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 (15 minutes)
   a. ACTIVITY- Self Care Check-Up- (5 minutes)
      i. Please use the worksheet to identify areas you would like to do more often/improve on: [https://positivpsychology.com/wp-content/uploads/Self-Care-Checkup.pdf](https://positivpsychology.com/wp-content/uploads/Self-Care-Checkup.pdf)
   b. Share-Out 1-3 items you selected (10 minutes)

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.healthline.com/health/deskercise#head-and-shoulders](https://www.healthline.com/health/deskercise#head-and-shoulders)
      i. Perform stretches together

3. Domain Review (3 minutes)
   a. The 6 domains of self-care are: [https://www.morningcoffeewithdee.com/6-self-care-domains/](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. Psychological Self Care - Psychological self-care (sometimes referred to as intellectual self-care) is all about your mind. (7 minutes)
   a. These are self-care activities that help you to keep a clear head and a positive mindset. Activities in this group also work towards self-improvement and decreasing overall stress. Therefore, you need psychological self-care to be able to stay focused and effectively handle stress in your life.
      i. journaling
      ii. focus on the positives
      iii. talk with trusted people (your support system!)
      iv. counseling/therapy
      v. make “happiness lists”
      vi. read a self-help book
      vii. join a support group
      viii. get creative
      ix. aromatherapy

5. Activity- Happiness Lists (15 minutes)
   a. Write out or type out a happiness list
   b. Share Out

6. Closing 6-Minute Meditation: [https://www.youtube.com/watch?v=8Ffhv3-8Sjw](https://www.youtube.com/watch?v=8Ffhv3-8Sjw) (4 minutes)

7. Meeting Conclusion (1 minutes)

**Future Meetings and Topics:**
- **May 6, 2021- Psychological Domain- your mental state. Self-care activities that help you to keep a clear head and a positive mindset**
  - Meditation:
- **May 19, 2021- Spiritual Domain: getting in touch with your spiritual/religious beliefs**
  - Meditation: [https://www.youtube.com/watch?v=gU_ABFUAVAs](https://www.youtube.com/watch?v=gU_ABFUAVAs)
• June 3, 2021- Spiritual Domain: getting in touch with your spiritual/religious beliefs  
  o Meditation: https://www.youtube.com/watch?v=ABK0SYFxyEY
• June 16, 2021- Professional Domain: workplace wellness. Self-care on the job
  o Meditation: https://www.youtube.com/watch?v=4Bs0qUB3BHQ
• July 1, 2021- Professional Domain: workplace wellness. Self-care on the job
  o 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!