

Emigration Stake Women's Conference
April 15th, 2023

Self-Care as a Spiritual Practice

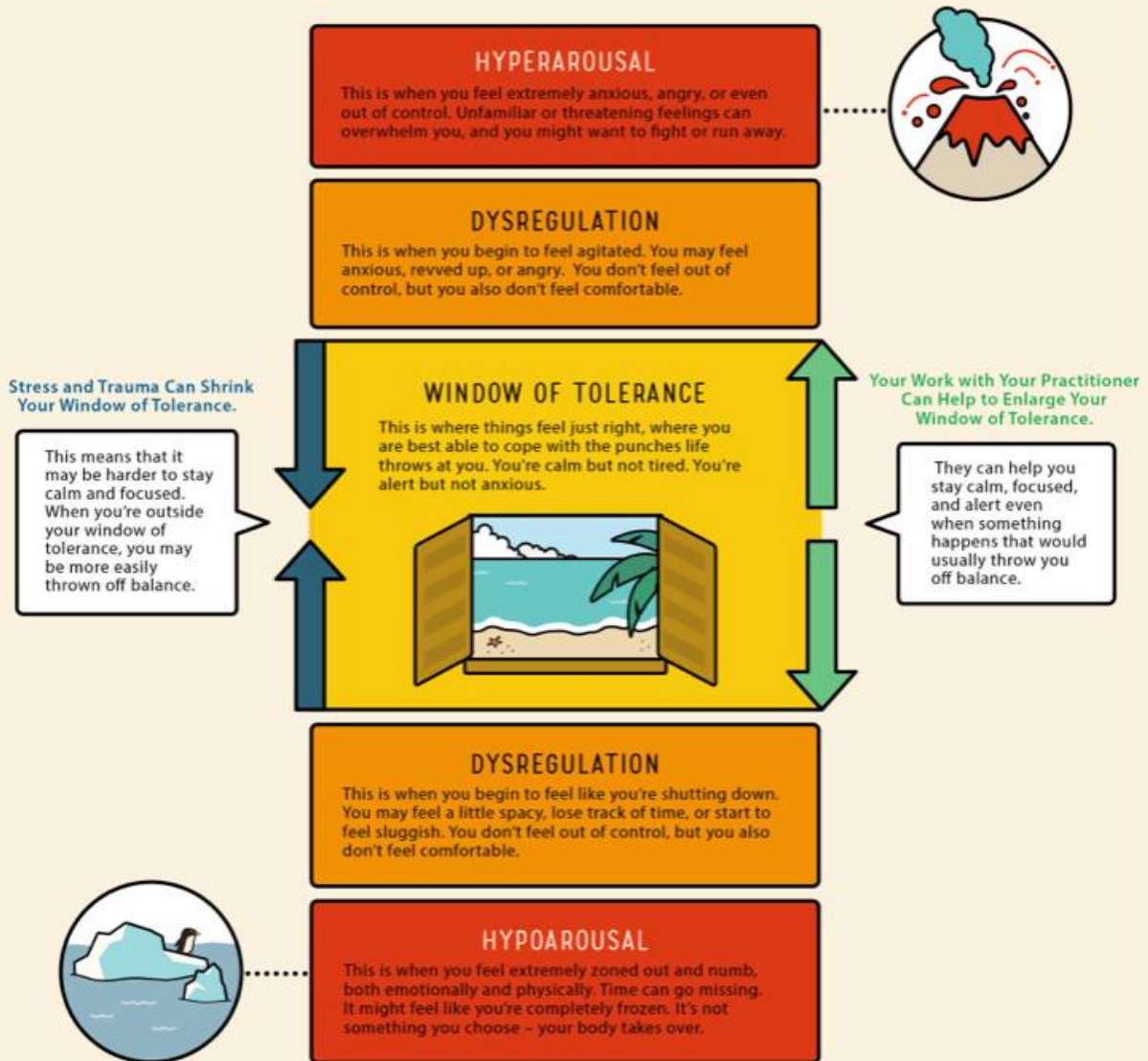
-Maria Enniss

The Feelings Wheel



Developed by Dr. Gloria Wilcox
 RewardCharts4Kids.com

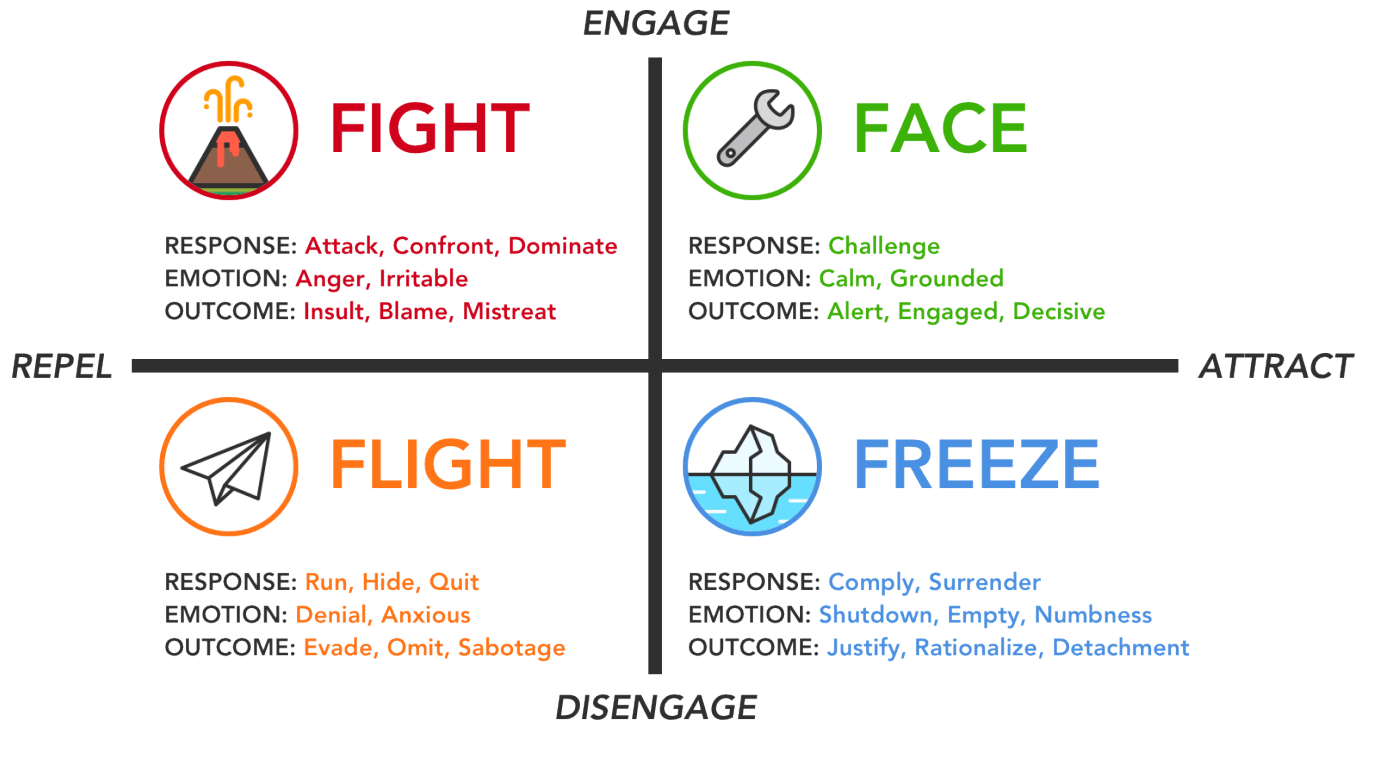
How Trauma Can Affect Your Window of Tolerance



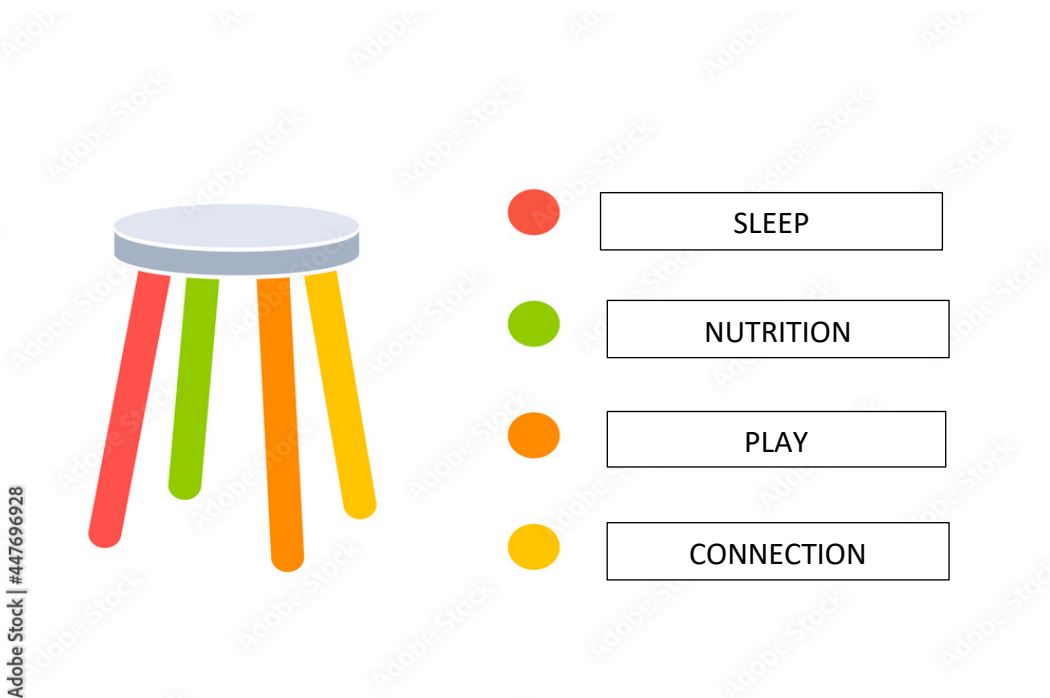
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4 Legs of Self-Care



**CONNECTION: SELF, GOD, OTHERS

