



ACTIVITY: Worksite Recess – Get Your Blood Flowing!

Purpose

- Being mindful of our Self-Care habits is a good starting point to build our Self-Care habits. Using journaling prompts allows us a starter kit for ideas to think about.

ESTIMATED TIME

10 minutes

Background

- Journaling, also known as expressive writing, has been shown to help reduce doctor visits and increase mental and physical health specifically when writing with intent. By expressing and analyzing our thoughts, feelings, and emotions, we can reduce intrusive thoughts that lead us to lower productivity and mental clarity. Journaling may even help us recover from traumatic experiences when used as a tool to understand what we're going through and how to grow from it.

MATERIALS

Required:

- A. Pencil/Pen
- B. Paper

Optional:

- A. Timer
- B. Journal
- C. Quiet area



Activity

1. Gather materials and print the list of Self-Care writing prompts on the next page for participants.
2. Instruct team members to choose one (or a couple!) items from the list and journal about them for 5 minutes.
3. Bring the group back together for reflection.

Discussion Questions/ Key Points

- Reflect with the team on how journaling about their self-care made them feel.
- Did they make any discoveries when journaling? Is there anything they would like to share?
- Is this something they would like to continue on their own? See Let's Try This! for suggestions.

Let's Try This!

Participants can continue this activity as a daily or weekly habit. It's best to commit to a time and location to journal. Keeping your journaling tools in this location will remind you. Additional prompts can be found below.

Follow-up

Studies show that journaling can have lasting effects – see if you can notice an improvement in your team's Self-Care over the next few days. For those that committed to continuing, follow-up with them to provide accountability.

"Self Care Journaling Prompts and Inspiration." Jill Conyers, 17 May 2018, www.jillconyers.com/2018/05/journaling-prompts-self-care/.

Gray, Sophie. "Journaling Helped Me Rebuild My Life-Here's How to Start a Journal Practice That Can Help You." *SELF*, 11 Jan. 2019, www.self.com/story/how-to-start-a-journaling-practice.

Carpenter, Siri. "A New Reason for Keeping a Diary." *Monitor on Psychology*, American Psychological Association, Sept. 2001, www.apa.org/monitor/sep01/keepdiary.

RESILIENCY

Self-Care

How I... care for myself

- What can I do to add more ease and relaxation to my day?
- When I'm really busy how can I find 10 minutes of time for myself?
What can I do in that time?
- Make a list of 20 things that make me smile.
- I am the best version of myself when I...
- When I think of self-care what lights me up?
How can I add more of this into my self-care routine?
- If I loved myself unconditionally, how would I treat myself?
How can I act on that feeling now?
- What are 3 things that I'm currently doing that no longer serve me?
How can I stop doing these things?
- My life feels like magic when...
- What acts of self-care truly make me happy?
- If I wrote myself a thank you note, what would it say?
- What's one positive change I can make in my daily life?
- What's one feel good thing I can do today?
- Where is my happy space?
What space brings me joy?
- What are my obstacles to practicing self-care daily?
How can I overcome at least one of them?
- How will making myself a priority positively impact my life?