SELF-CARE AND NURTURING IN TROUBLED TIMES

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RELATIONAL CARE LADDER

Needs
- Empowerment
- Feelings
- Awareness
- Safety

STRUCTURE

NURTURE

ENGAGEMENT

CHALLENGE
RELATIONAL CARE LADDER

Needs

Safety

STRUCTURE
RELATIONAL CARE LADDER

Needs

Awareness

Safety

NUTURE

STRUCTURE
RELATIONAL CARE LADDER

- Needs
- Feelings
- Awareness
- Safety

- ENGAGEMENT
- NURTURE
- STRUCTURE

Frida Rundell Ph.D. (2017) (Adapted)
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CHALLENGE
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STRUCTURE
“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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