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.

1. Welcome and Introduction Refresh (10 minutes)
   a. Start off today’s meeting by writing down a positive affirmation about yourself and one about a woman in your life in celebration of International Women’s Day earlier this week. (3 minutes)
   b. Please Share-out and if you have a picture of the woman you are writing an affirmation about please feel free to share your screen with their photo as you are sharing. (7 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. Forward Arm Raises
        1. Hold weights down at your sides, palms facing in. If you don’t have weights can still complete the motion of the stretch. Inhale, then exhale slowly as you raise both arms straight out from shoulder height. Inhale as you slowly lower your arms. This strengthens your upper arms and shoulders. Build up to two sets of 10-15 repetitions. Start with light weights and go a little heavier every two to three weeks to challenge your muscles.
     ii. Exercise Your Diaphragm
        1. This move strengthens a key breathing muscle, the diaphragm. Lie down with your knees bent or sit in an easy chair -- one hand on your chest, one below your rib cage. Slowly inhale through your nose so that your stomach raises one hand. Exhale with pursed lips and tighten your stomach. The hand on your chest should not move. Do this for 5 to 10 minutes, three or four times a day. Breathing this way will become easy and automatic.
     iii. Full Body Stretch
        1. Start standing straight up with your arms stretched above your head, palms together. Lean left and hold for 10 seconds, lean right and hold for 10 seconds.
        2. Then bend your chin towards your chest and reach down to touch your toes keeping your arms together. Once to your toes, relax your arms (hug your calves if you can) and then slowly roll out on the exhale with the roll up taking 10 seconds.
3. Deep Breathing Exercises: https://www.youtube.com/watch?v=EYQsRBNYdPk (5 minutes)

4. Domain Review (5 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. Emotional Self Care Goals (5 minutes)
      i. Recite a positive affirmation every morning: You might find this weird at first, but it can really help in shaping your mindset for the day. It also helps to train your brain into thinking positive, and boosts your self confidence. Check out this amazing list of 101 positive affirmations to get started! I recommend choosing a new one to live by every week.
      ii. Meditate 3x per week: You can start with two or three times a week, and increase it to every day if you find it’s something you enjoy! Meditation can honestly be placed under almost all of the self care domains so it’s just an awesome self care goal to have overall. It’s something I’ve only recently started doing myself, and it really helps to clear my mind and set my intentions for the day ahead of me.
      iii. Spend time with friends (outside of work) 2x per month: Emotional self care has a lot to do with our connections with other people. No matter how shy or introverted you are, it’s still important to have close relationships with others and spend time around other like-minded, positive individuals. Make it a priority to squeeze some socializing into your month.

5. Activity- Reflect and Discuss Emotional Triggers and Strategies (15 minutes)
   a. Steps to identify emotional triggers
      i. Listen to your mind and body
      ii. Step back
      iii. Trace the roots
      iv. Get curious
   b. Strategies to navigate emotional triggers
      i. Own your feelings
      ii. Give yourself some space
      iii. Keep an open mind
      iv. Communicate
   c. Long-term Healing
      i. Work on mindfulness
      ii. Identify toxic relationship patterns
      iii. Keep a mood journal
      iv. Talk to a professional
   d. Activity- Please write down 1-3 emotional triggers you are able to identify in yourself and 1-3 strategies or long-term healing efforts you have or desire to engage in to address these triggers
   e. Share out- optional

6. Resource Homework (3 minutes to Intro- Work on Your Own- Always optional)
   a. Find Your Emotional Triggers Worksheet
7. Closing 6-Minute Meditation: https://www.youtube.com/watch?v=cFeCUfw657g (8 minutes)
8. Meeting Conclusion (2 minutes)

Future Meetings and Topics:
- March 24, 2021- Emotional Domain: your emotional intelligence/how you process and cope with your emotions
  - Meditation:
- April 8, 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
- April 21, 2021- Psychological Domain: your mental state. Self care activities that help you to keep a clear head and a positive mindset
  - Meditation:
- May 6, 2021- Spiritual Domain: getting in touch with your spiritual/religious beliefs
  - Meditation: https://www.youtube.com/watch?v=ABK0SYFxyEY
- May 19, 2021- Spiritual Domain: getting in touch with your spiritual/religious beliefs
  - Meditation:
- June 3, 2021- Professional Domain: workplace wellness. Self care on the job
  - Meditation: https://www.youtube.com/watch?v=4Bs0qUB3BHQ

Reference for Domains of Self-Care: https://www.morningcoffeewithdee.com/self-care-goals/