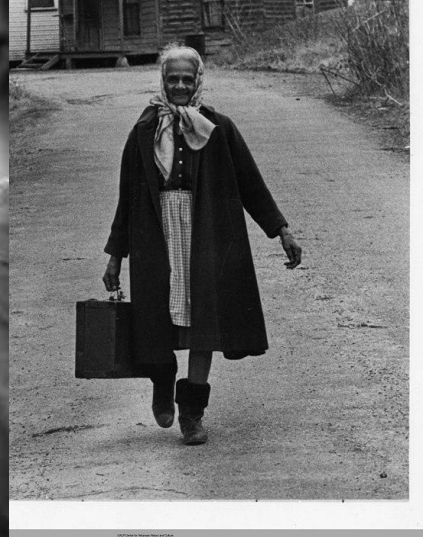
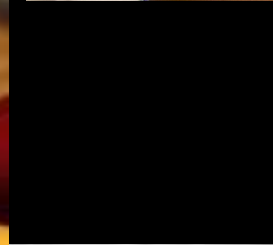
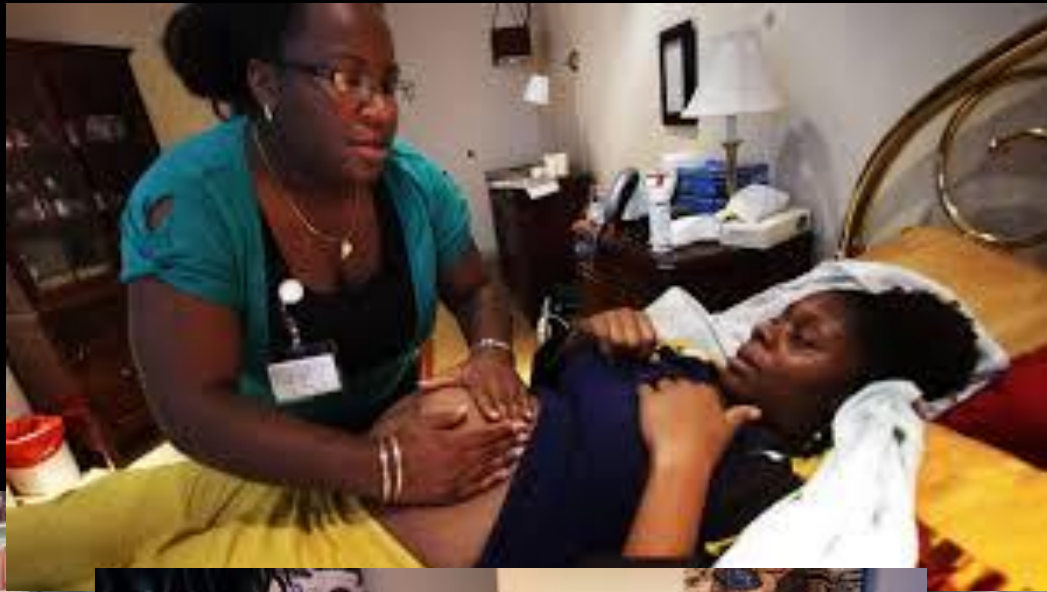




*Midwifery burnout...*  
*Changing the narrative*

Take a moment





**As the new generation of midwives,  
we want to change the practice narrative of midwifery,  
just like in labor and birth**

**ONE...STEP...AT...A...TIME...**

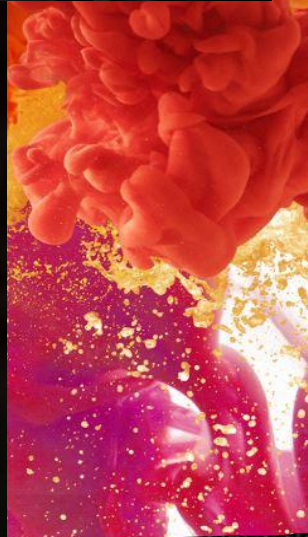
## *Definition of SELF-CARE:*

- the practice of taking action to preserve or improve one's own health
- the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress

An abstract image featuring a vibrant splash of ink on a white background. The central focus is a large, billowing cloud of orange and red ink, which has a textured, almost cellular appearance. Surrounding this central mass are smaller, more dispersed splatters of purple, blue, and yellow. The colors blend and overlap, creating a dynamic and energetic composition. The word "Boundaries" is superimposed in the center of the orange cloud.

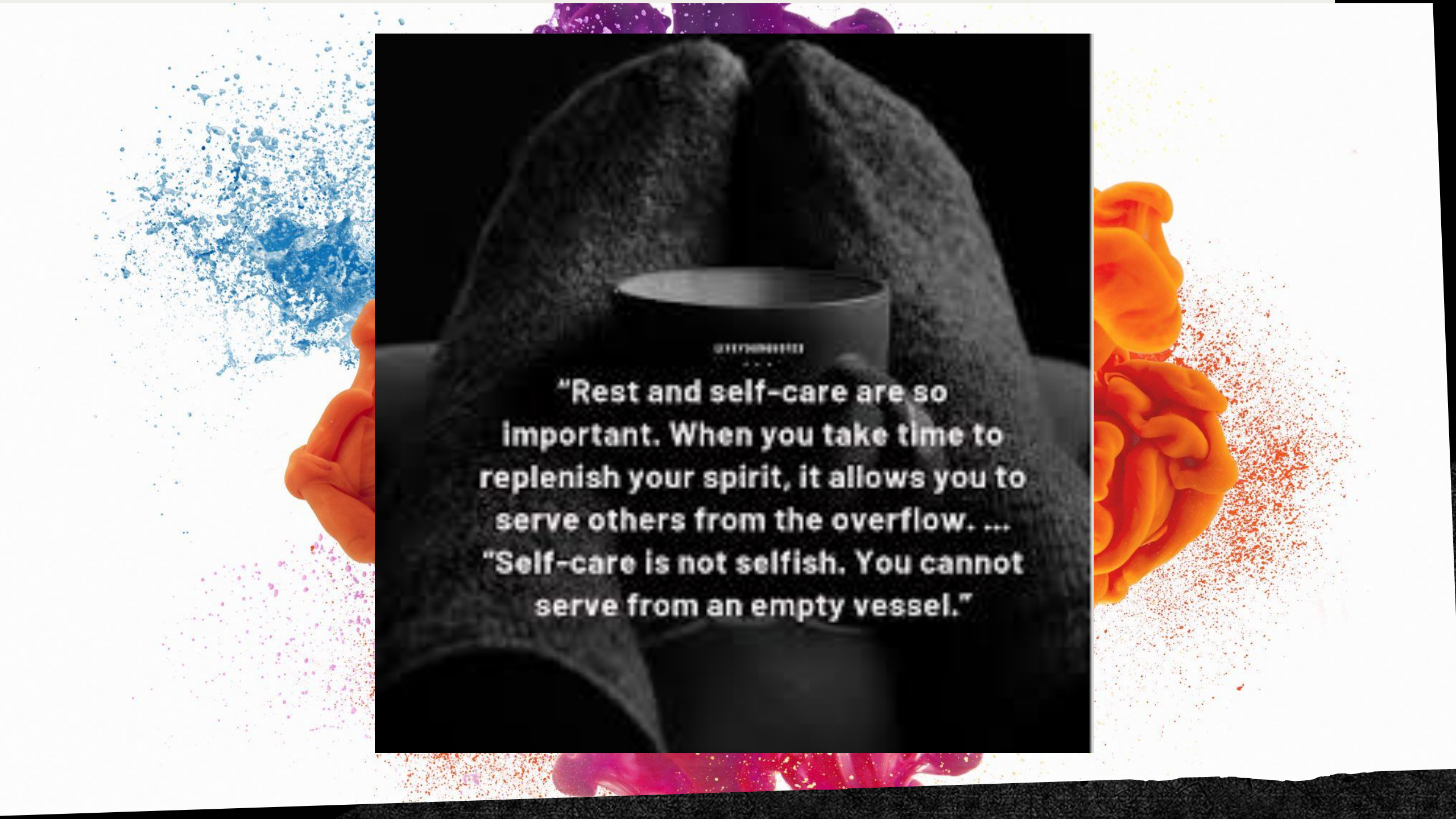
# Boundaries

# SELF-CARE IDEAS:



# RELAXATION





**"Rest and self-care are so  
important. When you take time to  
replenish your spirit, it allows you to  
serve others from the overflow. ...  
"Self-care is not selfish. You cannot  
serve from an empty vessel."**