Self-care means choosing behaviors to counter emotional and physical stress, from exercise and nutritious eating to practicing self-centering activities. Given the emotional stress and strains inherent in your profession, it is important that you make self-care a priority. It is vital to your well-being and enables you to effectively continue your day-to-day practice of healing and caring for others.

This book is an integrated approach to the practice of self-care. This handy guide is organized in six self-care pathways and loaded with detailed examples, guidelines, tips, techniques, and insights about each pathway to help you assess and guide your life-long journey to self-care!