



envision
Self-Care
for Supervisors



let's start...

In continuing the conversation begun during our December 8th webinar 'Promoting CHW Self-Care', we've put together this booklet offering self-care steps and resources for yourself and your team.

We want to support you and those you supervise to rejuvenate mentally, physically, and emotionally – to shift the things that stress and impact you and to further encourage self-advocacy while you all do the important work you do.

While we envision healthy equitable communities we also understand that those working on making that happen need to be healthy in mind, body and spirit.

It is our hope that this booklet and the Healthwise Handbook support you and your team in all you do.

with appreciation and in health,

THE **envision** TEAM

using this booklet

This booklet is a supplement to the webinar held on December 8th. It offers some simple tools and steps that you can implement for your team - and very importantly - yourself as well.


We encourage you to also revisit the webinar for the useful information presented (easy access QR code on pg 16) and download or read the other resource materials available on our drive (easy access QR code on pg 15).

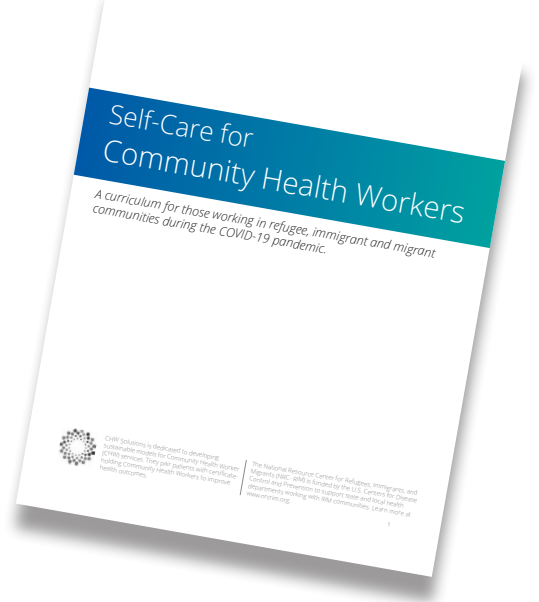
what's inside

self-help curriculum.....	3-6
physical activities	7-10
mental activities	11-14
resources & links.....	15-16

self-help curriculum

Produced by the National Resource Center for Refugees, Immigrants, and Migrants (NRC-RIM) this booklet is one we found to be particularly helpful and wanted to highlight it with an excerpt (these next 4 pages).

To access the full 28page booklet pdf (and other self-care resources) use the qr code. 



APPENDIX SIMPLE SELF-CARE PLAN *Use Weekly/Monthly*

Today I feel:	What aspect does this feeling belong to?	What can I do?	How much time do I need/have?	I am grateful for
1. _____ 2. _____ 3. _____	<ul style="list-style-type: none"> ● Physical ● Emotional ● Spiritual ● Financial ● Social ● Psychological ● Occupational ● Intellectual ● Environmental 	1. _____ 2. _____ 3. _____	10 Minutes _____ 15 Minutes _____ 30 Minutes _____ 1 hour _____ Plan for next week _____	_____ _____ _____ _____ _____
Affirmation for the Day		Goals for this Week Eat – (Try something new & healthy. Hydrate) – Sleep – Play –		



CHW Solutions is dedicated to developing sustainable models for Community Health Worker (CHW) services. They pair patients with certificate-holding Community Health Workers to improve health outcomes.

The National Resource Center for Refugees, Immigrants, and Migrants (NRC-RIM) is funded by the U.S. Centers for Disease Control and Prevention to support state and local health departments working with RIM communities. Learn more at www.nrcrim.org.

APPENDIX

SIMPLE JOURNAL

DATE: _____

Write three words to describe how I feel mentally:

1. _____
2. _____
3. _____

Write three words to describe how I feel physically

1. _____
2. _____
3. _____

The last time I did something good for myself _____

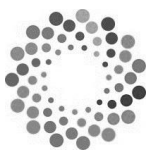
My non-negotiables today or this week in order to set boundaries _____

The last time I did something for others _____

What can I eliminate from my schedule today or this week? _____

Where can I take a step back from commitments? _____

What am I most grateful for _____



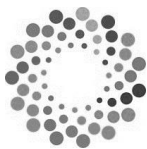
CHW Solutions is dedicated to developing sustainable models for Community Health Worker (CHW) services. They pair patients with certificate-holding Community Health Workers to improve health outcomes.

The National Resource Center for Refugees, Immigrants, and Migrants (NRC - RIM) is funded by the U.S. Centers for Disease Control and Prevention to support state and local health departments working with RIM communities. Learn more at www.nrcrim.org.

Who can I reach out for support _____

What other aspect of myself do I need to focus on next week? _____

My prayer/meditation: _____



CHW Solutions is dedicated to developing sustainable models for Community Health Worker (CHW) services. They pair patients with certificate-holding Community Health Workers to improve health outcomes.

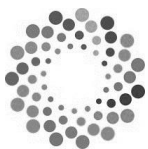
The National Resource Center for Refugees, Immigrants, and Migrants (NRC- RIM) is funded by the U.S. Centers for Disease Control and Prevention to support state and local health departments working with RIM communities. Learn more at www.nrcrim.org.

APPENDIX

5-Minute Thoughts

1. Today I am feeling _____.
2. I acknowledge I am not alone because _____

_____.
3. I am grateful for _____ and _____.
4. As I sit still, I can hear _____
_____.
5. I smile because _____
_____.
6. I cry because _____
_____.
7. Positive word or thought today _____
_____.
8. My color for today _____.
9. One healthy thing I will do today is _____
_____.
10. One thing that makes me happy _____
_____.



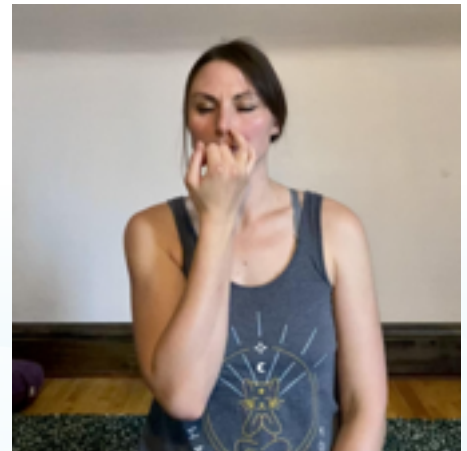
CHW Solutions is dedicated to developing sustainable models for Community Health Worker (CHW) services. They pair patients with certificate-holding Community Health Workers to improve health outcomes.

The National Resource Center for Refugees, Immigrants, and Migrants (NRC-RIM) is funded by the U.S. Centers for Disease Control and Prevention to support state and local health departments working with RIM communities. Learn more at www.nrcrim.org.

self-care breathing exercises

A. Alternate Nostril Breathing

1. Sit comfortably (on cushion, on chair, on your couch). Take a few comfortable breaths in through your nose.
2. Cover your right nostril with your thumb and breathe in slowly through your left nostril. Hold your breath comfortably. Do not force holding your breath if that does not feel good. (During pregnancy, avoid holding your breath for long).
3. Cover your left nostril with your ring finger (or middle or index finger. The key is for your hand to be comfortable). Breathe out through your right nostril. Pause for as long as it feels good before your next in breath.
4. Breathe in through your right nostril while your left nostril is still covered. Hold your breath.
5. Cover your right nostril with your thumb. Breathe out through your left nostril.
6. Begin back at 2. Do as many rounds as you have time for.



Benefits of Alternate Nostril Breathing:

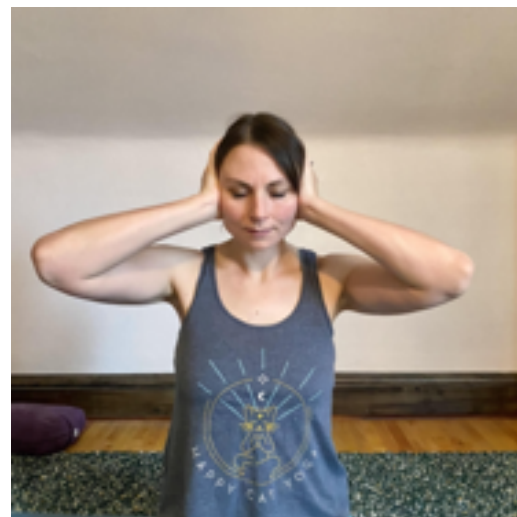
In Yoga, the right side is considered the Yang side (connected with masculine energy, the sun, fire, day...), and the left is considered the Yin side (connected with feminine energy, the moon, water, night...). By doing alternate nostril breathing, you therefore bring balance to your body, mind, and energy. This breathing technique also has a very calming and stress-reducing effect.

self-care breathing exercises

B. Humming Breath/Bee's Breath

Sit comfortably. Relax your face and your jaw. Cover your ears with your hands. Take a deep breath in. As you breathe out, make a soft hum sound “mmmmm”. At the end of the exhale, breathe in again, and hum again on the next exhale. Do as long as you like.

This simple breathing exercise is very soothing if you are experiencing stress. The action of humming causes the breath to lengthen naturally. This in turn slows down the heart rate and calms down the nervous system. Covering the ears and listening to your sounds creates a space just for yourself, with shutting out noise/chatter/busyness around you.



self-care movement

A. Seated Side Stretch

Sit comfortably (Doesn't matter how you sit. You can do this on the floor, cross-legged, on your bed, on a chair...). Put the left palm on the floor or the seat of your chair. Reach the right arm up and over your head to create a stretch for your right side, the rib cage, the waist, torso, even in your right hip. Now push the left hand into the ground and feel how that intensifies the stretch and the opening on the right side. If it feels good on your neck, you can look up to the ceiling under your right arm. Hold for 5-10 breaths. Repeat on the other side.

Benefits of this pose: Good for your posture and for your breath. Opening the rib cage creates more space for your lungs.



self-care movement

B. Chair pigeon

Sit at the front edge of your chair. Cross the right ankle over your left knee. Flex your right foot. Keep your back long as you fold over the bent leg until you feel a stretch in your right glute muscle. Hold for at least 10 breaths. Switch sides.

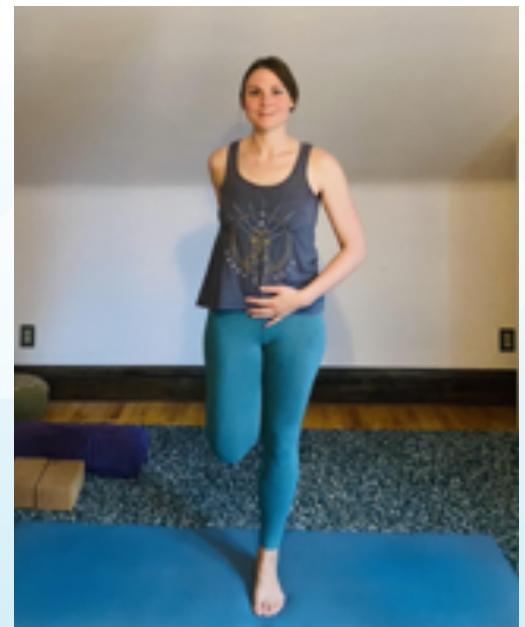
Benefits of this pose: This pose stretches the glutes and the hip flexor, and may increase your flexibility in your lower back. It also might relieve mental stress. This variation on the chair is a great alternative to the original pose (which is practiced on the floor), as it is easier on the knee joint.



C. Dancer prep

Stand with feet hip width apart. Shift your weight onto the left foot to get grounded on your left foot. Bend your right leg and reach for your right ankle with your right hand. You can hold onto a chair or a wall with your left hand if balance is a challenge. Now, reach the right knee towards the floor while you lengthen the tailbone to the floor and feel how your hip flexor gets a nice stretch here. You can put your left hand on your belly or reach it up towards the ceiling. Hold for a few breaths. Switch sides.

Benefits of this pose: Many people sit at the computer all day. This leads to tight hip flexors which can result in back pain. Stretching out the hip flexor might prevent and/or relieve back pain.



self-care movement

D. Flowy Cat-Cow Pose and Child's Pose

Get on all fours, knees under hips, and hands under shoulders. Cushion up your knees with a folded up blanket as needed. If you have sore wrists, you can practice this pose making fists instead of having the palms flat on the floor. Breathe in and open your chest, drop your belly. Breathe out, round your back, reach the tailbone towards the floor. Move with your breath, or linger in places that need a stretch. After a few rounds, add some flowy movements in your hips: Imagine you are drawing a circle on the floor underneath you with your belly button. After at least 7 circles in one direction, change directions. After finishing the circles, separate your knees about Yoga mat width apart, bring your feet together and sink your hips towards your feet. If the hips don't touch the feet, put one or several pillows between your feet and your hips. If you have sore ankles, roll up a towel and place it underneath your ankles. Either stretch your arms forward or rest them at your sides. You can also rest your torso on a pillow. Breathe into your lower back and into your belly as you breathe in. Focus on relaxing and letting go on the out-breath.

Benefits of this pose: These are wonderful poses for your spine and back.

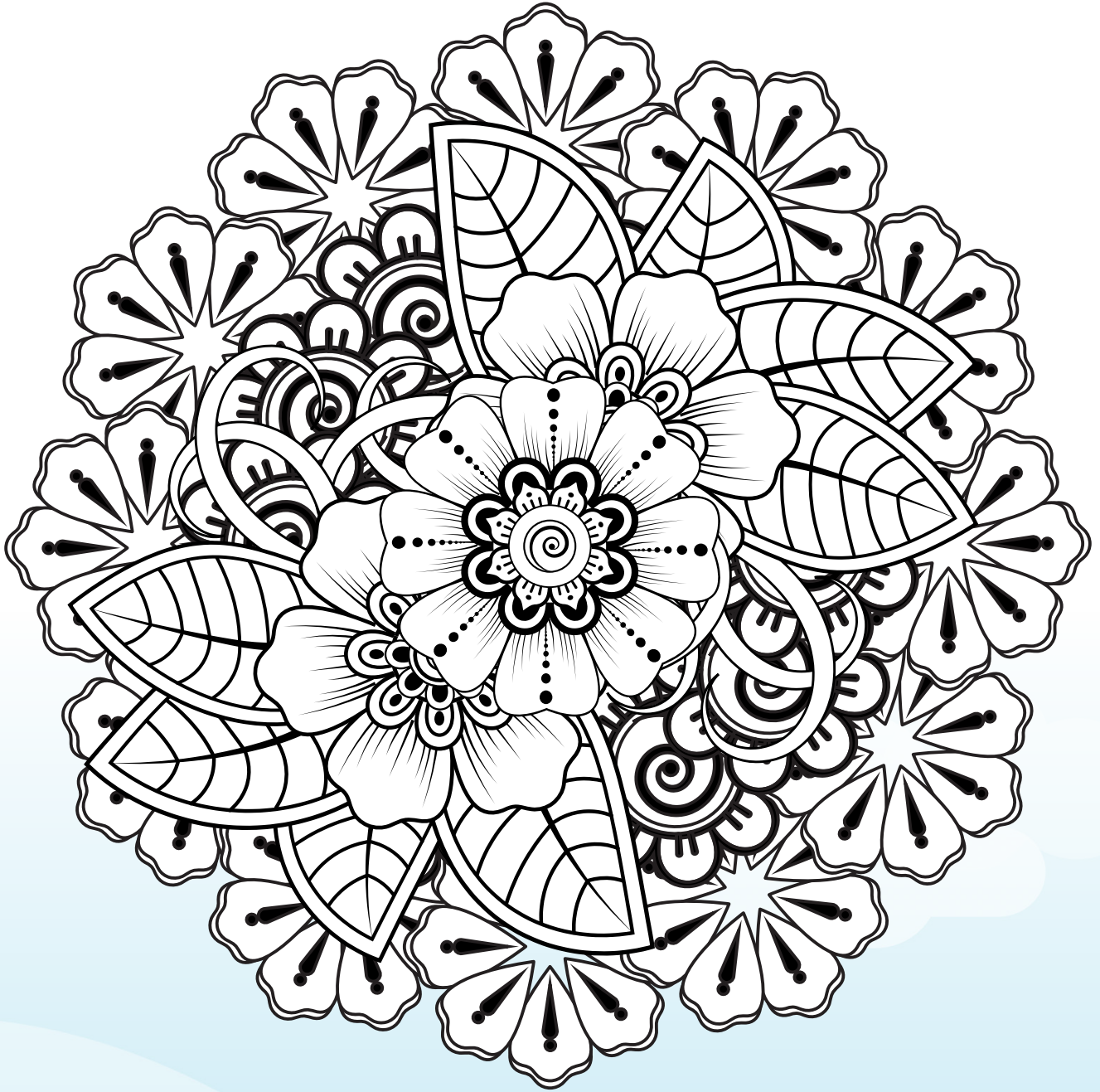


Credit: Lara Olson, Happy Cat Yoga, Stevens Point, WI

Copyright Happy Cat Yoga 2022

Virtual yoga and wellness classes available;
www.happycatyogi.com

take a moment...and color



self-care activity...word-find

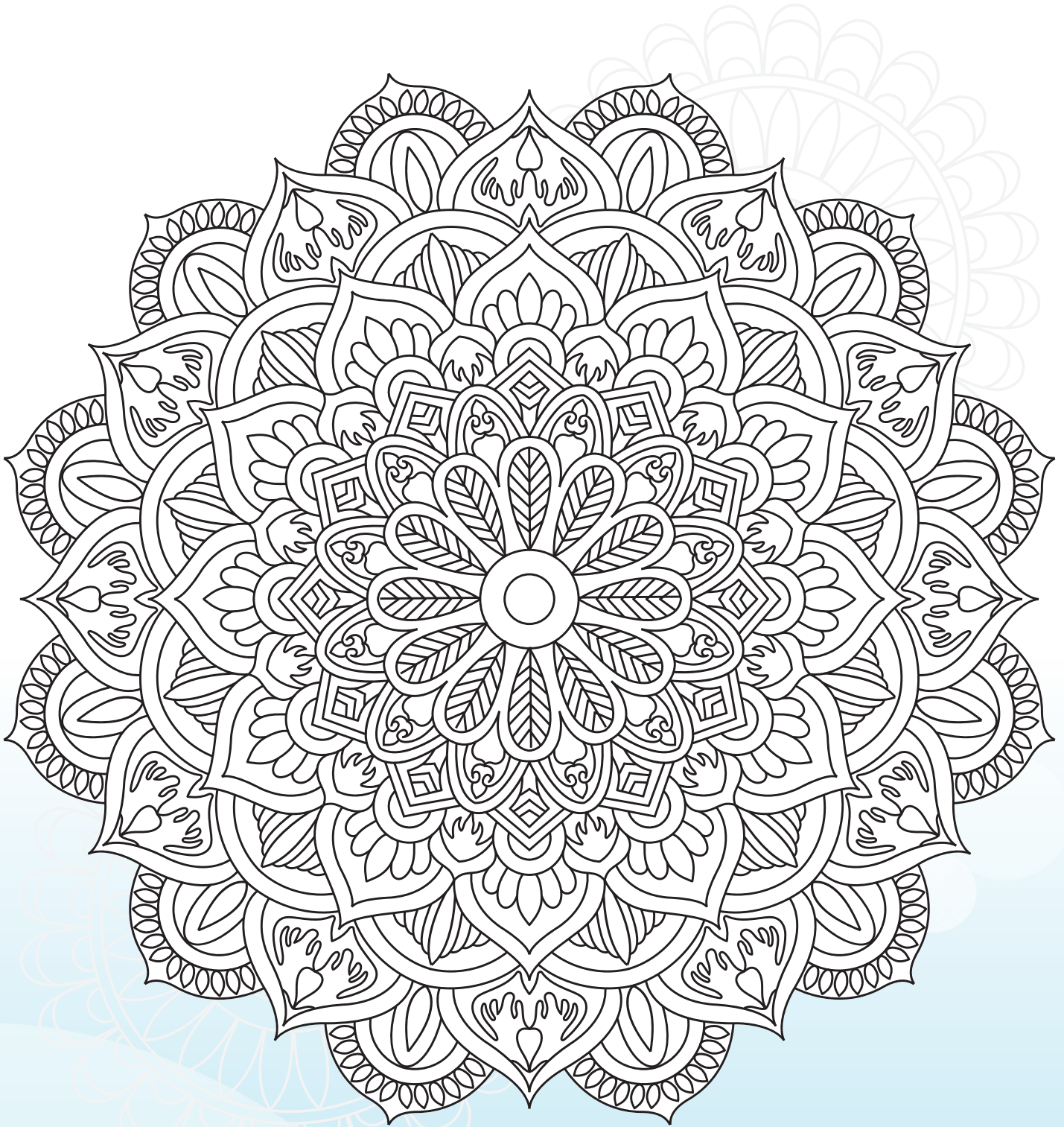
H O P B N F V C G U Z Z S D B S W W L H L M V L B
P X K X F T Y K R L U T G K A B R G G J B V X N L
H V E V I H F I A F T R P P L C V U H U L I V W J
K E J M C I S U M Y A L P J U C O N K I V C U B J
P A I B I X G Y O Y A A U A I T U J P E X Y C A S
Z X A Q R H N U Y Y G N V J I C L K K E B O N H K
P E I Q X O I Q W S A R F P C N S H P A I K Z D I
J N O K U T H I R V G U E C T D T D C W Y J Z W K
U M Y O Q M T S E B Q O R D N J R G U W Y O E F S
Y C G S L H W U Y Z T J Q E E B E M R T Q C X V I
P B P O P K E K M F Q D I L W M T K S N Q V A Y L
I A R E K E N J L B S R J K O O C U A A X X G U P
A M T U W U N A X I F D W W C A H B B B K P W I Z
Y W I F V T R D R O W Z S P Q L G S O G E R Q H Q
U F Y R Y C A R T N P K G O D Y G Y A P T J K V D
A X V T P G E K R I U B Y S D C U P S U P S U L G
F F N E O A L X E W M G X K B K K M M J U M B B X
D O N Y D A N C E A P E U O T M T D B U J W G L V
C S Q W T P X G T R B K O D C V V N F V Z Z F U L
R I G X G Z I V D D C A L U O D B Q S A Q M U G V
P O W O D C W V M E D I T A T E T C O T B G H L L
W G L D A O I G Q W J R S H W S Y R W K E Q G Z Q
G U J R Q J U J Y N H C H E Y V I O A U N X W T F
G V A D K X Q B R H B K H U X X Q D K H H D H X H
C T P Y Y W L D R Z M H P M J J E H E T I I V C K

BAKE
COOK
DANCE
DRAW
EXERCISE
JOURNAL
LAUGH

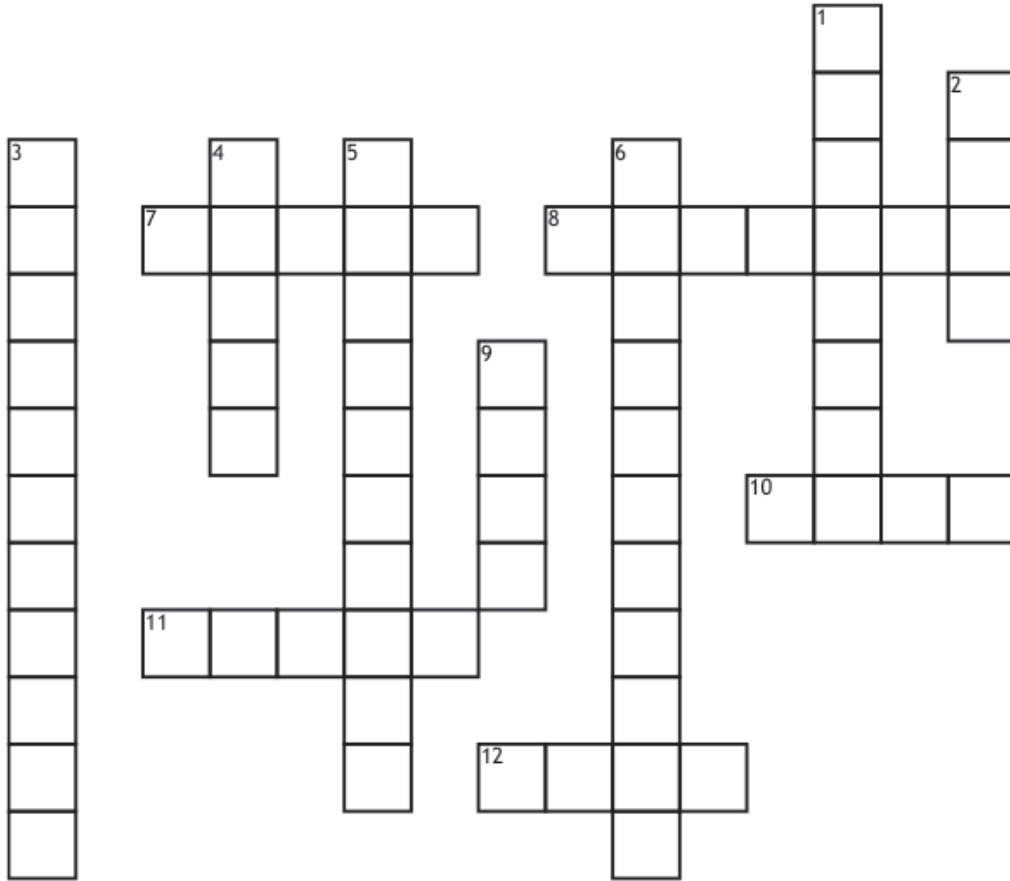
LEARN NEW THINGS
MEDITATE
NAP
PAINT
PLAY MUSIC
PLAY WITH PET
READ

SHOWER
SPEND TIME OUTSIDE
STRETCH
TAKE A BATH
TALK TO FRIENDS
WALK
YOGA

take a moment...and color



self-care activity...crossword



Across

- 7. Drink 8 glasses of this a day
- 8. Focus on what you can _____
- 10. It is ok to ask for _____
- 11. Listening to this can improve your mood
- 12. Read a _____

Down

- 1. It is important to do this for you physical and mental health
- 2. Go for a _____
- 3. A way to be present.
- 4. Do this when listening to music
- 5. Deep breathing is a way to promote _____
- 6. Something that you eat that reminds you of childhood
- 9. Watch your favorite _____

Answers at the bottom of pg. 18

resources

You can access all the resources from our December 8th webinar - *Promoting CHW Self-Care* in one folder on our Resources drive.

Use the QR code for easy access or go to: <https://bit.ly/3VxZSs7>



Look for these:

CHW Self-Care Curriculum: Action Plan | National Resource Center for Refugees, Immigrants, and Migrants (NRC-RIM) (nrcrim.org)

CHW Supervisor Importance-of-Self-Care from targethiv.org

Burnout (signs, symptoms, and practices) from ProQOL

Self-care toolkit from homewoodhealth.com

Total Worker Health Employer Guide COVID19 Edition from the CDC.



envision links

Mailing List

stay current with all things **envision**, use the code to join our email list



Self-Care Webinar

watch the Dec. 8th Self-Care webinar or any of our other monthly webinars



Visit our website

learn more about **envision**, access resources, or just say hello.



Email us

with your questions, give us feedback, or again, just say hello.



citations

Boston University Center for Innovation in Social Work & Health. (2019). A Training Curricula for Using Community Health Workers to Improve Linkage and Retention in HIV Care. From: <http://ciswh.org/chw/>

ProQOL. (2021). Burnout. ProQOL. From <https://proqol.org/burnout>

Happy Cat Yoga. Olsen, L. (2022). From <https://www.happycatyogi.com>

University of Minnesota. (2022). CHW self-care curriculum: Action plan. CHW Self-Care Curriculum: Action Plan | National Resource Center for Refugees, Immigrants, and Migrants (NRC-RIM). From <https://nrcrim.org/chw-self-care-curriculum-action-plan>.

Crossword Answers - Across 7-water 8-control 10-help 11-music 12-book
Down 1-exercise 2-walk 3-mindfulness 4-dance 5-meditation 6-comfortfood 9-movie



envisionequity.org

Envision equitable healthy communities.