

**Taking Care of the Care Givers**  
**Taking Care of Oneself**

*presented by*  
*Colleen Hart, N.D.*

*...it's part of the job...and... it's your creation*

- I. a few moments for being and breathing
- II. a reading from David Whyte, The Heart Aroused
- III. framework for the lecture
- IV. details or possibilities for self care

doing what you love each day (fun)

sleep

exercise: find the kind of movement  
that 'moves you' and give that gift  
to yourself each day

aerobic

yoga

tai chi

Feldenkrais

biking, skating

hiking

dancing

nourish yourself: importance of quality in foods,  
supplements, and digestive utilization of it all

B vitamins for stress

Effects of caffeine, alcohol, and drugs

- V. Issues of aging (changing self)

Liver

Adrenal glands

The Endocrine System

- VI. Stress Reduction : Find and follow your 'bubble of joy'.

