



Spring All-Staff In-Service The Importance of

Self Care



It is so important to take time for yourself and find clarity. The most important relationship is the one you have with yourself.

Diane Von Furstenberg



Meeting Guidelines:

We participate as equals

There is no right or wrong

We disagree with grace and tact

We have fun



We keep shared information confidential

Agenda:

9:00—9:15 Gather & Introductions

9:15—9:45 Self Care—Taking care of ourselves with Crystal Gordan

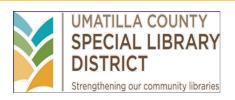
9:45—10 Break

10—10:30 Trauma Informed Response in Work Settings

10:30—11 Check-in: How we are navigating COVID-19

11—12 Sharing of Information from the libraries and from the UCSLD





Zoom Etiquette

A couple tips to help us meet together with ease and grace

Below the video tiles, at the bottom of your screen, you will see the following strip



Starting at the bottom left hand corner:

- Click the microphone to mute or unmute. Please stay muted, unless you are speaking to the group, to cut down on excessive background noise.
- Click the video icon to turn your camera on or off. Seeing each other is the best part of Zoom
- See the list of participants on the participant's icon
- The chat icon can be clicked if you need to message the whole group or if you do not have a microphone
- You have an option to "clap" or give a "thumb's up" with the reactions button
- At the end of the meeting, you just click "Leave Meeting" to exit.

Almost everything will work again if you unplug it for a few minutes, including you.

Anne Lamott



SELF CARE NOTES

When you recover or discover something that nourishes your soul and brings joy, care enough about yourself to make room for it in your life.

Jean Shinoda Bolen

SELF-CARE BINGO

	TOOK A SHOWER	GOT DRESSED TODAY	talked briend	SAT WITH MY FEELINGS	gave musself a compliment
	MOVED MY BODY JOYFULLY	ate	LISTENED TO MY BODY	CHALLENGED NEGATIVE THOUGHTS	>HAD =
	WENT OUTSIDE	TRIED SOMETHING >NEW=	STAYED	practiced being mindful	DID A HOBBY
	used a coping Skill	O O O LET MYSELF CRY	took break	ASKED FOR HELP	GOT SHIT DONE
1	BRUSHED MY TEETH	practiced Self compassion	DRANK WATER	TREATED MYSELF	got 7-9 hours of sleep

@ALYSE RURIANI DESIGN

Spring All-Staff In-Service—4/3/2020

Thank you for coming!

What was one take away from today's In-Service?

... If you feel "burnout" setting in, if you feel demoralized and exhausted, it is best, for the sake of everyone, to withdraw and restore yourself.

Dalai Lama

What is happening with the other libraries in the UCSLD?









