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## How Do I Care? Supporting the 'Self' in an Ever Changing World

### ABOUT

After studying and later on pursuing a fulfilling career in Academics & Design, Shrinkhala chose to switch career lanes and became a Mental Health Professional. She has been working as a Counselling Psychologist for the last 2 years, witnessing folks on transforming journeys stemming from a deep dive into the self.



**Shrinkhala Aren**

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### OVERVIEW

What is care? How to care for oneself fearlessly in a culture that teaches us to prioritise others' needs over ours? How to view self-care as also care for others and care for the world? Once we feel loved and cared for internally, we can care for our environment, our community, and the world. Changing the world can start with one small step of self-care. We will understand the 5 domains of Human Experience - Physiological, Cognitive, Emotional, Social, and Spiritual - and what are the practical tools we can easily use in our daily lives to balance these aspects.

### METHODOLOGY

The workshop strives to be a safe space where individuals can show up as themselves and explore various parts of themselves with the support of the instructors and other participants. Well thought-out exercises and inputs, creating a connection with the self through activities, conversations on mind-body-emotions and how they are connected, inputs in yoga, ayurveda, daily care for all 5 domains, interactions with the instructors and students in a trust group - this will form the broad framework of the workshop.



**Jaya Madhavan**

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### KEYWORDS

Healing, Body, Psychology, Self-care, Awareness.

### LOCATION

**Bangalore**

### MAXIMUM PARTICIPANTS

**16**