

HULINGS AND ASSOCIATES, L.L.C

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The Power of Collective PACE *(Dealing with the Impact of a Crisis ... Like COVID 19)*

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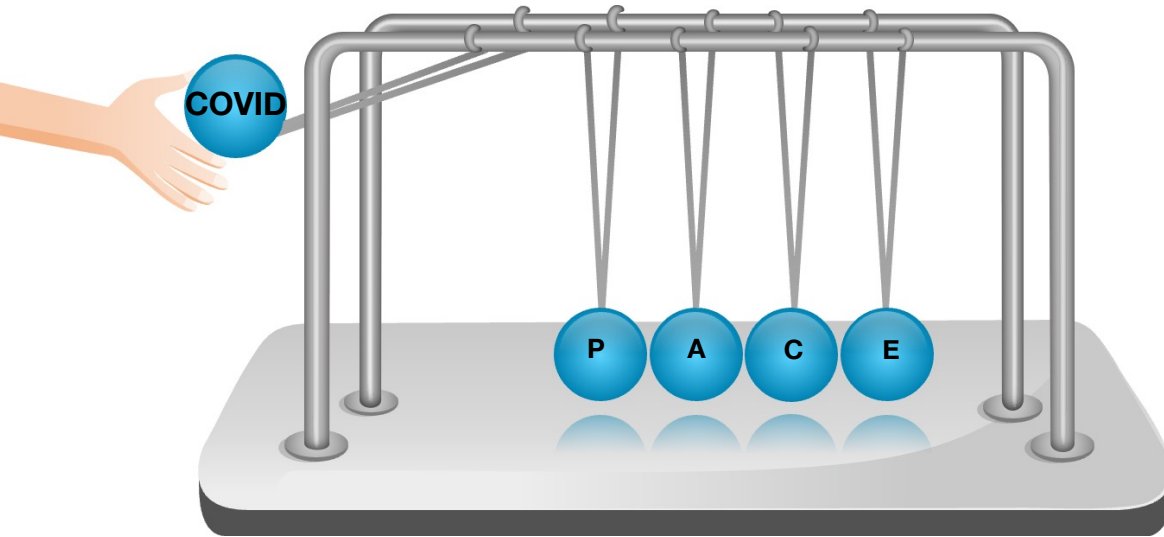
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Author: *Just Middle Manager and Archetypes and the Drama of Change*

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Crisis and Collective PACE



CARE

(YourSELF, the *Conditions* of your Life)

*Don't let a crisis, the real enemy, deny your
SELF-CARE ... **Claim it!***

Do you take care of yourself?

| Area to evaluate, concentrate, improve | Physical Care | Family Care | Psychological Care | Relational Care | Cognitive Care | Mindfulness Care |
|--|---|---|--|---|--|---|
| Meaning | My body: What do I do physically to keep my body healthy? | My family: How is the family dynamic impacting my health? | My psyche: What part of my psychology is untapped? What reflective work am I doing and with who? | My friends: Where am I cultivating healthy relationship and where am I not? | My growth: Where am I stretching my learning and growing? What am I reading? | My mindfulness: Mindfulness means something different to everyone. How are you nurturing mindfulness? |
| What am I currently doing? | | | | | | |
| Where am I currently lacking? | | | | | | |
| Who is helping me with this in my life? | | | | | | |
| What aspects do I want to improve? (Be specific.) | | | | | | |
| What, where and/or who is the biggest danger to this area? | | | | | | |

Self Care (EverydayHealth)

(What is Self-Care and Why Is It So Important for Your Health?)

Follow this QR Code to the above titled article. Look it over and see what it says about the following topics:



Topics Covered:

- *What is self-care, and Why is it Critical for Your Well-Being?
- *Types of Self-Care
- *What Counts as Self-Care and What Doesn't
- *The Effects: How Self-Care Benefits Your Health and Well Being
- *How to Start a Self-Care Routine