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**Self-Care IS Self-Regulation! 201**

**Notes and Professional Resiliency Plan**

**Julie Meek, LCSW**

**SFTI 2019**

**Workshop Notes:**

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**My motivation and accountability partners:**

**Name: Email/Phone #:**

**Name: Email/Phone #:**

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| **Strategies** | **When/where/with whom/how often** |
| **Level 1: On-the-spot techniques** |  |
|  **Level 2: Ongoing practices** |  |
|  **Level 3: Lifework Maintenance** |  |

***I commit to myself and my Professional Resiliency Plan!***

 ***Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***