

THE DEPARTMENT OF
ENVIRONMENTAL
AND GLOBAL HEALTH
PRESENTS...

SELF-CARE 101: TAKING CARE OF YOURSELF DURING GRADUATE STUDIES

Presentation by:
Shane Spiker, Ph.D.
Behavior Analyst
Positive Behavior Supports

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Self-care has become one of the great buzzwords of 2019. There seems to be a growing movement where people are focusing on activities that are personally gratifying and not related to their general stressors like work, school, home life, etc. But what are we really talking about when we discuss self-care? What kind of impact are we looking for? How do we plan to improve our self-care behaviors? This discussion will focus primarily on providing a pathway to creating self-care habits within the context you need it most, and provide an opportunity to identify next steps for creating these habits.