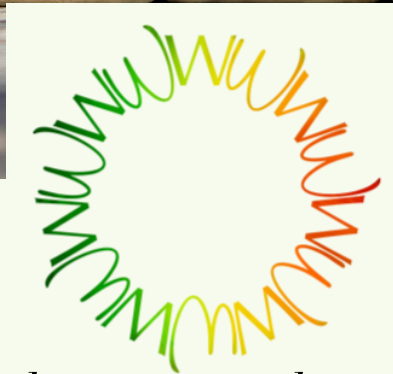


Weekly Wisdom

Grow the Green for You and Your Team



“Only by making sure we have as much energy coming in as we have going out can we all stay committed to the people, work, and ideas we love.” -- Emily Nagoski

Inner Energy Gauge for Health Workers

Self-care Month ends on July 24th.

One form of self-care is self-awareness, knowing when you need to rest and refuel.

How full are your physical, emotional, and cognitive tanks?

You wouldn't head off on your summer vacation without a fully fueled or charged car, would you?

The linked essay by UVA's Anna DeLong, MSW, CEAP explores the importance of gauging and refueling your "inner energy" tank. You'll be invited to think about

- Paying attention to your own energy levels
- What to do when your fuel runs low.
- The importance of caring for yourself while caring for others.