

ENGAGEMENT TOOLKIT: SELF-CARE

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What is self-care? It is addressing physical, mental, emotional, spiritual, and energetic health. Self-care can be incorporated for individuals, teams, and across organizations. This brief provides self-care resources.

More information about self-care:

- [5 Components of Self-Care | Renée Fishman \(mymeadowreport.com\)](#)
- <https://hbr.org/2017/06/6-ways-to-weave-self-care-into-your-workday>

SELF-CARE RESOURCES/TOOLS

Type of Activity	Audience	Link
Self-Care plans and ideas for daily, monthly, and annual self-care goals.	Individual/Team	4 Components Of A Sustainable Self-Care Routine The Crunchy Mommy
Mindfulness	Youth/Teams Self-Care	https://www.waterford.org/resources/mindfulness-activities-for-kids/
Mindfulness - videos	Individual/Adults	https://tiaharding.com/guided-meditation-for-mental-health/
Mindfulness - apps	Individual/Adults	10 Best Self Care Apps You Must Try in 2021 (techcrackblog.com)
Compassion Fatigue	Team	https://compassionresiliencetoolkit.org/schools/a-toolkit-for-schools/
Job Fulfillment	Individual/Team	https://medium.com/personal-growth/the-four-dimensions-of-job-fulfillment-and-a-map-to-find-them-81198b50cd79
Self-Fulfillment	Individual	https://www.lifehack.org/articles/work/7-essential-keys-finding-fulfillment-work.html

Team Goals and Activities	Team	https://thenaturalside.com/self-care-activities-for-groups/
Team Mental Health and Activities	Team	https://www.forbes.com/sites/forbesnonprofitcouncil/2020/01/24/how-to-avoid-compassion-fatigue-care-for-your-staff-so-they-can-care-for-the-world/
Positive Work Environment and Goal Setting	Individual/Team	https://quickbooks.intuit.com/r/employees/motivate-employees/