

# Self-Care Workshop



The past few years have been overwhelming, stressful and anxiety-provoking. Sol Counseling developed this self-care workshop to help improve stress management, create work/life balance, and give participants a space to focus on themselves. Our workshop facilitators will lead a discussion about self-care techniques and problem-solve ways to decrease barriers to practicing self-care. Our goal is to help you develop a plan to incorporate self-care and overall wellness in your everyday life.



## Wellness Discussion

Engage in a tailored conversation about what self care means to you and what are your current needs



## Commit to a Routine

Develop a reasonable self care action plan to incorporate in your daily life



## Explore Barriers

Discuss barriers to participating in self care techniques and explore ways to overcome them



## Make a Self-Care Kit

Make your own "self-care tool kit" curated with materials that activate the senses.



60-90 minutes



Virtual or In Person



Minimum 6 people

# Create your own self care kit!



At the end of the workshop participants can help themselves to our “self care bar” to create their own personalized kits. Participants can choose from a variety of products. These products stimulate the senses and encourage you to take a moment to yourself to practice self care; for example, scented candles, room sprays, shower steamers and herbal tea! Engaging our five senses can be a helpful way to reach a state of relaxation and peace.

Contact us and schedule one for your group!

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