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. Start off today’s meeting by having a glass or bottle of water near you- your goal is to drink 8 oz. during our meeting
   b. Please create a Padlet entry with a picture that represents you and introduces yourself to the group: https://padlet.com/hannah_smit/selfcare
   c. 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. Warm Up Stretch- arms, legs, reach up, tough toes, and body roll up
      ii. Plié Reach - 3 times, 5 sec. each side (30 sec.): STRETCHES: INNER AND OUTER THIGHS, ARMS, SHOULDERS, AND BACK
         1. Stand with feet wide, toes turned out, and raise arms overhead.
         2. Squat deep and lower arms in front of you, elbows touching knees and palms facing forward.
         3. Pull right shoulder back as you raise right arm [shown], then twist in opposite direction, raising left arm. Rise up to starting position. Do 5 reps.
      iii. Active Pigeon: STRETCHES: HIP FLEXORS, BUTT, AND ABS
         1. Pull left knee in toward right hand, then lower left leg to floor so foot is below right hip.
         2. Lower hips as you push through hands, lifting head and chest [shown]. From this position, move into the next stretch (down-dog extension).
      iv. Take a Bow: STRETCHES: SHOULDERS, LEGS, CHEST, AND BACK
         1. Stand with feet wide, left foot turned out, and rotate torso to the left.
         2. Clasp hands behind you with palms together and arms extended.
         3. Bend forward from hips until back is parallel to floor as you raise arms [shown]. Slowly rise up to starting position. Do 5 reps.
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. Physical Self Care Goals
      i. Drink 8 glasses of water a day OR
         1. Replace soda with tea or Hint Water
         2. Drink green tea or lemon water every morning
         3. Slowly reduce the amount of sugar you add to your coffee (until you reach a point where you don’t need any!)
      ii. Go to sleep 15 minutes earlier every day until you reach your ideal bed time:
          This is a good goal for the night owls out there who want to get more sleep, but are struggling in actually getting more sleep. Adults generally need 6-8 hours a sleep a night to feel on top of their game the next morning. Sleep is super important for self care, so if you're feeling fatigued often from a lack of sleep, look into ways to help you fall asleep faster and get the rest you need.
         1. Do 30 minutes of physical exercise 3x a week: This one is pretty self-explanatory and a very common goal especially at the start of the new year. Exercise, like sleep, is really important for physical self-care!
         2. Limit eating out to 3x per month: The amount of times per month you set for this goal will vary depending on your current eating habits. If you’re the type who eats out every single at work, consider starting at “once/twice a week” and gradually decrease the amount.
   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/EXNyMnsbTmJOsWr-DCX98XEbnBiUmvdn3m7oL0vRdGzEjQ?e=EYjxo
      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
   o Closing 3-Minute Meditation: https://www.youtube.com/watch?v=evJHBLidMsE (5 minutes)
6. Meeting Conclusion (5 minutes)

Future Meetings and Topics:
- March 11, 2021- Emotional Domain: your emotional intelligence/how you process and cope with your emotions
  o 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
  o Meditation: https://www.youtube.com/watch?v=8Ffhv3-8Sjw
- May 6, 2021- Spiritual Domain: getting in touch with your spiritual/religious beliefs
  o Meditation: https://www.youtube.com/watch?v=ABK0SYFxyEY
- June 3, 2021- Professional Domain: workplace wellness. Self care on the job
  o Meditation: https://www.youtube.com/watch?v=4Bs0qUB3BHQ

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

March Content:

1. Down-Dog Extension: STRETCHES: BACK, LEGS, AND SHOULDERS
2. Push hips up as you extend left leg behind you and press right heel down [shown].
3. Pull left knee in toward chest and lower into a lunge again to complete 1 rep.
4. Do 8 reps of the entire sequence.

5. Wrap Around: STRETCHES: NECK AND SHOULDERS
6. Stand with feet hip-width apart and reach right arm behind your back, palm facing away from you.
7. Clasp hands and pull left elbow back as you draw shoulder blades together.
8. Hold as you circle head slowly [shown] to complete 1 rep. Do 8 reps.
Quad Stretch
1. Stand and hold onto a wall or the back of a chair for balance if needed.
2. Grab the top of the left foot and bend your knee, bringing the foot towards the glutes, knee pointing straight at the floor. You should feel a stretch down the front of your leg.
3. Squeeze your hips forward for a deeper stretch.

Standing Hamstring Stretch
1. Take your left foot forward and tip from the hips, keeping the back flat.
2. Lower down until you feel a stretch in the back of the leg.
3. Rest the hands on the upper thighs to give your back some support.
4. If you feel shaky or your hamstrings are tight, try using a resistance band to give you more leverage.

Biceps Stretch
1. Take your arms out to the sides, slightly behind you, with your thumbs up, like a hitchhiker.
2. Rotate your thumbs down and back until they are pointing to the back wall to stretch the biceps.