



Theresa Cloud Eagle Nelson

Helping Caregivers Give Care to Themselves

INTRODUCTION

Inspired by her upbringing and with adult understanding, she embraced her power through the process of living holistically. Within the security of her immediate family and the natural way life was followed, little did Theresa know her formative years were going to play a large part in her adult life. Here the passion that burns in her heart was nurtured. Theresa's adult experiences lead her to understand the important role self-care plays in sustaining a life of meaning, health and happiness. As she became more knowledgeable through her pursuit of holistic things, Theresa's passion grew to be one of service for helping people learn more about the benefits of taking care of themselves. These benefits are paramount for the relief of stressful moments we all experience some point in life.

Theresa's purpose is to assist her audiences in understanding how simply and easily taking care of oneself can be by following some practical suggestions. Some of these methods are purposeful breathing, relaxation techniques, meditation, healthy food choices and many other applicable ways to relaxation for stress relief.

Over the years, numerous articles of Theresa's have been quoted and published on self-care. She has conducted classes, workshops and keynotes on cruise ships, for health conferences, expos, businesses and faith-based organizations.

Theresa Cloud Eagle is based in Gahanna, (ga'-han-na') Ohio. She is a Self-Care Specialist and Coach. She is an author whose recent books are *Nurture Your Soul: The Importance of Self-Care for Caregivers* (formerly *What It Takes to Nurture Your Soul: The Importance of Self-Care*) and *Tools for Effective Living: Guide to a Purpose Filled Life*. Additionally she has recorded numerous CDs and DVDs that help with self-care.

Theresa is also a Certified Aromatherapist who has created a line of natural aromatherapy products called Divine Essentials® sold through their online store. She is a member of the National Speakers Association of Ohio, the International Coaches Federation and Central Ohio Coaches along with many other memberships, credentials and credits.

Today she is here to share some of these simple yet powerful ways you can give yourself care for more energy, clarity of mind, balance, and health.

Please help me welcome - THERESA CLOUD EAGLE NELSON!!!