

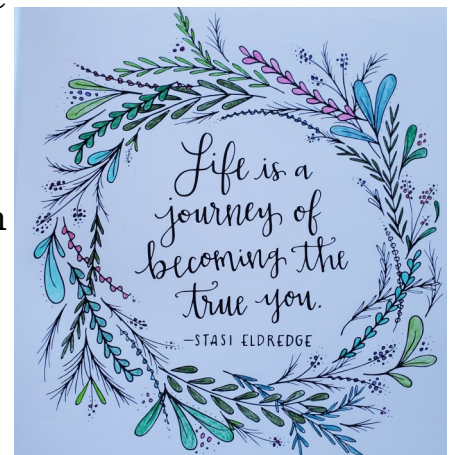


The Healing Power of Self-care

Are you struggling with care-giving, isolation, stress, anxiety, grief, illness or trauma? Have you been told to “self-care?” If so, do you know what that means? Self-care sounds simple, and yet, it doesn’t flow easily. Most of us pour ourselves into others and give what is left over to ourselves. As Agnes Wainman explained, self-care is “something that refuels us, rather than takes from us.” (Source: What Self-Care Is — and What It Isn’t <https://psychcentral.com/blog/what-self-care-is-and-what-it-isnt-2/>)

This workshop will describe what self-care is; provide examples of how to self-care; how to face the challenges in changing our mindset regarding self-care, and offer some exercises to get you started.

Bring your favorite pen, journal or notebook, an open mind, and learn about ***The Healing Power of Self-care*** — the power of healing using your own loving self—right where you are in your journey!



About the presenter: Lynne Cobb is a speaker, freelance writer and journalist, whose essays and articles have been published in the *Detroit Free Press*, *The Detroit News*, *Michigan Prime*, *Guideposts*, *MetroParent Magazine*, *Military Spouse Magazine*, and online publications: Erma Bombeck’s Writers’ Workshop, Huffington Post, Midlife Boulevard, BlogHer and more. She’s also a contributing author to the anthology, *Feisty after 45 – the Best Blogs of Midlife Women*. Lynne is a member of the Detroit Working Writers and the National Society of Newspaper Columnists, and has her Bachelor of Arts—Journalism Studies from UMass—Amherst.

For more information, visit Lynne at www.lynnecobb.com, email her at lynne@lynnecobb.com, or call her at (248) 953-5028.