

Self-Care 101

Rising to the Call of Action

Eight wellbeing leadership strategies to help management respond to the COVID-19 shift.

<https://globalwellnessinstitute.org/positivelywell/8-wellbeing-leadership-strategies/>

Your Alignment

Oprah Winfrey talks about the importance of taking care of yourself. Taken from her speech at Stanford Graduate School of Business' View From The Top speaker series on April 16, 2014.

<https://www.youtube.com/watch?v=kfLGROKYuys>

And So We Begin

The University of Buffalo School of Social Work offers resources and wisdom on how to build your best self-care plan.

<http://socialwork.buffalo.edu/resources/self-care-starter-kit/self-care-assessments-exercises/exercises-and-activities.html>



The Selflessness of Self-Care

Relationships are vital to leading a fulfilling life, be it personal, professional, spiritual, or as a volunteer. Yet have you ever asked yourself, "What relationship do I have with me?" This is the connection that is the cornerstone of all alliances.

Understanding self-care, your self-worth, can help you find a soft place to land at the end of each day or at the necessary moments throughout the day. It is an active role that you must choose to play. When we allow ourselves to regenerate, have a good self-care routine, we are not only nurturing individually, but also nurturing our good relationships with others. This can be done by simply taking a deep breath, reading a book, a walk outside, having a cup of tea, or using an app of practice to find how to best self-soothe, to discover your "go to" in those particular moments of needed calm.

TARCP will be offering a series to assist you in finding self-care resources. Our hope is to help offset the stress many of us are experiencing as we find ourselves being redefined with our new life roles as the result of COVID-19. Whether it be shelter in place, rebounding as we phase into life again, being a school teacher to our children, being a caregiver for a neighbor/parent/friend, working from home as an individual or as part of a team, the list is endless and so should be our efforts to practice self-care.

This week we will begin with two articles, one to help us professionally and one to help us personally, and we have an inspiring video from a familiar face. Moving forward, we will draw a name once a month from the email master list for a \$50 gift card to be spent on self-care. All we ask is you share a picture of your self-care choice to motivate others.

In the weeks to come, we will offer self-care podcasts and Zoom/webinar events. So, sit back, relax, and let us, hopefully, help you find your Zen.

A Funny Truth



Mackenzi Lee
@themackenzilee

new self care: talk to myself the way I talk to dogs.

ex:

- hi sweet girl
- want a treat?
- ur so chubby & cute
- need a nap?
- what a good girl

9/3/17, 8:59 PM

2,714 Retweets 10.3K Likes

The Winner's Corner



Book Club



A novel about living life fully in the moment, even if those moments are out of order!