



*Looking After Yourself*



# *Safety First!*

It is important that everyone is looked after.

Please be aware of your own triggers and understand that this session may be challenging for you



# *We Made It Through: Everyone is Ok Now!*



*Relief*

Everyone is relieved that everything is ok now.



*Joy*

Everyone is filled with joy that everything is ok now.



*Peace*

Everyone is at peace now that everything is ok.



*Unity*

Everyone is united now that everything is ok.

Image ID

# ~~We Made It Through: Everyone is Ok Now!~~



*Relief*

**Everyone** Many People  
are relieved that  
everything is ok now.



*Joy*

**NOT** Everyone is filled  
with joy that everything is  
ok now.



*Peace*

I'm not going to talk  
about world events



*Unity*

Being an adult is hard

A photograph of a sunset or sunrise over a calm body of water. The sky is a gradient of orange, yellow, and blue. In the foreground, the dark silhouette of bare trees is reflected in the water. The overall atmosphere is peaceful and contemplative.

*You are an individual.  
Maybe NONE of this  
works for you*

**TALK to the  
Professionals**



# *How Do I Keep Up?*



# *How Do I Keep Up?*

*You can't keep up  
with everything*

*Thank You  
Cathrine  
Wilhelmsen*



# *How Do I Keep Up?*

*You can't keep up  
with everything*

*What Do I **WANT** to  
Learn?*

*Thank You  
Cathrine  
Wilhelmsen*



# *How Do I Keep Up?*

*You can't keep up  
with everything*

*What Do I **HAVE** to  
Learn?*

*Thank You  
Cathrine  
Wilhelmsen*



# *How Do I Keep Up?*

*You can't keep up  
with everything*

*What Do I **NEED** to  
Learn?*

*Thank You  
Cathrine  
Wilhelmsen*



# *How Do I Keep Up?*

*You can't keep up  
with everything*

*What Do I **NEED** to  
Learn **NOW**?*

*Thank You  
Cathrine  
Wilhelmsen*



# *How Do I Keep Up?*

*You can't keep up  
with everything*

*What Do I **NEED** to  
Learn **NOW**?*

*A Little Bit Each Day*

*Thank You  
Cathrine  
Wilhelmsen*



# *How Do I Keep Up?*

*You can't keep up  
with everything*

*What Do I **NEED** to  
Learn **NOW**?*

*A Little Bit Each Day  
Not Much Each Day*

*Thank You  
Cathrine  
Wilhelmsen*



# *How Do I Keep Up?*

*You can't keep up  
with everything*

*What Do I **NEED** to  
Learn **NOW**?*

*A Little Bit Each Day  
A Lot over a Year*

*Thank You  
Cathrine  
Wilhelmsen*



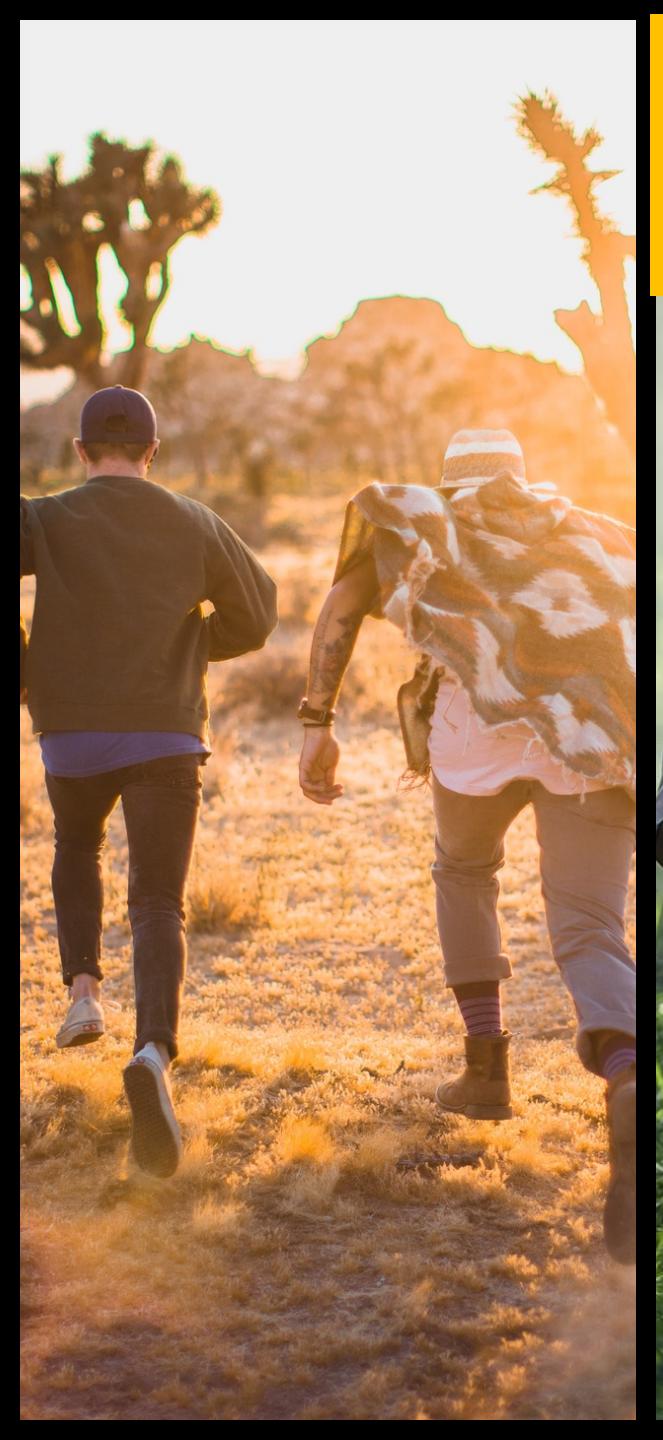
*To  
Yourself*



*To  
Others*



*Find Your  
Tribe*



I'm going to do some me-time tonight  
so I have enough energy tomorrow.  
Have fun!

02:49 ✓



*Use these resources when you leave*



[beard.media/lookafteryourself](http://beard.media/lookafteryourself)

*PLEASE add your resources here too*