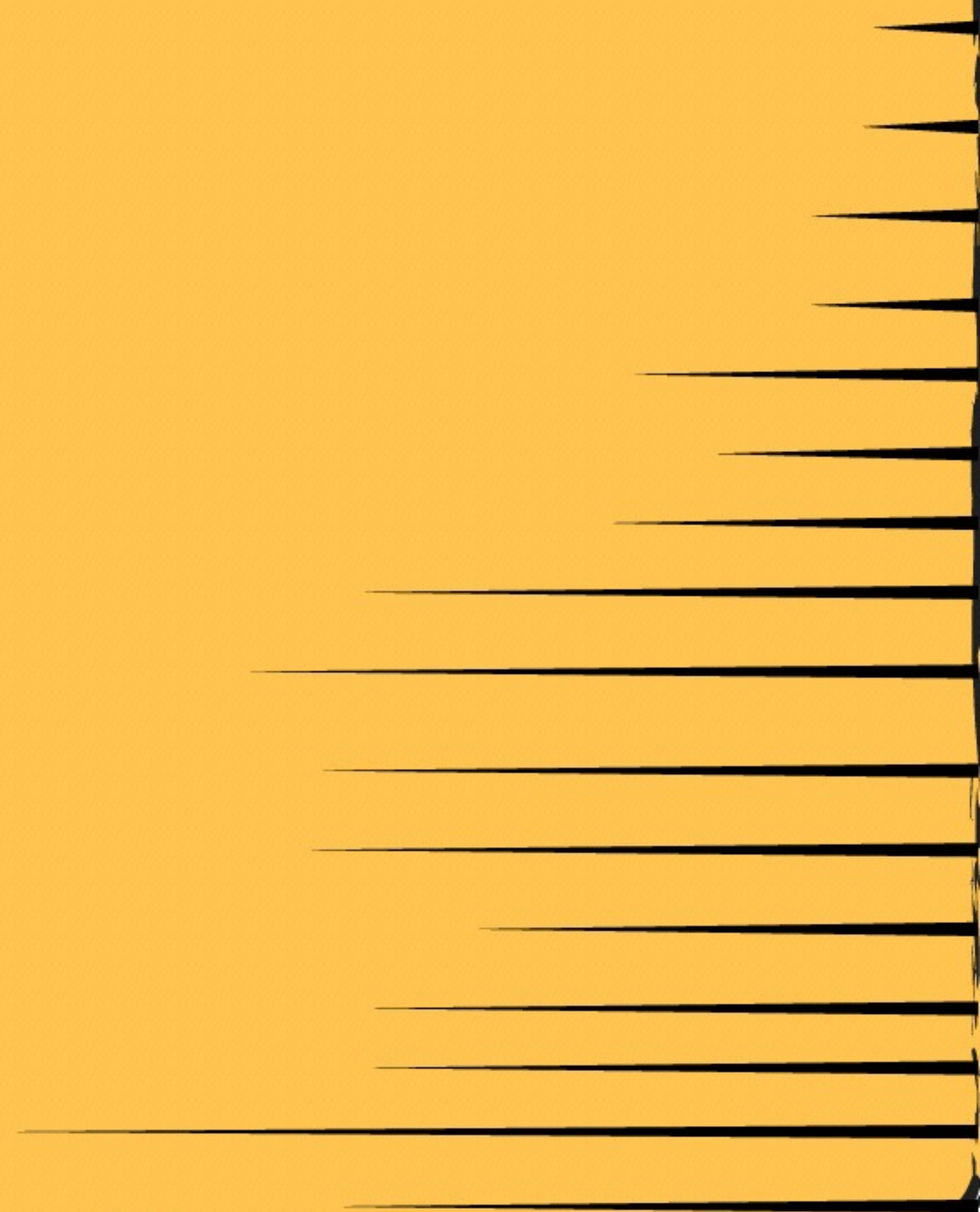


# The ABCs of Healthy Healers



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- **A**wareness and **A**lert to our Stress

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"We need to be become alert that we are being negatively impacted by multiple trauma exposures."

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- **B**alance of Work and Home

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"We can't change the work schedule,  
but we can change how we approach family time"

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- **A**wareness and **A**lert to our Stress
- **B**alance of Work, Home, Mind, Body and Spirit

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"The natural human tendency is that we emphasize one more than another."

# The ABCs of Healthy Healers

- **A**wareness and **A**lert to our Stress
- **B**alance of Work, Home, Mind, Body and Spirit
- Healthy **C**onnections and Social Support System



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"Strengthening the connections between the people in our lives"

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- **A**wareness and **A**lert to our Stress
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“Our emotions are the internal messengers that let us know that something is out of balance.”