



Nurturing **THE NURTURER**

Promoting Counselor Wellbeing and Mental Health

Breakout Sessions

Breakout Session 1:

Create, Release, Recharge: Creating Crafts for Self-Care

In this session, participants will explore the different self-care practices and learn how to apply them in their everyday life. Participants will dive into creating their own personalized self-care vision board and a stress ball. Participants will walk away with meaningful crafts and a deeper understanding of how self-care can transform your daily routine.

Breakout Session 2:

Melodies and TLC

This engaging session invites participants to discover the transformative power of music in promoting emotional well-being and mindfulness. Additionally, you will learn how to incorporate music into mindfulness practices to improve focus and promote relaxation. Through various activities and guided reflections, there will be an enhancement of self-awareness and a more sense of connection and harmony.

Breakout Session 3:

Grow & Glow: A Mindful Garden

In this session, participants will be introduced to "Mindful Gardening" as a unique wellness activity designed to connect with nature: Foster a deeper appreciation for the natural world and its calming effects. Practice Mindfulness by encouraging present moment awareness and reduce stress through a hands-on activity.

Breakout Session 4:

Seek Alignment to Navigate the Depletion

The session will focus on the somatic release of a stifled role. A gentle walk will be followed by a group sandtray to refocus on the un-nurtured role. Together we will allow the body to express and build the intentional nurture of the individual.

