



Derbyshire  
Carers  
Association

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A photograph of a woman with long, dark, curly hair sitting on a sofa in a living room. She is holding a white mug to her lips with her right hand and reading a book with a green cover with her left hand. The room is softly lit, with a white shelving unit in the background holding various items like a framed picture and a basket.

## Self-care Workshop

Weds 28th July @ 1.30pm

The most important relationship we have is the relationship we have with ourselves. How we respond to ourselves and the internal narrative we have with ourselves can either support us or defeat us.

Self-care is about recognising the relationship we have with ourselves, changing the narrative or behaviour if necessary, and prioritising it. Self-care is looking after yourself in a special way, it is an act of kindness, it is intentional and needs effort to sustain it.

This workshop will explore what self-care means, challenges the idea of self-care = selfish and will provide a short, guided relaxation practice.

For more information and to book a place, please contact Katie Matkin by phone, **07773 173 416** or email: [katie.matkin@derbyshirecarers.co.uk](mailto:katie.matkin@derbyshirecarers.co.uk)