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. Please create a Padlet entry with a picture that represents you and introduces yourself to the group: https://padlet.com/hannah_smit/selfcare
   b. Share-out

2. Warm-Up Stretch (5 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. Left and Right Neck Stretch- 3 times, 5 sec. each side (30 sec.)
      ii. Lower Back Stretch- 5 of each stretch
      iii. Seated Hip Stretch- each leg for 15 seconds for 2 reps (1 minute)

3. 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. Personal Domain: Self Care Goals
      i. Spend 30 minutes a day with yourself: This is a pretty broad goal; in that you can spend those 30 minutes doing almost anything you like that helps you get in touch with yourself. For me, this is essentially a bedtime self-care ritual where I’ll do things like journal, meditate, read, paint, etc. Something that doesn’t involve your laptop or cell phone.
      ii. Create a vision board: I’ve been talking a lot about vision boards, but that’s because I really believe in them and how effective they can be for personal growth and goal setting. The entire creative process of the vision board can be used as a self-care ritual (use it as your “me time!”). Then, once it’s done, it works to keep you inspired, and motivated, and
helps with maintaining a positive mindset >>> Related: How to Create a Vision Board with Intention & Purpose

iii. Spend an hour a week learning about (insert new interesting topic/passion): This goal is also related to spending quality “me time,” because…well…that’s exactly what it is. Spend the time researching/reading/watching videos about a new interest of yours (or an existing passion!). For example, I’ve really gotten into crystal healing/spiritual growth lately, so I’ve been spending time reading blog posts and watching YouTube videos about it so I can learn more. So pick any topic that interests you and keep learning! You don’t have to be in school to learn about a particular subject. Learning a new language also fits perfectly into this goal for personal self-care.

4. Activity- Create your own Vision Board (15 minutes)
   a. You can utilize all Domains but our first discussion will address personal goals and future meetings will address other domains.
   b. You have 10 minutes to online search away and add content that resembles you and who you are as a person. The goal is to communicate through your board as though to help others truly understand you. 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/EXNyMnsbTmJ0sWr-DCX98xEBnBiUmvdn3m7oL0vRdGzEjQ?e=EYjdo
   c. Share-Out 2 things on your board and what they represent about you.

5. Conclusion Activity (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

6. Closing 3-Minute Meditation: https://www.youtube.com/watch?v=m_Nw4xTVz0U (5 minutes)

7. Meeting Conclusion (5 minutes)

Future Meetings and Topics:
- February 11, 2021- Physical Domain: nurturing your basic physical needs/physical health
  - Meditation: https://www.youtube.com/watch?v=evlHBLldMsE
- March 11, 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- 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- Spiritual Domain: getting in touch with your spiritual/religious beliefs
  - Meditation: https://www.youtube.com/watch?v=ABK0SYFxyEY
- June 3, 2021- Professional Domain: workplace wellness. Self care on the job
  - Meditation: https://www.youtube.com/watch?v=4Bs0qUB3BHQ