



# #AliveAndWellFor5

Alive and Well For 5 is a campaign designed to create a common understanding about the healing power of self-care. Alive and Well understands that self-care is an essential strategy in building community and organizational well-being. On May 15 at 10:15 a.m. CST and throughout the day, everyone participating in the campaign will take a brief 5-minute pause wherever they are, to practice personal self-care, looking inward to move forward.

We all have the opportunity to help ease the impacts of trauma in those around us, but we can only do so if we are well. Within the task of supporting your community, it is important to stop and ask, “how am I supporting myself” or “how does self-care look for me?” In your day-to-day push, have you ever thought to yourself “If I just had a moment to recharge?” Create your own self-care clock and discover how self-care looks for you. Take a pause to continue your cause.

**Be #AliveAndWellFor5!**

**Become a part of the Alive and Well For 5 community! Share your self-care practice on social media on May 15 and use the hashtag #AliveAndWellFor5 to encourage others to join you.**

Show your commitment to participate on May 15 by clicking “going” on the Facebook event Alive and Well For 5.



Become a sponsor and receive additional trainings. Email [info@awcommunities.org](mailto:info@awcommunities.org) for more information.

Follow our movement and share your posts @awcommunities



Learn about self-care implementation at [www.awcommunities.org/our-events](http://www.awcommunities.org/our-events)

**For resources and tools, go to**  
**[awcommunities.org](http://awcommunities.org)**

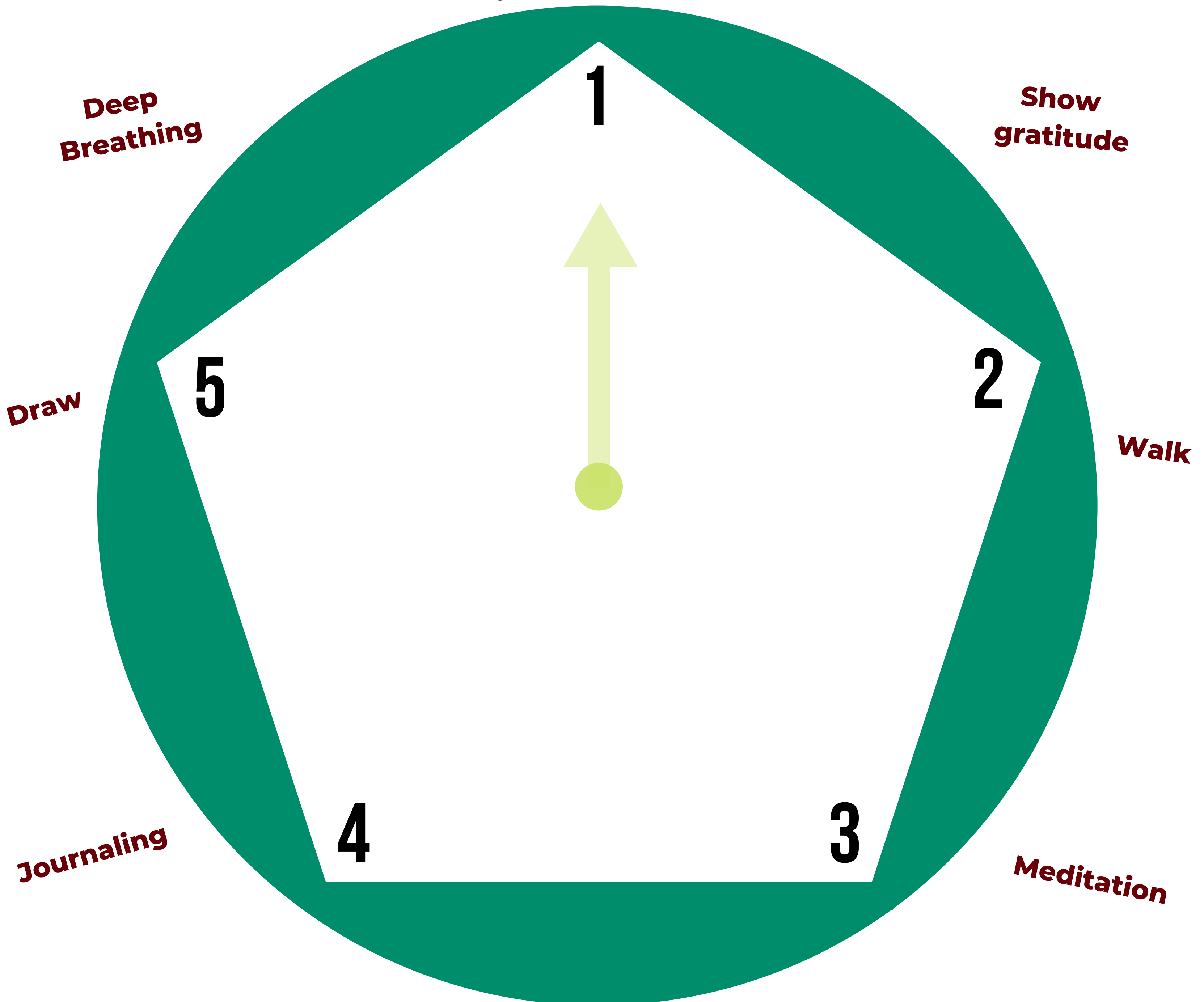


# Finding the Time for Self-Care

#AliveAndWellFor5

May 15, 2019 10:15 am CST

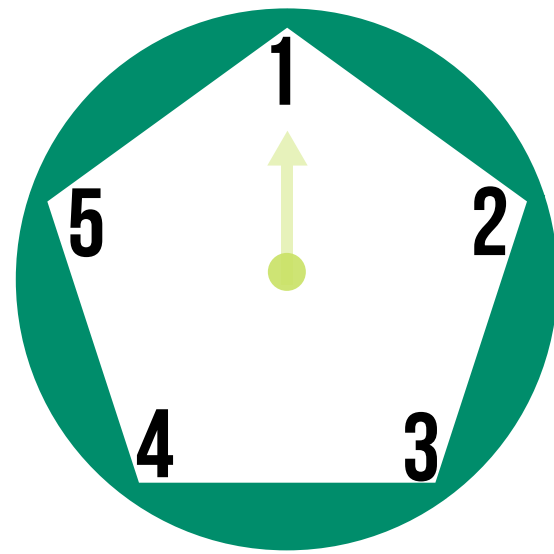
What can you do in 5 minutes?



For more info, go to  
[awcommunities.org](http://awcommunities.org)



# #AliveAndWellFor5



The FREE Self-Care Implementation training for KC will be  
**Tuesday, March 26, 2019,**  
**6:00pm-8:00pm (location TBD)**

## Training Topics

- The importance of self-care
- Implementing self-care in community and with organizational leaders
- Utilizing #AliveAndWellFor5 self-care tools
- How to become involved in a larger movement

**For more info, visit**  
**[awcommunities.org](http://awcommunities.org) or email**  
**[astokes@awcommunities.org](mailto:astokes@awcommunities.org)**