Caring Without Carrying It All

Emotional Wellness and Healthy Boundaries for Those Who Support Others



PRESENTER:

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Author with Penguin Random House

SESSION DESCRIPTION:

When your job involves caring for others, it's easy to spend so much time showing up for everyone else that you forget to take care of yourself. Between supporting students, navigating difficult situations, and managing the everyday demands of school life, educators and other helping professionals can find themselves emotionally overwhelmed, stretched thin, or feeling responsible for things outside their control.

WHAT PARTICIPANTS WILL EXPLORE:

- Emotional wellness
- Healthy boundaries
- The difference between supporting someone and feeling responsible for fixing everything
- Recognizing emotional overload
- Communicating boundaries without sacrificing compassion
- Building healthier habits that support your own well-being

Caring for others does not mean losing yourself in the process. You don't have to do everything or have all the answers to make a difference. Sometimes, learning how to care well starts with recognizing what is and isn't yours to carry. Join us for this virtual one hour training hosted by the School Based Center of Excellence.

Register

https://miamioh.zoom.us/meeting/register/j1_VQmDdSUSJNg08GJvxRg

January 27, 2027
3:30PM

school-based center of excellence
PREVENTION & EARLY INTERVENTION