Self-Care Activities & Resources

We are all in this together ... and we need each other to get through it! Thank you to all who shared their self-care activities, resources and ideas.

We have gathered the following activities and resources from live participants in the RR-VHV Self-Care webinar held on May 13, 2020.

Self-Care Activities

Exercise: Walking, running, yoga, hiking, work-out, kettlebells, dancing, zumba, hula hoop, being in nature

Creative: Baking, painting, gardening, singing, playing piano, crocheting, knitting, writing poetry, sewing masks, cooking, making floral arrangements, coloring books

Water Related: Bubble bath, hot showers, hot tub, swimming

Quiet Activities: Reading, deep breathing, praying, relaxing on patio listening to birds, meditation, snuggling pets, puzzles, napping, essential oils/candles, sleeping, bird watching

Social Activities: Games with family, virtual church groups

Technology Activities: Visiting with family/friends electronically, video games, listening to podcasts, watching documentaries, movies, and TV shows

Creating Special Place: Using fancy glasses/dishes, using candles and essential oils, cleaning, playing uplifting music

How Participants are Creating Connections

Virtual meetings on Zoom Duo, Facetime, etc.; creating care packages for family members; group Zoom; MS Teams with co-workers; more frequent phone calls; trunk graduation parties; “snail” mailing cards; virtual dance parties; virtual paint nights; driveway bingo; talking to neighbors; drive-by parade for families in program; playing virtual card games (Euchre and others); Houseparty app; reading books to others online; drop off crafts for family; neighbor patio party (6 feet apart); “coffee chat” in the morning with co-workers; online trivia hosted by local restaurant... .

When Self-Care is Not Enough
(may have fees)

For New Yorkers
NYS Mental Health Hotline

For military personnel
Give an Hour Mental Health Services
Military One Source
Other Resources
(may have fees)

Coaching
COVID Coach
Coach App

Music & Movement
Go Noodle

Meditation
Ananda Meditation
Headspace
Mindfulness Exercises
Palouse Mindfulness
Pure Edge Inc
SoulTime
Ten Percent Happier

Apps
Balance App
Calm App
Insight Timer App
Simple Habit App

Ambiance & Environment
Aquariums
Elsa (from Frozen) Relaxation
Relaxing Nature Sounds
Sound Environment

Exercise
Cosmic Kids Yoga
Next 90 Day Challenge
Kids Yoga
YMCA
Yoga with Adrienne

Resources Mentioned by Presenters in Webinar

Zero to Three Mindfulness Breaks
Practice mindfulness with Maria Gehl, an internationally recognized leader in mindfulness in early childhood. During weekly 15-minute sessions, Maria guides participants through simple yet effective techniques to use throughout the day to manage stress and anxiety.

Self-Care Wheel
An empowering, affirming, and positive tool to manage stress, increase contentment and life satisfaction. With over 80 self-care exercises and healing modalities, Self-Care Wheel is a great beginning for your personalized, preventative, and sustainable Self-Care plan.

Compassion Fatigue Workbook
The Compassion Fatigue Workbook is a lifeline for any helping professional facing the physical and emotional exhaustion that can shadow work in the helping professions. It provides concrete strategies to help the reader develop a personalized plan for identifying and transforming compassion fatigue and vicarious traumatization.

Presenters:
Katherine Casillas, Ph.D. // The Kempe Center at University of Colorado
Mary Caputo, M.Ed. // Zero to Three
Moderator:
Christine Camper // Families Forward