The Self-care Affinity Group promotes overall physical, mental and emotional health through weekly and monthly engagements that includes open dialogues, coffee breaks, mindfulness, and physical activities. The group also provides resources that includes in-home activities or exercises, as well as a Calendar of Events that they may participate in on their own or with their families throughout the Ventura County area. To join the Self-care Affinity Group, click [here](https://padlet.com/hannah_smit/selfcare).

1. **Welcome and Introduction Refresh (15 minutes)**
   a. Please revisit and share out your Padlet entry with a picture that represents you and introduces yourself to the group: [https://padlet.com/hannah_smit/selfcare](https://padlet.com/hannah_smit/selfcare)

2. **Warm-Up Stretch and Pressure Points (15 minutes)**
   a. At the start of every meeting we will begin with 3 different stretches that you can do in your office or at home
   i. **Arm/Back/Shoulder Stretches** - Hold for 10 seconds with 2 reps each
      1. Avoid any exercises that cause pain or discomfort and only stretch as deep as you can. The stretch should feel good and shouldn’t hurt. If your muscles are shaking, you need to back off a bit and let your muscles relax more.

   **Chest and Shoulder Stretch**
   Sit or stand and clasp your hands together behind your back, arms straight.
   1. Lift your hands towards the ceiling, going only as high as is comfortable. You should feel a stretch in your shoulders and chest.
   2. If your shoulders are a little tight, try just taking your arms behind you and out to the sides like an airplane.

   **Upper Back Stretch**
   1. Clasp your hands together in front of you and round your back, pressing your arms away from your body to feel a stretch in your upper back.
   2. Contract the abs to get the most out of this stretch.

   **Shoulder Stretch**
   1. Take your right arm straight across your chest and curl the left hand around your elbow, gently pulling on the right arm to deepen the stretch in the shoulders.
   2. Try dropping the shoulder down if you’re not feeling a stretch.

   **Seated Side Stretch**
   1. Sitting or standing, clasp your hands straight up overhead, palms facing the ceiling.
   2. Stretch up and then over to the right, feeling a stretch down your left side.
**Triceps Stretch**

1. Bend your right elbow behind your head and use the right hand to gently pull the left elbow in further until you feel a stretch in your triceps.

ii. 8 Pressure Points on your hands [https://www.healthline.com/health/hand-pressure-points](https://www.healthline.com/health/hand-pressure-points)

1. In acupressure, **pressure points** are thought to be powerfully sensitive parts of the body. Some people believe that by applying pressure to our body’s pressure points, it can help relieve pain, establish balance, and improve health throughout the body.

2. Use firm, deep pressure in a small rotating or up-and-down movement for 2 sets of 5 seconds each.

- **Heart 7:** The heart 7 pressure point can be found in the crease of your wrist. It lies in line with the space between your ring and pinkie finger. There’s a bone directly in line next to this pressure point. Reflexologists claim that applying gentle pressure to this spot may protect against anxiety, insomnia, heart palpitations, and depression.

- **Small intestine 3:** The small intestine 3 pressure point is located at the outside part of your hand, right on the edge. The point lies in the depression of your hand just below your pinkie finger. Putting firm pressure on this point is thought to relieve neck pain, earaches, and headaches that occur at the back of your head.

- **Lung meridian:** You can find your lung meridian pressure point by looking at the edge of your hand. It runs from the tip of your thumb down along the side of your hand, ending just beneath the crease of your wrist. Run your finger along this line. If you find a sore spot along this line, reflexologists say you should gently massage it until it feels better. This may help relieve any cold symptoms, such as chills, sneezing, runny nose, and sore throat.

- **Inner gate point:** The inner gate point can be found in a special spot on the crease of your wrist. Hold out your hands as if you’re receiving a gift, with your wrists together. Take one hand and feel about 3 centimeters out from where your wrists were touching in the middle. Reflexologists recommend you massage this point firmly with your thumb. This is believed to improve your digestion and relieve any nausea or stomach pain.

- **Outer gate point:** The outer gate point can be found between two tendons on the backside of the arm. Place three fingers from your other hand above your wrist. Use those fingers to apply firm pressure to this part of your hand to potentially give your immune system a quick boost. Reflexologists also believe applying pressure to this part of the hand could give you a rush of energy.
• **Wrist point 1**: You can find your wrist point 1 on your wrist. Run a finger down your pinkie to your wrist crease, keeping it in line with your finger. Now you’ve found the point. Reflexologists claim that firmly pressing on your wrist point 1 regularly may help promote happiness by regulating your emotions.

• **Base of the thumb point**: The base of the thumb point is located on your wrist. Run a finger down your thumb, to your wrist crease at the base of your thumb. Applying gentle pressure and massaging this point with your finger is believed to help alleviate respiratory and breathing problems.

• **Hand valley point**: The hand valley point can be found in the firm skin between the thumb and index finger. Reflexologists claim that applying firm touch to this pressure point may help reduce stress, as well as alleviate migraines, toothaches, shoulder tension, and neck pain.

3. **Domain Review (2 minutes)**
   a. The 6 domains of self-care are:
      i. Personal: all about you and learning to better understand yourself as a person
      ii. Physical: nurturing your basic physical needs/physical health
      iii. Emotional: your emotional intelligence/how you process and cope with your emotions
      iv. Psychological: your mental state. Self-care activities that help you to keep a clear head and a positive mindset
      v. Spiritual: getting in touch with your spiritual/religious beliefs
      vi. Professional: workplace wellness. Self-care on the job
   b. Personal Domain: Self Care Goals (10 minutes)
      i. What are three ways you can spend time with yourself for at least 30 minutes over the next month?
         1. Share out lists
      ii. Add 2 more photos to our vision boards adding to the personal Domain.

4. **Activity- Identifying Obstacles and Strategies (10 minutes)**
   a. Identify 5 obstacles that impede self-care and goal accomplishments
   b. Identify a strategy or each obstacle regarding how you will gear yourself back to your goal or self-care effort

5. **Activity- Vision Board Activity Continued (If Time- 5 minutes)**
   a. You can utilize all Domains but think about photos that focus on who you are as a person.
   b. You have 10 minutes to online search and add content. The goal is to communicate through your board to help others truly understand you, keep yourself on track with goals, and as a motivating tool for yourself to find joy in your everyday while focusing on yourself. You can add anything, colors, words, images, whatever you feel connects with who you are. Find your name on our Vision Board Activity link: [https://csuci.sharepoint.com/p/s/CSUCIStaffCouncil/EXNyMnsbTmjOsWr-DCX98XEbnBiUmvdn3m7oL0vRdGzEjQ?e=EYJxdo](https://csuci.sharepoint.com/p/s/CSUCIStaffCouncil/EXNyMnsbTmjOsWr-DCX98XEbnBiUmvdn3m7oL0vRdGzEjQ?e=EYJxdo)
   c. Share-Out 2 things on your board and what they represent about you.

6. **Closing 3-Minute Meditation**: [https://www.youtube.com/watch?v=DLkoZtiXeqQ](https://www.youtube.com/watch?v=DLkoZtiXeqQ) (5 minutes)
7. **Meeting Conclusion (5 minutes)**
Future Meetings and Topics:
- February 11, 2021 and February 24, 2021 - Physical Domain: nurturing your basic physical needs/physical health
  - Meditation: https://www.youtube.com/watch?v=evJHBLIdMsE
- March 11, 2021 and March 24, 2021 - Emotional Domain: your emotional intelligence/how you process and cope with your emotions
  - Meditation: https://www.youtube.com/results?search_query=3+minute+meditation+guided
- April 8, 2021 and April 21, 2021 - Psychological Domain: your mental state. Self care activities that help you to keep a clear head and a positive mindset
  - Meditation: https://www.youtube.com/watch?v=8Ffhv3-8Sjw
- May 6, 2021 and May 19, 2021 - Spiritual Domain: getting in touch with your spiritual/religious beliefs
  - Meditation: https://www.youtube.com/watch?v=ABK0SYFxyEY
- June 3, 2021 and June 16, 2021 - Professional Domain: workplace wellness. Self care on the job
  - Meditation: https://www.youtube.com/watch?v=4Bs0qUB3BHq