#SelfCareMonday:

3 Ways to Take Care of Yourself & Others This Week

Ohio Afterschool Network
Monday May 4, 2020
Today’s Facilitators

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Today's Intentions

1. Talk about why we’re feeling the way we’re feeling right now
2. Learn 3 resources that will help you practice self-care
3. Create space to share and learn from each other
4. Leave you with resources to explore on your own and share with others
How many of you feel like you’re balancing multiple plates right now?

Participation Prompt: Use the chat box to respond.
Unjumble the Word

M A Y D G A A L

Hint #1, it’s the part of our brain that governs our survival instincts

Hint #2, it’s the part of our brain that takes over when we are in an emotionally taxing situation
Unjumble the Word

Answer: AMYGDALA

When the amygdala takes over, it makes it hard to critically think and respond.
Think & Share

What has made you feel proud *in the last month*?

How might a Quick Connection Card improve your next virtual meeting?

*Participation Prompt: Use the chat box to respond.*
Think & Share

Is COVID-19 making you feel “on edge?”

Why is conflict resolution an important part of self-care?

Participation Prompt: Use the chat box to respond.
Feelings Chart

Look through an old magazine and cut out images of people showing different emotions.

Sort and glue pictures onto paper.

Label the chart with feeling words.
Think & Share

How might you use this activity to honor your feelings and identify what caused you to feel a certain way?

Participation Prompt: Use the chat box to respond.
Resources to Share with a “Success Buddy”

Healthier Generation COVID-19: Resources

Sanford Harmony Quick Connection Cards

Stop, Think and Cool Off

Harmony at Home Tool-Kit