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. ACTIVITY- Happiness List Review
      i. What from your happiness list did you do in the last two weeks for new joiners, what is something you did in the last two weeks that would be on your happiness list
   ii. Introduce self and Share-Out

2. Warm-Up Stretch (10 minutes)
   a. At the start of every meeting we will begin with different stretches that you can do in your office or at home: https://www.yogajournal.com/practice/yoga-sequences/7-poses-chakras/
   i. Perform stretches together and Hannah will read

3. Domain Review (3 minutes)
   a. The 6 domains of self-care are: https://www.morningcoffeewithdee.com/6-self-care-domains/
      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

4. Spiritual Self Care – getting in touch with your spiritual/religious beliefs (5 minutes)
   a. Spirituality self care involves activities that reflect whatever your spiritual beliefs are; whether it be your religion, or other personal belief system that is important in your life. Spiritual self-care involves truly relaxing and being in touch with your beliefs, which is important for developing healthy coping skills!
      i. Activities you can do for spiritual self care include:
         1. pray
         2. actively practice your faith
         3. meditate
         4. yoga
         5. practice mindfulness
         6. spend time in nature
         7. join a spiritual community
         8. read inspirational literature

5. Conceptualization: https://spiritualfitclub.com/spiritual-activities-self-care-begin-today/ (10 minutes)
   a. Contemplation: thinking continuously about something, studying and musing over it, usually something worthwhile and important, pertaining to life and meaning. When this kind of reflective activity goes very deep, when a person becomes still and highly focused as they ponder, the ego dissolves temporarily and contemplation becomes increasingly like meditation.
   b. Spending Time in Nature: help us achieve optimal well-being. A study shows that spending time in nature dramatically reduces stress and is also anti-inflammatory.
   c. Non-Judgement: Judgment robs us of the ability to hear our inner guide. It is a way of conforming to what is commonly accepted, making it more likely that we ourselves will fit in and be accepted, or in essence, loved. The fear of not being loved and accepted can lead us to shun and reject others in an attempt to ensure that we are not shunned and rejected. By living life in this way, we are submitting to the ebb and flow of the consensus rather than living with a conscious intention for what we want our lives to be.
d. **Regular Acts of Compassion**: When we are kind, no matter how small our acts of kindness are, we experience kindness coming back to us from the whole existence. When we are kind, we feel our soul opening, expanding and embracing the world. In this state of being, we feel transformed, as well as that we can help transform the world. By performing acts of kindness, we influence others to be kind too, and this produces an endless chain of effects, a circle of kindness.

e. **Reading an Uplifting Book**: Deep reading is a distinctive cognitive activity that contributes to our ability to empathize with others. It, therefore, can, in fact, make us smarter and nicer, among other things.

f. **Silence**: Practicing silence doesn’t mean keeping your mouth shut and being quiet. It’s a state of mind where we can listen and appreciate the sounds of silence, seek the solace that silence streams and rejoice with silence.

g. **Letting Go**: The call to let go lies at the core of humanity’s many spiritual traditions. Non-attachment to outcomes, surrendering desires, accepting the present, opening to the guidance of a higher power, relinquishing the ego, forgiveness—they all entail a letting go. Why is letting go so important? Holding on limits perception, makes us tense, and obscures our true nature. Moreover, it lies at the root of most our suffering. Letting go, on the other hand, brings relief, ease, joy, and love.

h. **Prayer**: Prayers can be said out loud, quietly, through song, dance, art, tears, and smudge, for example. You can also pray in any position: lying down, sitting, and kneeling, with hands folded, raised, opened, and closed, and so on. When a person is truly in their spiritual self, in prayer, they do not focus on their body, mind, and emotions. In a total spiritual state, people do not feel pain, heat, cold, hunger, thirst.

i. **Yoga, T’ai Chi, and similar disciplined practices**: There are five types of yoga, each representing a major path of spiritual development. In western society, hatha yoga especially (physical exercises and postures), also t’ai chi and martial arts like judo, karate and taekwondo are increasingly popular. These martial skills combine exercise and the sport of combat techniques with a philosophy emphasizing meditation and self-defense. These practices are therefore both disciplined and devotional.

j. **Chanting**: helps quiet the mind. While chant may or may not be appreciated by those listening for musical sophistication or high-performance quality, countless people are today chanting and listening to chant for its profound effect on our consciousness. The repetitive sounds of chant vibrate in our brain, again and again, washing our minds, our own inner wavelengths gradually coming into resonance with the tone and feeling of the musical prayer.

6. **Activity - What do I value?** (15 minutes)
   a. Write out 20 things that are the most important to your core values and beliefs whether qualities or relationships, etc.
   b. Eliminate 10
   c. Eliminate 5
   d. Share Out remaining 5 or top 3 of your 5

7. **Take Home Activity: Color Your Own Mandala (OYO)**
   a. [https://www.therapistaid.com/worksheets/mandalas.pdf](https://www.therapistaid.com/worksheets/mandalas.pdf)

8. **Closing 6-Minute Meditation**: [https://www.youtube.com/watch?v=gU_ABFUAVAs](https://www.youtube.com/watch?v=gU_ABFUAVAs) (5 minutes)

9. **Meeting Conclusion** (1 minutes)

**Future Meetings and Topics:**
- June 3, 2021 - Spiritual Domain: getting in touch with your spiritual/religious beliefs
  - Meditation: [https://www.youtube.com/watch?v=ABK0SYFxyEY](https://www.youtube.com/watch?v=ABK0SYFxyEY)
  - Hannah will be out
- June 16, 2021 - Professional Domain: workplace wellness. Self-care on the job
  - Meditation: [https://www.youtube.com/watch?v=4Bs0qUB3BHQ](https://www.youtube.com/watch?v=4Bs0qUB3BHQ)
- July 1, 2021 - Professional Domain: workplace wellness. Self-care on the job
  - Meditation:
- July 14, 2021 - Domain Wrap Up and Summer Planning
- July 29, 2021 - TBD
- August 11, 2021 - TBD
- August 26, 2021 - Self-Care Social On Campus (pending approval)
- September 8, 2021 - TBD
- September 23, 2021 - TBD

**After-Hours/Weekend Events**: Coming soon!