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ACE-WIL Virtual Town Hall #5: Self-care amidst Covid-19

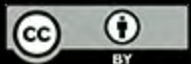
Hosted by Helena Prins, Advisor, BCcampus
& Jennie Nilsson, ACE-WIL President
Presenters: Miranda Massie & Sarah Chettleburgh

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BCcampus
hprins@bccampus.ca
May 12, 2020



Association for
Co-operative Education
and Work-Integrated
Learning

BC/Yukon



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Since time immemorial, the səliiwətaʔt təməx^w (Tsleil-Waututh), Skwxwú7mesh-ulh Temíxw (Squamish), x^wməθk^wəyəm (Musqueam), WSÁNEĆ (Saanich), and the Esquimalt and Songhees Nations of the Lək^wəŋən (Lekwungen) Peoples have walked gently on the unceded territories where we are grateful to live, work, and play. We are committed to building relationships with the first peoples here, based in honour and respect, and we thank them for their hospitality.

Taking care of YOU!

- Sarah Chettleburgh on Self-care
- Miranda Massie on Top Self-care Tips
- Jennie Nilsson on Hot & Trendy WIL Topics

Polls!

Prizes!

And more!

A few tips and tools for the session

- Chat is not anonymous, but annotations are.
- Break out rooms will not be recorded.
- Let's test annotation, reactions, and chat emoticons!

Sarah Chettleburgh, Royal Roads University

- **Self-care in the time of COVID-19**

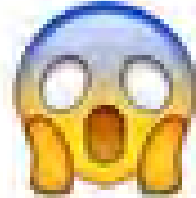
How are you feeling?



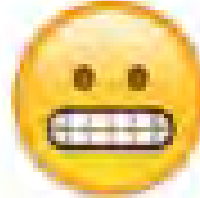
happy



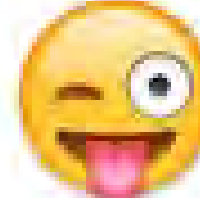
embarrassed



scared



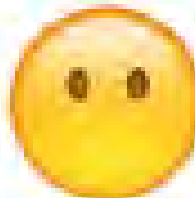
nervous



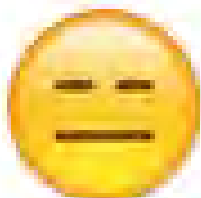
goofy



surprised



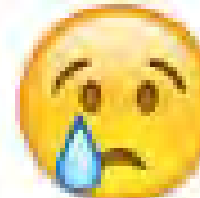
quiet



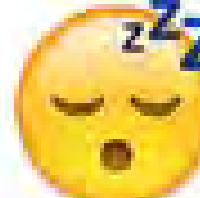
annoyed



cool



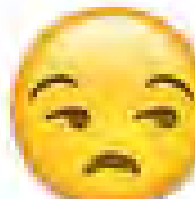
sad



tired



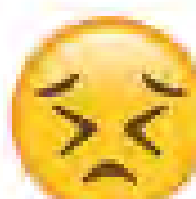
excited



bored



sick



frustrated



angry



funny



proud

Reducing Stress through Mindfulness

A serene sunset over a body of water. The sky is filled with soft, warm colors of orange, yellow, and pink, transitioning into a pale blue at the top. The sun is low on the horizon, creating a bright glow and reflecting its light across the water's surface. In the foreground, a dark wooden post stands vertically in the water, with a small bird perched on top. The water is calm, with gentle ripples. In the middle ground, several swans are swimming, their dark silhouettes contrasting against the shimmering water. The background shows a distant shoreline with trees and some buildings under the twilight sky.

Grounding Exercise #1: Sun Salutations

POLL: What has been most challenging for you as you respond and adapt to COVID-19?

- Balancing work with family demands
- Feeling isolated – missing friends and family
- Working remotely
- Health concerns for myself and others
- So much screen time!
- Missing my hobbies, routines, exercise, outlets

Self Care – what is it? why is it important?

- Self-care includes any intentional actions you take to care for aspects of your wellness. It is nourishing. It takes boundaries.
- It is letting yourself be normal. Regular. Unexceptional.
- It increases empathy and bolsters immune system.
- Helps avoid burn out, anxiety and depression.
- It helps you to care for others.

Poll: What barriers to self-care do you face?

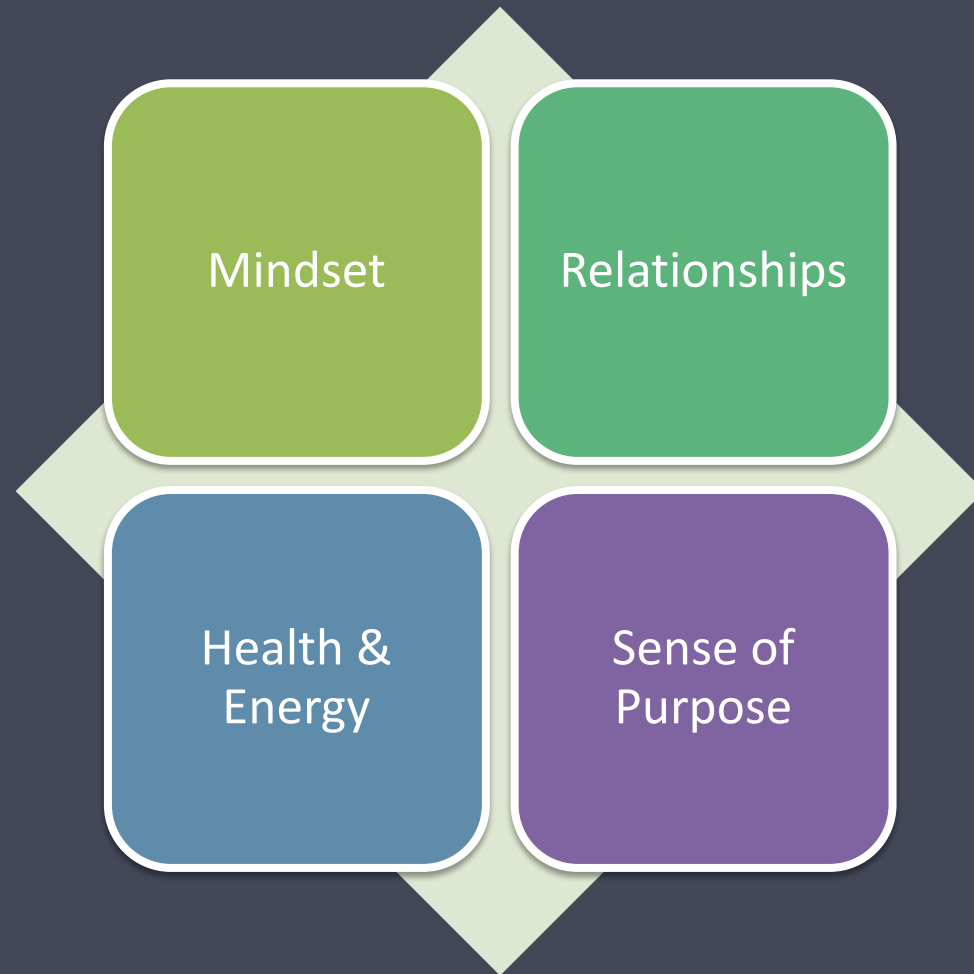
- Self-care is too self-serving and I feel guilty for doing it.
- I don't have time for self-care.
- I'm afraid that others will question my professional dedication if I practice self-care.
- I'm not sure how to practice self-care.
- I don't need self-care



What small things can we do to overcome these barriers for ourselves and others?



Foundation of Resilience



Questions to consider:

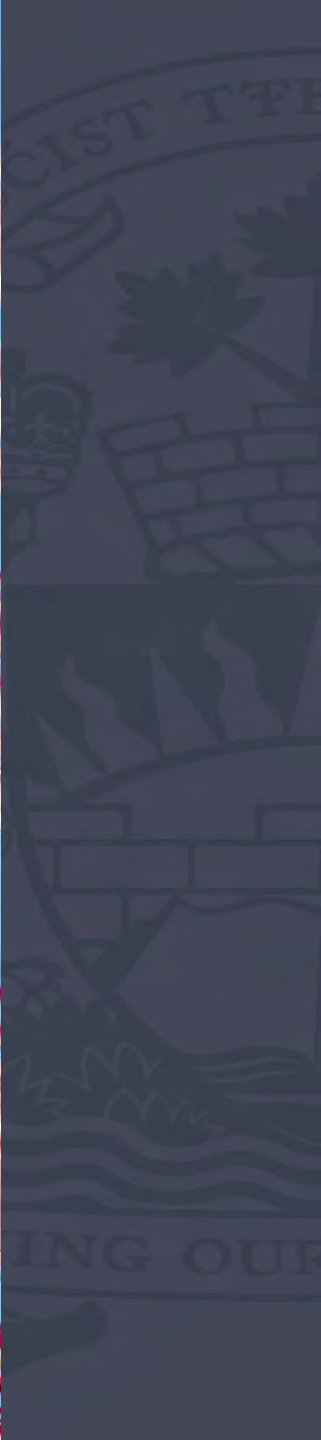
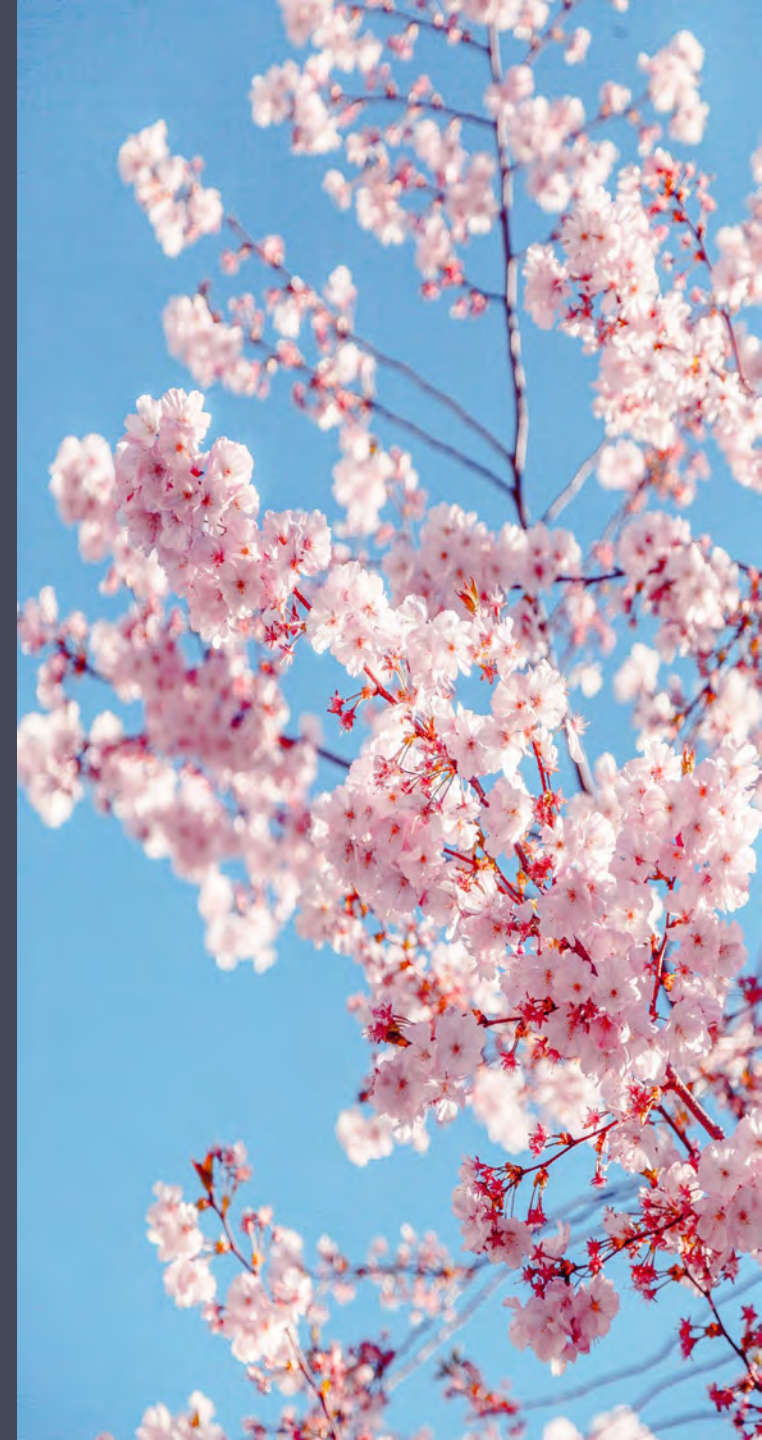
What makes you feel nourished and reenergized?

What is something that YOU enjoy?

What routines/rituals are important for your wellness?

What makes you feel anxious or drained?

What boundaries could you create (or dissolve?) to support your wellness?



Reducing Stress through Mindfulness

A serene sunset over a body of water. The sky is filled with soft, warm colors of orange, yellow, and pink, transitioning into a pale blue at the top. The sun is low on the horizon, creating a bright glow. In the foreground, a dark wooden post stands in the water, with a small bird perched on top. The water is calm, reflecting the colors of the sky. In the distance, a line of trees and a few buildings are visible on the shore. Several swans are swimming in the water, and a few birds are flying in the sky.

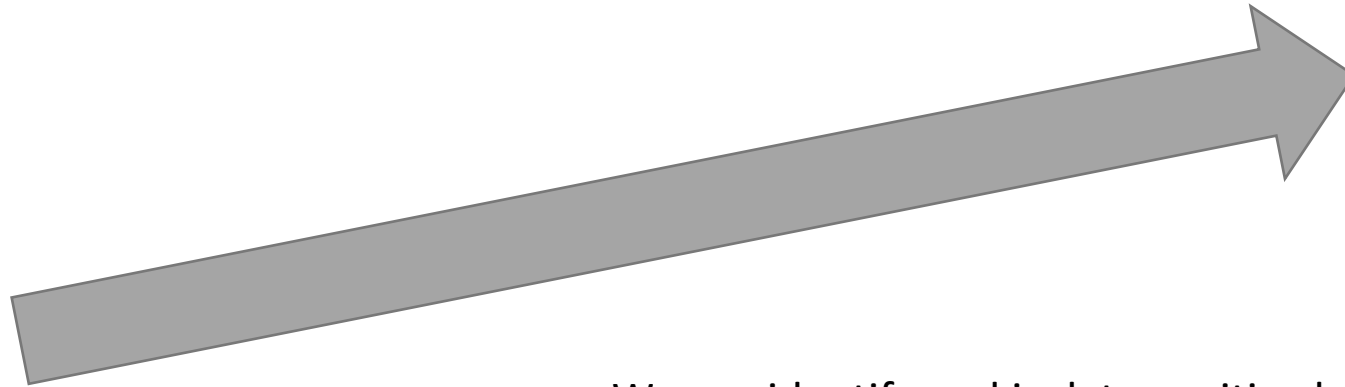
Grounding Exercise #2: Your Favourite Place Visualization

Miranda Massie, UBC

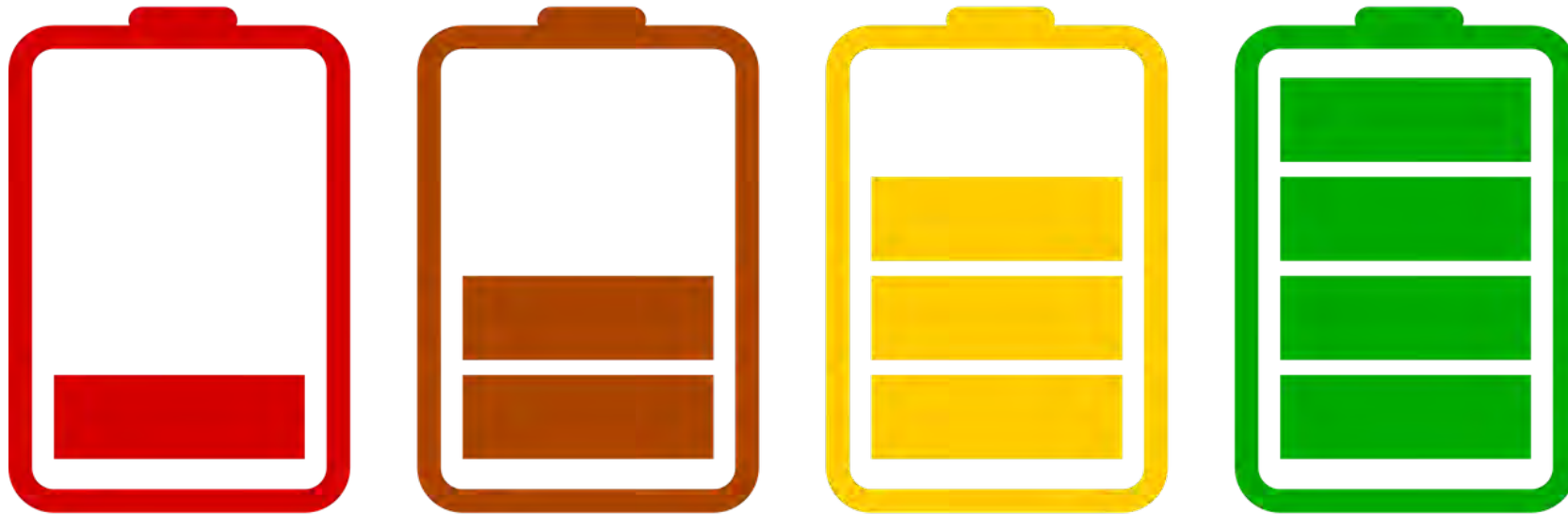
- Top tips for effective self-care

TOP TIPS FOR EFFECTIVE SELF-CARE





We can identify and isolate positive habits and useful practices that allow us to be resilient



SELF CARE

TOP 5

1

Prioritize positive over negative coping strategies

2

Are they small & easy to incorporate into daily life?

3

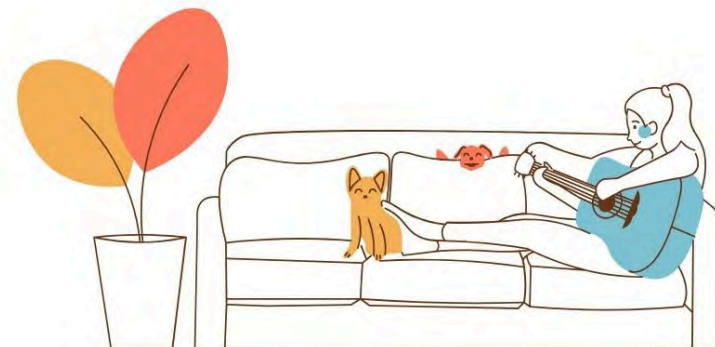
Choose actions that are low-cost or no-cost

4

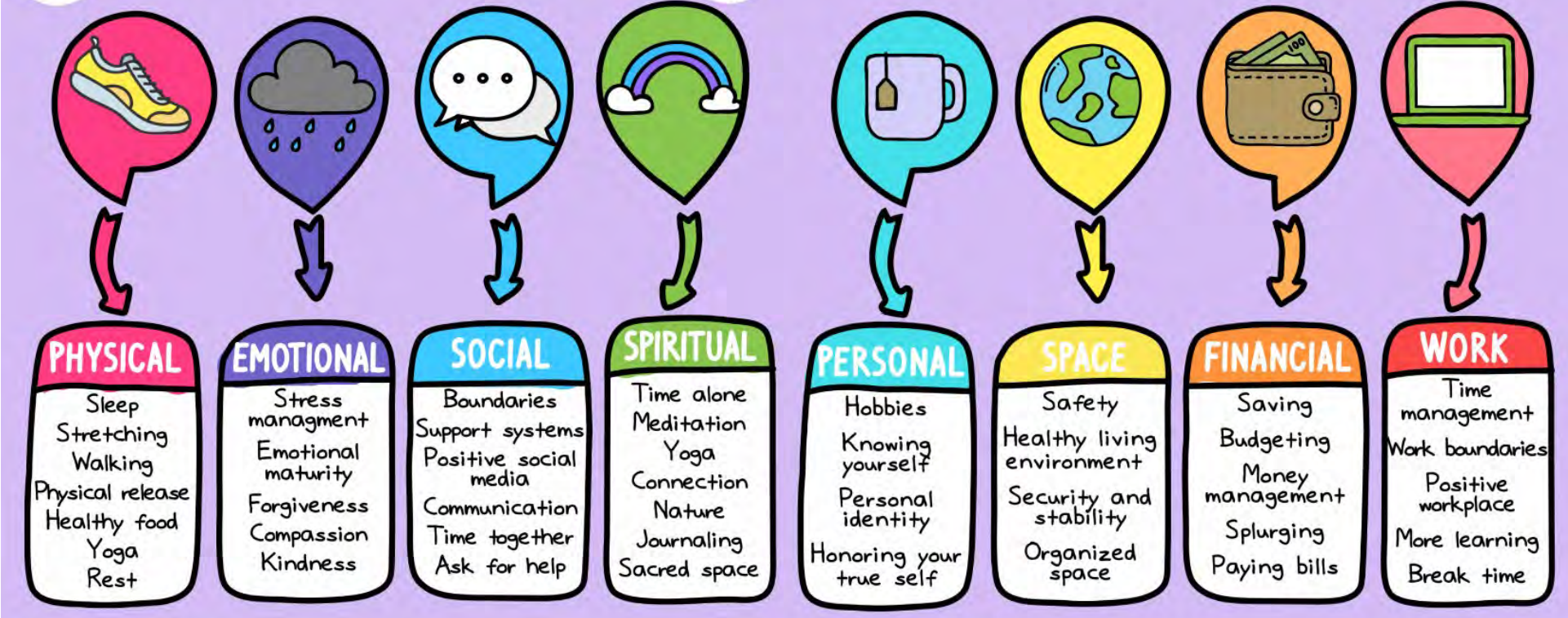
Make room for professional self-care too

5

Find strategies that reduce your stress in the immediate moment



TYPES OF SELF-CARE





True self-care is not all salt baths and chocolate cake...

It is making the choice to build a life you don't need to regularly escape from.



Breakout rooms – 5 minutes

- What small change are you going to make to prioritize your wellness?

How are you feeling

now?



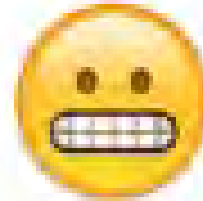
happy



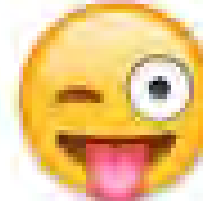
embarrassed



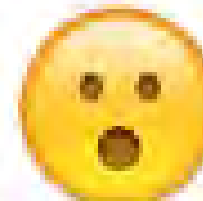
scared



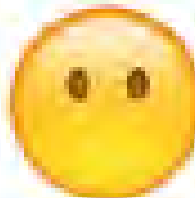
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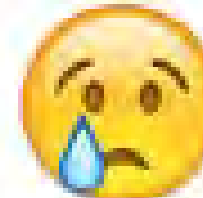
quiet



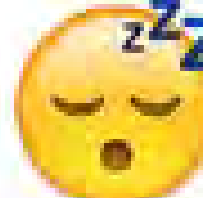
annoyed



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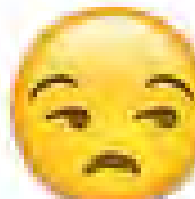
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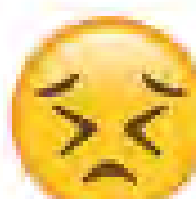
excited



bored



sick



frustrated



angry



funny



proud



Jennie Nilsson, ACE- WIL BC/Yukon

- Hot & Trendy WIL Topics

Breakout rooms – 5 minutes

- What excites you in your work as we co-create a “Better Normal”?

Breakout rooms – Let's share

- What are some of the fabulous ideas you heard?
- Are you looking for collaborators to make your idea happen? Raise your hand to pitch your idea, then add your contact info to the chat.

Time for prizes!





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Thank you everyone!



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