

SELF-CARE + SERVICE INHERENTLY
BELONG TOGETHER big heart, strong back

WELL-BEING FUELS

IMPACT **DO NO HARM TO YOURSELF
AS YOU CARE FOR OTHERS**

ACCEPT
CONTRADICTION +
UNCERTAINTY:

*healthy boundaries
strengthen giving*

Seek joy + allow pain

WORK HARD + LET GO OF THE OUTCOMES

See the big picture + savor small rewards

Ask for and
accept help

*stay curious.
stay connected.*

**PAUSING
IS
POWERFUL**

Laughter is medicine

Rest is revolutionary

*live with
integrity*

DO THE HARD THINGS.
BE COURAGEOUS
BE MINDFUL
BE KIND

good enough is perfect

**PRACTICE
COMPASSIONATE
BADASSERY**

BE WELL.
DO ETHICAL,
EFFECTIVE, AND
SUSTAINABLE WORK.