

SELF-CARE AND NURTURING IN TROUBLED TIMES

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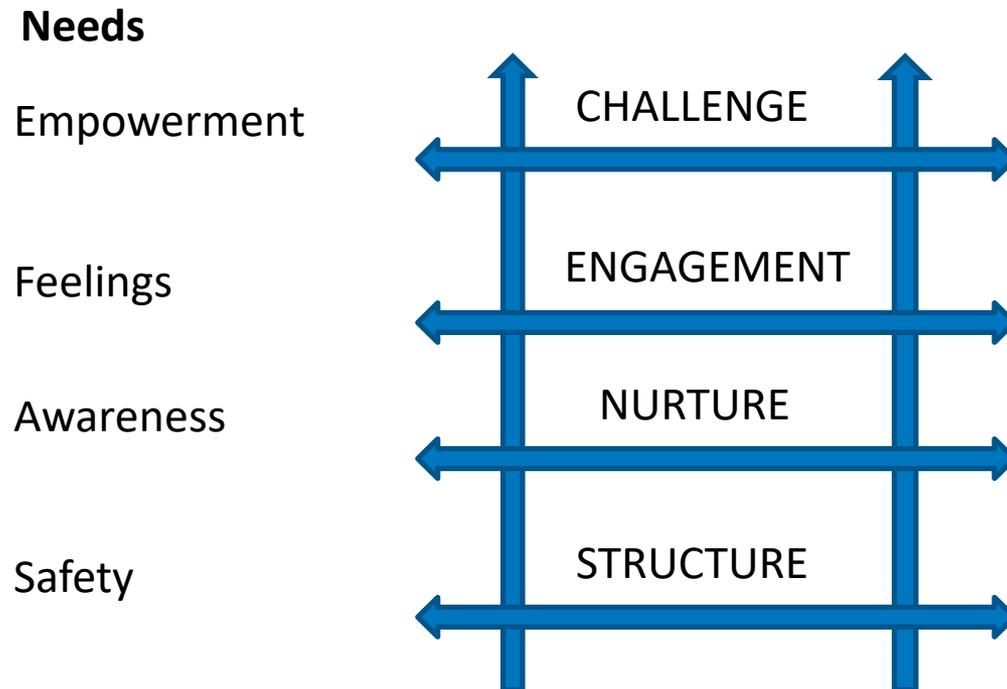
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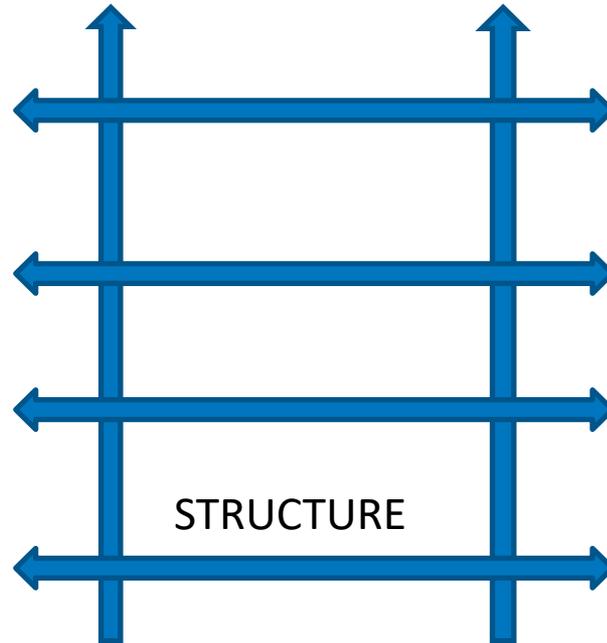
RELATIONAL CARE LADDER



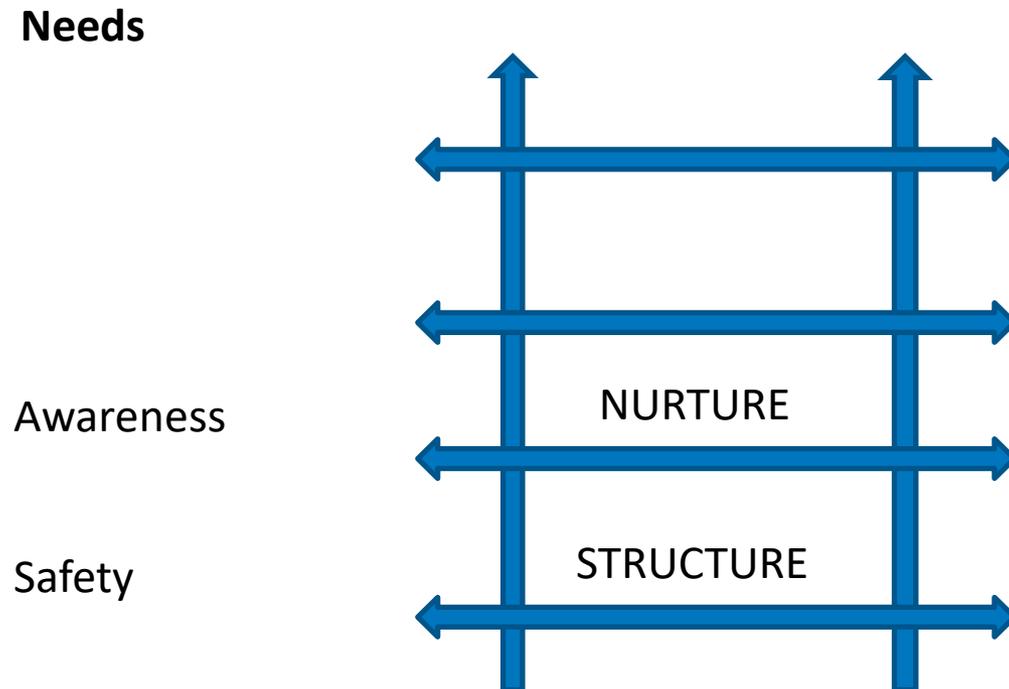
RELATIONAL CARE LADDER

Needs

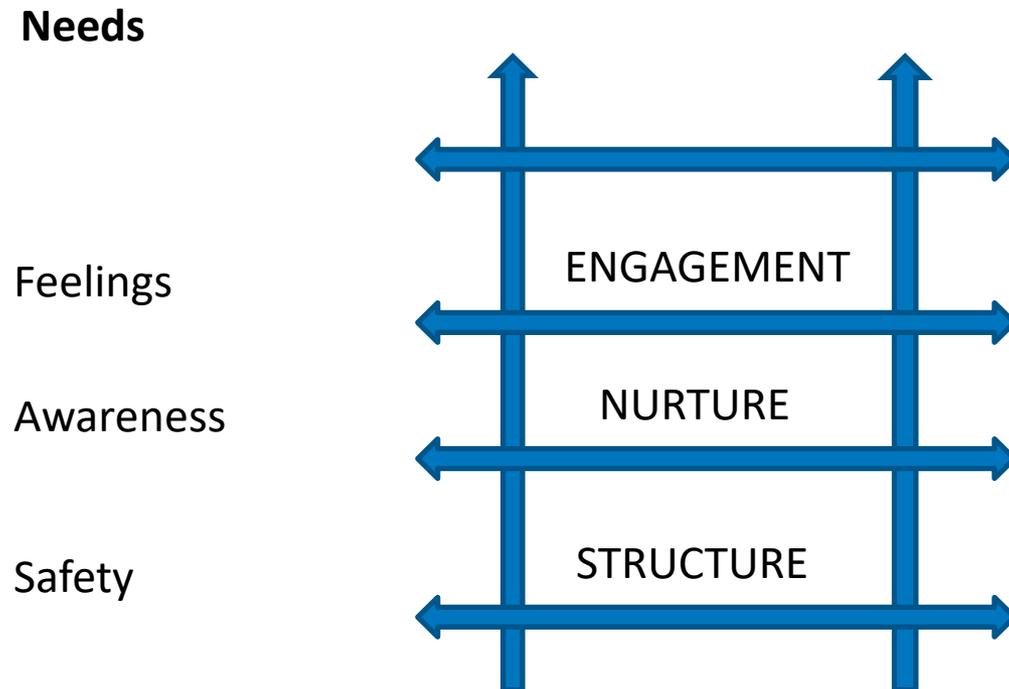
Safety



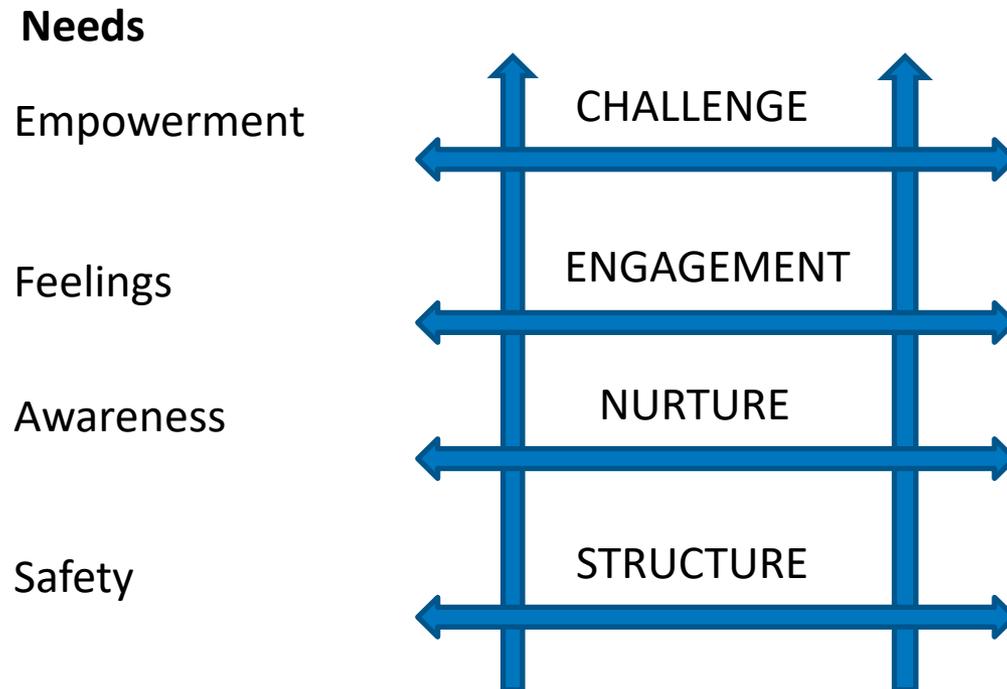
RELATIONAL CARE LADDER



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*“It seems to me the logic that determines our survival or destruction is ruthlessly simple:
Either we accept the vocation of saving the earth or we die.
We can only save what we love.
We can only love what we know.
We can only know what we touch.
Be careful what you spend your day
touching because it will shape your mind,
your body, and your heart.”*

Sam Keen, *To a Dancing God* (1970)



- Enroll in graduate school
- Attend other professional development events



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