



# Family of Women Long Stemmed Roses Chapter

May 2021 Zoom Meetings Open to Guests

## **"Self-Indulgence v. Self-Care"**

We will explore the differences between self-indulgence and healthy self-care. We identify things that trigger us to be self-indulgent and identify areas of self-care we would like to enhance.

*Tuesday, May 4 - 5:30-7:30 pm PT*

## **"Self-Neglect v. Self-Care"**

We will recognize the importance of healthy self-care to our resilience and learn tools to help us move from self-neglect to healthy self-care.

*Wednesday, May 5 - 9:30-11:30 am PT (daytime)*

## **"Being Proactive"**

We will understand whether we are passive, reactive, or proactive. We consider where we would like to be proactive in our lives in order to be more resilient.

*Thursday, May 6 - 6:30-9:00 pm PT*

*Tuesday, May 25 - 5:30-7:30 PT*

## **"Enemies of Resilience"**

We review Seligman's 3 enemies of resilience (personalization, pervasiveness and permanence), understand how they undermine our resilience, and create a plan to defend against the enemies of resilience.

*Tuesday, May 9 - 5:30-7:30 pm PT*

## **"Pass it On"**

We will discover many opportunities to externalize our gratitude through our actions and take it out into the world in order to make a positive contribution in our community!

*Tuesday, May 18 - 5:30-7:30 pm PT*

*Wednesday, May 19 - 9:30-11:30 am PT*

## **"Change Requires Change"**

We will discover that changing our perceptions, thoughts, feelings, and behaviors are the keys to changing our lives. We begin to work on powerful goals that will change our behavior and help us make positive contributions in the world.

*Wednesday, May 19 - 9:30-11:30 am PT (daytime)*

*Thursday, May 20 - 6:30-9:00 pm PT*

## **"Discipline - Connecting Today's Actions to Tomorrow's Results"**

We will discover our attitude around discipline, identify the disciplines necessary to achieve our goals, and leave with tools that will help us practice the disciplines we require to reach our goals.

*Thursday, May 27 - 6:30-9:00 pm PT*

**For more information or to get  
Zoom call-in information, contact  
[ChapterAA.LSR@gmail.com](mailto:ChapterAA.LSR@gmail.com).**

**To learn more about the  
Family of Women, visit  
[www.familyofwomen.org](http://www.familyofwomen.org).**