

## IT'S TIME TO TAKE BETTER CARE OF OURSELVES!



Maris H. Blechner, M Ed, LCSW  
maris@blechner.net

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## ADVOCATES FOR FAMILIES FIRST

Enhancing Support and Advocacy for Children in Kinship, Foster, and Adoptive Families

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Alliance Partners:

- Generations United
- National Foster Parent Association (NFPA)
- North American Council on Adoptive Children (NACAC)



Supported by:

- Annie E. Casey Foundation
- The Dave Thomas Foundation for Adoption
- Jim Casey Youth Opportunities Initiatives

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## About This Webinar

- You will be able to see the webinar slides on your computer. To hear the presentation, either listen through your computer speakers or use the Audio portion of the GoToWebinar control panel and switch to Use Telephone. You'll then call the number listed in the control panel and enter the PIN.
- All participants are muted throughout the presentation.
- If you have questions, please type them in the Questions box at the bottom of the GoToWebinar control panel and click Send. We'll take a few opportunities during the session to ask the questions aloud so everyone can hear the answers.



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**TAKING CARE OF YOURSELF,  
ON THE GOOD DAYS  
AND THE BAD DAYS**



*Maris H. Blechner, M Ed, LCSW  
maris@blechner.net*

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**ALWAYS HAVE A PLAN B -  
AND OTHER SURVIVAL SKILLS  
WE NEED TODAY!**



*Maris H. Blechner, M Ed, LCSW  
maris@blechner.net*

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**IT'S TIME TO HANDLE  
COMPASSION FATIGUE  
AND BURNOUT!**



*Maris H. Blechner, M Ed, LCSW  
maris@blechner.net*

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***About Today:***

- Who are you and who am I?
- Schedule and handouts
- Purpose of the workshop

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***Why talk about Compassion  
Fatigue first?***

1. Because it is a danger to all caring people.
2. Because if we aren't ready, and don't recognize the possibility, we will pay a big price.
3. Because it is a core reality in talking about stress management.

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***What's the big deal about  
stress anyway???***

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***It is never going to leave us - and if we don't manage it, it is going to manage us!***

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***Some truths we need to know:***

- There is no such thing as a stress free life.
- Stress effects every part of us - and not in a good way.

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***However, there is good news:***

- We absolutely can take control.

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- It just takes a little understanding and effort.

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***What about FUN?***

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***Is there one dragon  
that is the most evil?***

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***Some hints to take home:***

- Do you know your “life goals?”

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***Plus:***

- Are you having enough fun?
- Who are you hanging around with?

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***And more:***

- Are you afraid of failing? (Don't be!)
- Do you own at least an hour a day, four times a week?
- Can you say “Yes” and “No?”

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• Are you a person with the mind set that you are ready and able to come up with a Plan B whenever you need one?

• Do you believe in yourself enough?

If not, it is **definitely** time!!

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***Lastly, a word about  
"Thank you"***

.....those words that are never heard enough!

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