

Self-Care 101

Finding Your Equilibrium

Self-care is not just one dimensional. What is your point of practice?

<https://iheartintelligence.com/six-areas-of-self-care/>

Mindfulness Is a Click Away

A free site created for teachers and parents, but is a useful tool for all of us, supporting our need to stay grounded and connected.

<https://yogaed.com/school-closures>

Just Give Me Five Seconds

New York Times best-selling author, Mel Robbins, explains an immediate and effective practice to help us achieve our personal and professional goals.

<https://www.youtube.com/watch?v=MrZAGVq25zw>



You Virtually Just Said That

I came across an Internet article that offered great ideas on team building for employees of the virtual office. Research shows that loneliness appears to be a struggle for many who are having to work from home. The premise of the article is to pull together team-bonding strategies to offset this fragmented feeling. With the quarantine continuing and COVID-19 numbers increasing, these concepts can offer you and your staff a way to combat any potential perceptions of solitary confinement.

In this reading, virtual team building is defined as *anything* that brings remote teams together. It should have the feeling of everyone still working in unison, as if still in the office. If done well, it can build relationships and leave a work team feeling whole, seen, and valued.

The article reflects that, in general, it can be hard to self-motivate and this is now even more so due to many workers feeling disconnected. These exercises are labeled as the “virtual water cooler” because they allow online coworkers the opportunity to socialize and reconnect.

So, let us head to the water cooler to review one of the many given maneuvers, the home-cooked lunch competition. Everyone is cooking at home more these days, so why not make it fun? Decide on a theme for the competition: Indian, Southern, or Italian food; color (red foods); a mandatory ingredient (potatoes); best sandwiches; healthiest foods; comfort foods. The list is endless. Each person posts a picture of what they cooked, and everyone votes for the best dish with the winner receiving a fun prize. Maybe a grocery store gift card for round two? Then everyone enjoys lunch together, a missed norm for many.

You can see all suggested team-building activities at <https://wildsftours.com/virtual-team-building-for-remote-teams/>

A Funny Truth

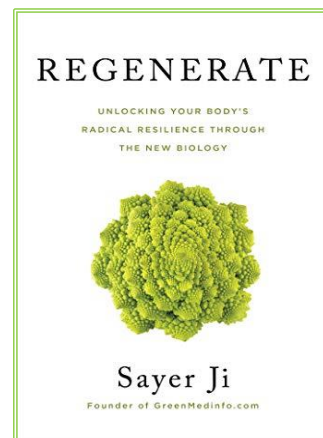


The Winner's Corner



Jesse Peters wins our first self-care gift card!

Book Club



Unlocking Your Body's Radical Resilience through New Biology