

April 3, 2020 ~ 9—Noon

Zoom—<https://zoom.us/j/433708900>

# 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 mute ourselves when we are not speaking

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 files, 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 TO A friend	SAT WITH MY FEELINGS	 gave myself a compliment
MOVED MY BODY JOYFULLY	 ate food	LISTENED TO MY BODY	 CHALLENGED NEGATIVE THOUGHTS	 HAD FUN
 WENT OUTSIDE	TRIED SOMETHING NEW	STAYED ALIVE	practiced being mindful	 DID A HOBBY
used a coping skill	 LET MYSELF CRY	took a break	 ASKED FOR HELP	GOT SHIT DONE
 BRUSHED MY TEETH	practiced self compassion	 DRANK WATER	TREATED MYSELF	 got 7-9 hours of sleep

# Spring All-Staff In-Service—4/3/2020

 Thank you for coming!

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

**What is happening with the other libraries in the UCSLD?**

