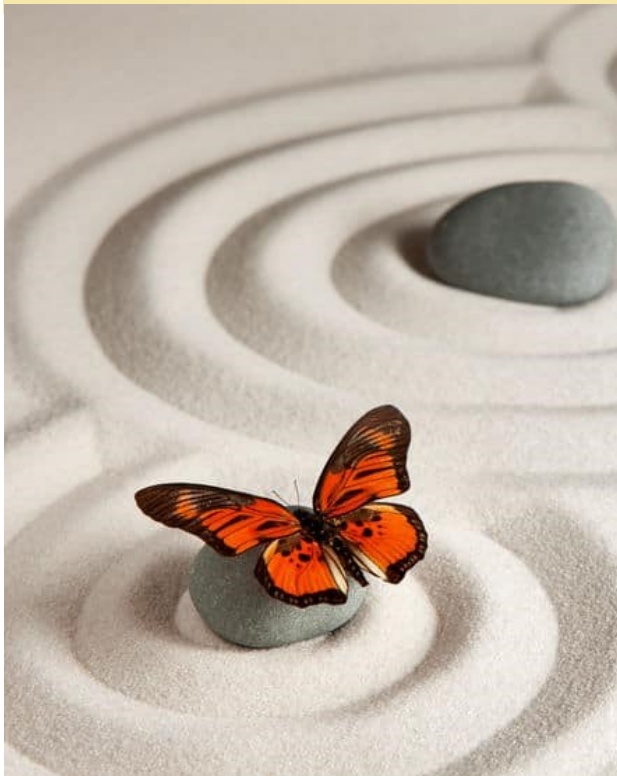


Self-care is never a selfish act - it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others. Anytime we can listen to true self and give the care it requires, we do it not only for ourselves, but for the many others whose lives we touch.

Parker Palmer



Contact Us (Retreat Options)

Offered at Mercy Center Auburn or
your workplace: Mini (lunch hour),
Half-day, Day-long, Extended retreats.

Mercy Center Auburn
530-887-2019
Colleen Gregg, Director
cgregg@mercycenter.org
Website: www.mercycenter.org

Healing Our Healers

*A Retreat for
Healthcare Providers*





Nourish your mind-body-spirit with activities designed for stress reduction, personal restoration, harmonious relationships, and daily life balance.

When It's Just TOO MUCH?

- ◆ Find your grounding amid the demands and the chaos
- ◆ Tend to pressing problems with grace and boundaries in place
- ◆ Lighten the weight of responsibility that is not your own
- ◆ Learn to embrace the discrepancies between personal and occupational values

Practices That Will Sustain Us

- ◆ Connect with—and attend to—*the heart of the matter(s)*
- ◆ Establish a healthy pace in the rapidly changing environment
- ◆ Honor your work and workplace by being and expressing your truest self
- ◆ Learn to live with unresolve



“The cave you fear to enter holds the treasure you seek”

Joseph Campbell



Do Not Be Afraid to Be Happy and Lighthearted

- ◆ Break the patterns of heavy-heartedness and restlessness
- ◆ Deepen the call and purpose of your work and your life
- ◆ Create a more hospitable work environment
- ◆ Develop a support system; a safe place for being *seen* and *heard*
- ◆ Draw from Wisdom's well and stay present to your life

“The course of how we spend our days is how we live our lives”

Annie Dillard