

Self-Care Toolkit for Healthcare Providers



Entertainment & Fun



- Take a virtual [tour](#)
- Get [crafty](#) or [creative](#)
- Learn something [new](#)
- Eugene Weekly's "What's Happening" section to find virtual events. Free copies can be found around town or online
- Eugene Public Library offers many virtual services like streaming movies and audiobooks
 - * If your library card has expired or blocked/if you don't have one: call 541-682-5450 to get free access.
- OMSI Facebook has Live Stream events
- YouTube Channel: "Springfield Public Library – Where Minds Grow"
- Online musical performances including local acts on [Relix.com](#) and [pickathon.com](#)

Relax & De-Stress



- Focus on your breath and meditate
 - Apps like **Calm** and **HeadSpace** provide access to free/low-cost guided meditations, mindfulness activities, and relaxing imagery.
 - Find a mediation outlet that suits your specific style: click [here](#).
- Practice [grounding techniques](#)
- Practice [mindfulness](#) throughout your day
- Get outside, [ride a bike](#), take a stroll, or go for a [hike](#)
- Although you may be hesitant to use vacation during these times, consider taking time off to recharge. Working from home is still working and now, more than ever, a break can be restorative.
- Participate in a [30 Day Self-Care Challenge](#)
- Many yoga studios have online or small in person classes. [Hard Core Yoga](#) is doing one week free!



Give Back

- Check out this [list](#) for ideas on how to get started.
- [This](#) news article includes local opportunities.
- Shop [Smile.Amazon.com](#) to choose a charity to donate some of the proceeds to.
- United Way of Lane County keeps an updated list of local [volunteer](#) opportunities and [in-kind donation needs](#)

Stay Connected

- Use [FaceTime](#), [What's App](#), [Zoom](#), [Google Meet](#), and [Marco Polo](#) to connect with others
- Start or join a virtual [book club](#)
- Host a virtual [board game night](#) or <https://www.netflixparty.com/> movie night with family and friends
 - Additional games that you can play alone or (virtually) with others:
 - <https://www.jackboxgames.com/>
 - <https://catanuniverse.com/en/>
 - <https://houseparty.com/>
- Get a virtual or snail mail [pen pal](#)
- Join a virtual trivia league
 - https://www.facebook.com/events/200235337725131/?event_time_id=200237057724959
 - <https://nyctrivialeague.com/livepost/>
- Join a live dance party <https://www.instagram.com/ryan.heffington/>



Prioritize Your Mental and Physical Health



It's About the Science of Well-Being

Take this [FREE course](#) to engage in challenges designed to increase your happiness and build productive habits. Professor Laurie Santos reveals misconceptions about happiness, annoying features of the mind that make us think the way we do, and the research that can help us change. You will ultimately be prepared to successfully incorporate a specific wellness activity into your life.



Assess Yourself

- The University of Buffalo's School of Social Work has an amazing Self-Care toolkit that includes free assessments, checklists, and measures that can assist you in better understanding various aspects of your wellbeing. Tools around stress, burnout, compassion satisfaction, and personality traits can be found at:
<http://socialwork.buffalo.edu/resources/self-care-starter-kit/self-care-assessments-exercises/checklists-and-measures.html>
- Take a mental health assessment using the Mental Health America Screening tool at
<https://screening.mhanational.org/screening-tools>



Virtual Support Groups

NAMI: <https://namilane.org/>

- Connection Peer Support Zoom meetings
- Family Peer Support Zoom meetings

Trauma Healing Project:

healingattention.org/providersupport

- 2 weekly support groups for providers and caregivers. Capped at 12 participants.
 - Fridays 10:00-11:00 am
 - Saturdays 10-11:30 am
- You must complete a one-time registration. They will send you a link to join either group by zoom or telephone.

Oregon Helper's Virtual Wellness Room:

<https://zoom.us/j/4848426773>

- Hosted by Lines for Life
- Mondays, Wednesdays, and Fridays
- 12:30 pm – 1:00 pm
- Meeting ID: 484 842 6773



You Can Do This!

- Pick a free workout from this [list](#) of free or low cost workouts or utilize some free or donation-based workouts from local places like the [Eugene YMCA](#) or [Eugene Yoga](#)
- Practice good [sleep hygiene](#)
- Sustain your [recovery](#)
- Practice [social distancing](#), but not [social isolation](#)

