

# 20

**Module 20 – Balanced Care vs Overcare.** This module provides an understanding of the energy saving and depleting side of care. Most people assume if they are worrying about someone or something that they are caring. This module provides a distinction between the energy renewing side of balanced care and the energy depleting side of what HeartMath calls overcare. An optional exercise is included. This is often used in service kind of organizations (hospitals, government agencies, clinics, etc.) that want to change how people respond to each other through subtle forms of overcare.

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Ενότητα 20 -

**Ισορροπημένη Φροντίδα vs. Υπερφροντίδας**

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