

Self-Compassion and Sleep Health for Ourselves and Our Clients



TUESDAY, APRIL 14TH | 2:00PM



Presented by Dr. Kerry Littlewood
and BSW Student Alexia Serrano



What is this?

- A guided self-compassion exercise
- Real tools for improving sleep and reducing burnout
- Space to reflect, reset, and reconnect with yourself



What you'll learn

- What it means to treat yourself as good as you treat your clients
- Why exhaustion is not a personal failure—but a biological reality
- How sleep directly impacts your empathy, decision-making, and client outcomes
- Practical strategies you can use immediately for yourself and your clients

SCAN ME!



Join in-person or virtually!

In-Person: MHC 1442 (Social Work Suite)

Virtual: Scan QR code or [Click Here](#)

Snacks & Drinks provided!

Come as you are. Leave with tools you can actually use.

