renewal through Massage

There are a variety of self
massage tools in the Self-Care
Station. There is also information
about the physical and
emotional benefits of massage.



Self-Care Station: Renewal through Aromatherapy



s station includes essential oils of lavender, peppermint, & sweet oran
Aromatic cinnamon, cloves, cardamom, nutmeg also available.
ormation about scientific research on aromatherapy is also at this stat

Self-Care Station: Renewal through Aromatherapy

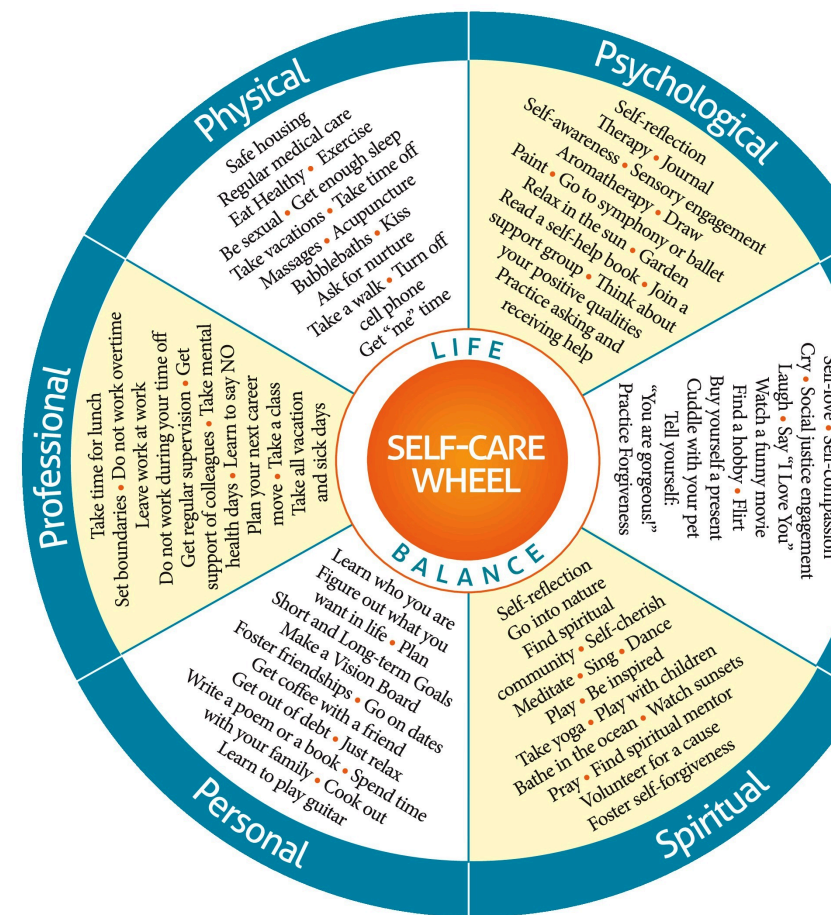
Build - Your - Own - Sachet

There are empty cotton sachet bags which you can fill with lavender buds and mint leaves and then add lavender and mint essential oils. Or you can fill a bag with cinnamon sticks and cloves and add orange essential oil. Mix and match to create your own fragrant sachet.



Self-Care Station: Positive Psychology and Self-Care Wheel

This station will include resources, practices, tools, and information regarding Positive Psychology and the Self-Care Wheel.

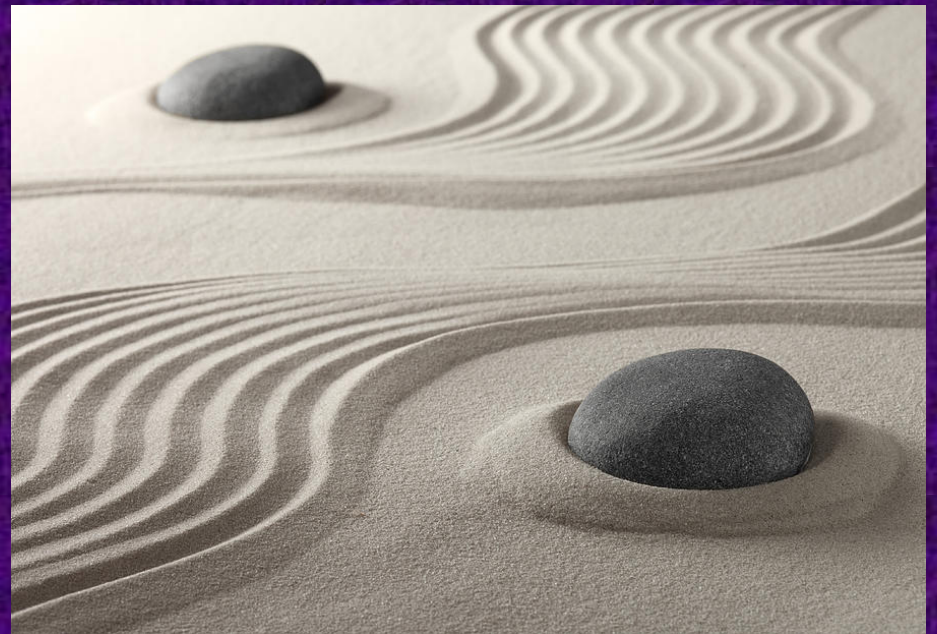


This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change. Dedicated to all trauma professionals worldwide.

www.OlgaPhoenix.com

Self-Care Station: Meditation, Mindfulness, and Spirituality

Practice mindfulness by swirling the sand in a Zen garden at this station. There are also polished gemstones that embody the beauty of nature and can help us to sense our spiritual connection to the whole.



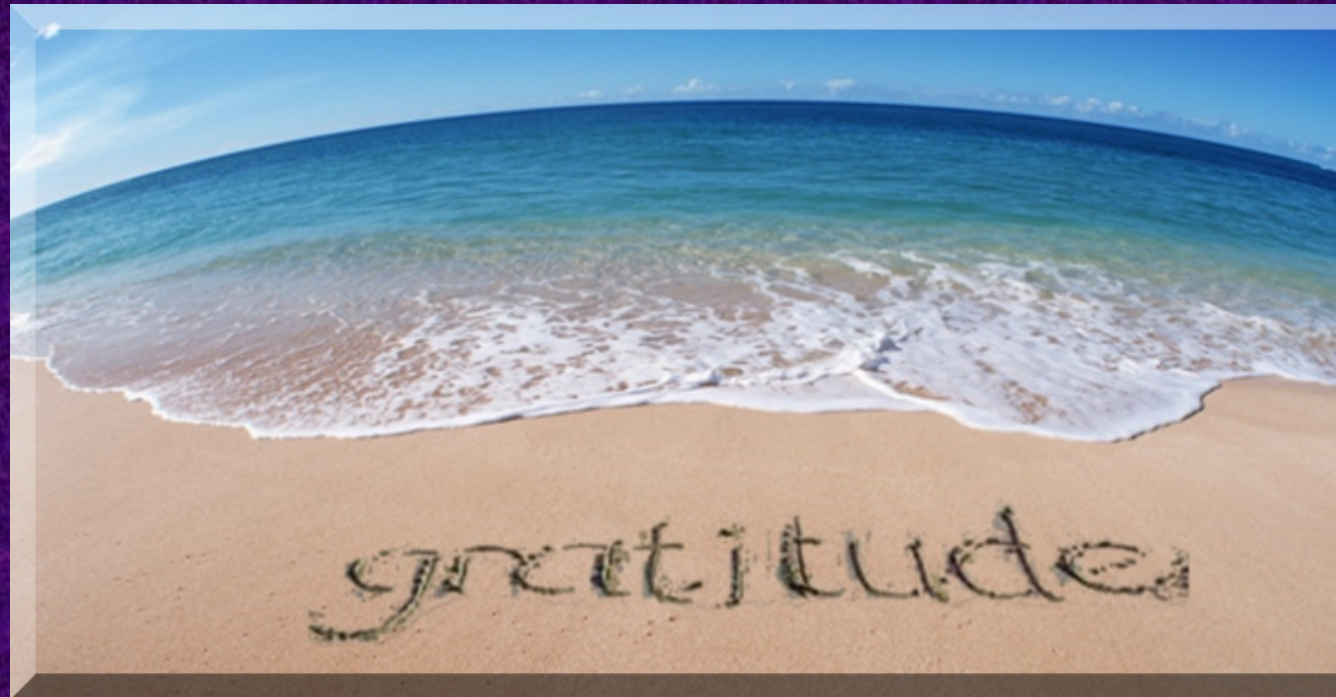
Self-Care Station: Sound Healing and Music

Music is a powerful source of rejuvenation. This station includes some unique musical instruments that are easy to play. Music will also be available to listen to with headphones.



Self-Care Station: Renewal through Gratitude

This station includes
tools for the
Hawaiian gratitude
practice of
ho'oponopono, and
other resources for
cultivating gratitude.



Self-Care Station: Creativity & Play

Creativity and play
recharge our energy.
This station includes a
trampoline, art supplies,
water beads, Play Doh,
and more.



Self-Care Station: Labyrinth



Walking the labyrinth is an ancient practice for centering.



You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire world, deserve your love and affection.

Buddha

We hope you enjoy the Self-Care Station.
Thank you for all your hard work and expertise in
helping people with mental illness.



Please let us know of any ideas for next year's Self-Care Station:
Jennie Bedsworth, LCSW Jennie.bedsworth@gmail.com
Colleen Loehr, MD colleen.loehr@dmh.mo.gov
Peggy Reed-Lohmeyer, MSW, LCSW peggy.reed-lohmeyer@dmh.mo.gov