



“Self-Care for Personal and Professional Success” – Chat Log

March 3, 2021

13:01:21 From Nathan McGhee, CUPA-HR to Everyone : Hello and welcome to today’s event! Please use the link below to access event materials.

<http://www.cupahr.org/wp-content/uploads/events/Webinars/files/on-demand/03-03-21-Webinar-Material.pdf>

Why Self-Care is Important:

13:05:21 From Kristen Mills to All panelists : being a parent

13:05:25 From Annette Picora to All panelists : family

13:05:25 From Chelsea Thomas to All panelists : Being pregnant

13:05:25 From James Fickens to All panelists : COVID

13:05:26 From Cherie Hargett to All panelists : Taking care of young children

13:05:27 From Meagan Voorhies to All panelists : family

13:05:27 From Tammy Clark to All panelists : Grandparent

13:05:28 From Cutrina Catlin to All panelists : Parenting.

13:05:28 From Bridget Working to All panelists : educating kids at home!

13:05:29 From Annette Picora to All panelists : caretaker

13:05:30 From Christine Muriel to All panelists : Caretaker

13:05:30 From Becky Underwood to All panelists : Adult children in tough spots

13:05:30 From Alexis Rodriguez-Nieves to All panelists : Care of parents

13:05:31 From Tamara Bell to All panelists : taking care of an elderly parent

13:05:33 From Nancy Sanders to All panelists : My health. My husband's health

13:05:33 From Maggie Ricketts to All panelists : Eldercare

13:05:35 From Jennifer Moore to All panelists : stress

13:05:35 From Kiera Zellerer to All panelists : Being a newly wed, pets, education

13:05:36 From Angela Rochester to All panelists : work-life balance



- 13:05:38 From Kathy Collis to All panelists : Dealing with elderly parent and her care.
- 13:05:39 From Victoria Land to All panelists : dealing with isolation and loneliness
- 13:05:40 From Shea Tussing to All panelists : Hybrid school
- 13:05:40 From Julie Besaw to All panelists : Education and Mental Health at home.
- 13:05:41 From Carla Wilson to All panelists : We serve others in both home and work
- 13:05:41 From Ameer Diers to All panelists : Nobody takes care of HR
- 13:05:42 From Nancy Stocking to All panelists : Caring for self is important to be able to care for others.
- 13:05:43 From Jennifer Feeley to All panelists : I am a part-time caregiver for my husband who has a disability.
- 13:05:46 From Shobhna Gupta to All panelists : Too many priorities...
- 13:05:46 From Vicki Bittinger to All panelists : health concerns
- 13:05:47 From Jacqueline Billhymer to Everyone : preventing burnout with a stressful job and family balance
- 13:05:49 From Angela Owens to All panelists : Isolation
- 13:05:49 From Jean Cole to All panelists : taking care of elderly parents and working too
- 13:05:50 From Brian Roe, CUPA-HR to Everyone : Welcome everyone! Please be sure your "To:" field is set to "All panelists and attendees" so everyone may see your responses.
- 13:05:51 From Rosalind Sawyer to All panelists : feeling isolated due to remote work
- 13:05:53 From Maggie Ricketts to All panelists : Job loss
- 13:05:55 From Susan Miller to All panelists : remaining motivated
- 13:05:55 From Deepshikha Vyas to All panelists : Planning a family
- 13:05:56 From Karen Muller to All panelists : stress anxiety
- 13:05:57 From Neil McGillicuddy to All panelists : Nobody else will take care of you. if you don't care for yourself
- 13:05:58 From Vivianne Robinson to All panelists : work has no limits
- 13:06:02 From Mary Solis to Everyone : Loss of a loved one.
- 13:06:05 From Chris Genwright to All panelists : I know pets should be stress relieving but they're always here and can be stressful
- 13:06:08 From Brenda Mata to Everyone : Elderly parents and adult children
- 13:06:10 From Nancy Sanders to All panelists : retirement prospects



13:06:10 From Kristy Snider to All panelists : Worrying about college student child and his welfare.

13:06:11 From Deanna Schroder to Everyone : Managing aging parents

13:06:46 From Mary Beth Walter to All panelists : remote work

13:06:56 From Brian Roe, CUPA-HR to Everyone : Welcome everyone! A quick reminder to please be sure your "To:" field is set to "All panelists and attendees" so everyone may see your responses.

Ideas for Psychological Self-Care:

13:10:15 From Jennifer Feeley to All panelists : Meditation

13:10:16 From Chelsea Thomas to Everyone : talking to someone in therapy

13:10:18 From Charity Davis to All panelists : Journaling

13:10:18 From Becky Underwood to Everyone : Healthy boundaries

13:10:19 From Calena Gray to Everyone : meditating

13:10:19 From Paula Bearden to Everyone : meditation

13:10:21 From Jennifer Forbes to All panelists : sleep

13:10:22 From Stephanie Prokop to All panelists : Gardening, cooking, family time

13:10:22 From Christine Guyette to All panelists : Taking a break

13:10:23 From Vicki Bittinger to Everyone : prayer

13:10:23 From Shannon Raum to Everyone : journaling

13:10:24 From Elizabeth Spring to All panelists : Relationships

13:10:24 From Donald Read to All panelists : mindfulness

13:10:24 From Vivianne Robinson to Everyone : meditation

13:10:25 From Karen Muller to Everyone : meditation

13:10:26 From Neil McGillicuddy to Everyone : Loving yourself

13:10:26 From Frannie Guillot to All panelists : alone time

13:10:27 From Alexis Rodriguez-Nieves to All panelists : quiet time

13:10:27 From Hande Teano to All panelists : taking a walk

13:10:29 From Erin Markase to All panelists : self-talk

13:10:30 From Tammy Clark to All panelists : Focus on what you can do and not what you couldn't

13:10:30 From Ale Kennedy to All panelists : meditation



13:10:30 From Christopher McLaughlin to All panelists : church

13:10:32 From Becky Underwood to Everyone : laughter

13:10:33 From Jennifer Symanns to All panelists : gratitude journal

13:10:34 From Annette Picora to Everyone : doing nothing

13:10:35 From Cheryl Brothers to All panelists : alone time

13:10:36 From Nancy Stocking to All panelists : Pray and Bible reading.

13:10:36 From Brenda Mata to Everyone : Time with your spouse to ensure your marriage is healthy

13:10:37 From Deepshikha Vyas to All panelists : reading good books

13:10:38 From Cherie Hargett to All panelists : Therapy, meditation, alone time

13:10:39 From Larissa Lopez to All panelists : Being mindful, expressing gratitude, meditation, shifting negative thoughts to positive

13:10:39 From Kathleen Broske to All panelists : mindfulness

13:10:39 From Vivianne Robinson to Everyone : spending time with friends or alone

13:10:40 From Carla Wilson to Everyone : turning the computer off

13:10:40 From Andrena Greene to All panelists : reading a book

13:10:42 From Jennifer Cocklin to All panelists : paying attention to our mental health

13:10:43 From James Fickens to All panelists : Family time

13:10:43 From Cecilia Contreras to Everyone : Alone time!

13:10:43 From Andrena Greene to All panelists : exercising

13:10:46 From Brenda Mata to Everyone : Social media breaks

13:10:48 From Cheryl Brothers to All panelists : No Social Media

13:10:55 From Sherri Donnelly to All panelists : Being kind to yourself.

13:11:07 From Brenda Mata to Everyone : Even taking a break from news coverage

13:11:08 From Erica Humphrey to Everyone : outdoor time/activity

13:11:25 From Vivianne Robinson to Everyone : binge watching something mindless or not serious

13:12:00 From Julie Flott to All panelists : I agree with taking a break from the news.



Warning Signs of Stress or Burnout:

13:22:58 From Emily Goodwin to All panelists : procrastination

13:23:01 From Janet Turner to All panelists : I too get very negative and I need to recognize that as a symptom of stress/burn out

13:23:03 From Andrena Greene to All panelists : Become very short tempered and annoyed with just the slightest thing

13:23:06 From Kristen Mills to All panelists : not being customer service focused

13:23:07 From Yvonne Michel to All panelists : steadily become less productive

13:23:08 From Michelle Fredenrich to All panelists : Warning signs, insomnia, food cravings

13:23:08 From Kerri Novak to All panelists : Quiet time!

13:23:09 From Shannon Raum to Everyone : negative talk, being angry, feel taken advantage of

13:23:09 From Holly King to All panelists : DREAMING ABOUT WORK ALL NIGHT

13:23:10 From Chelsea Thomas to Everyone : Warning signs are feeling like I can't get everything done, trying to rush to get work completed and finding mistakes (when I'm usually detail oriented)

13:23:10 From Victoria Land to All panelists : feeling anxious, disruptive sleep, emotional

13:23:10 From Lisa Lyle to All panelists : inability to get truly restorative sleep

13:23:11 From Ashley Strickland to Everyone : Lack of focus and jumbled rambling when trying to share my thoughts / to-do list.

13:23:11 From Nancy Stocking to All panelists : I am tired and drink too much soda to stay awake.

13:23:12 From Wendy Vega-Huezo to All panelists : Start crying when talking about work...

13:23:12 From Carrie Trimble to All panelists : No energy, no motivation to start day

13:23:13 From Cheryl Brothers to All panelists : Creating distractions

13:23:14 From Julie Garringer to All panelists : When I lose sleep over a stressor.

13:23:14 From Tamara Bell to Everyone : My neck gets red

13:23:15 From Cherie Hargett to All panelists : Severe stress ball in my neck. Only focusing on work and ignoring family

13:23:16 From Kathryn Eghoian to Everyone : poor sleep patterns

13:23:17 From JANELLE FOSSETT to All panelists : warning signs for me is when I am being short with other people

13:23:19 From Denise Swenson to All panelists : what to do next



- 13:23:20 From Holly King to All panelists : hives
- 13:23:21 From Nadalyne Campbell to All panelists : frustrated/angry and less accommodating to requests.
- 13:23:22 From Jennifer Moore to Everyone : not being able to keep up with the high volume of work
- 13:23:23 From Christina Kapalin to Everyone : strong feelings of anxiety
- 13:23:24 From A. Dickson to Everyone : fatigue
- 13:23:25 From Frannie Guillot to All panelists : get agitated really quickly, can't focus, loss of sleep and appetite.
- 13:23:26 From Joshua Hawkins to All panelists : physical fatigue, tone when discussing work, hard to fall asleep
- 13:23:26 From Elizabeth Spring to All panelists : I get snippy
- 13:23:27 From Jennifer Addleman to Everyone : Get withdrawn
- 13:23:27 From Tammy Clark to All panelists : My warning sign is that I become snappy and tend to do everything rushed...
- 13:23:29 From Shabnam Hadi to All panelists : fatigue
- 13:23:29 From Nathan McGhee, CUPA-HR to Everyone : Always sleepy, never able to sleep.
- 13:23:29 From Maggie Ricketts to All panelists : Warning signs = Tension - headaches, shoulders
- 13:23:29 From Nicole Lambusta to All panelists : anxiety, lack of focus, cant shit it off
- 13:23:32 From Katie Alba to All panelists : Procrastinate
- 13:23:32 From Nicole Lambusta to All panelists : shut**
- 13:23:33 From Vivianne Robinson to Everyone : snippy
- 13:23:33 From James Fickens to All panelists : Negative talking and lack of sleep
- 13:23:33 From Karen Stathopoulos to All panelists : feeling exhausted
- 13:23:33 From Vicki Bittinger to Everyone : illness, back pain, negativity, dreaming about work
- 13:23:34 From Sandra Henderson to All panelists : lack os sleep
- 13:23:34 From Rachelle Gustason to All panelists : Avoidance
- 13:23:34 From Angela Rochester to All panelists : Just shut down!
- 13:23:36 From Sue Arnold to Everyone : tense, nervous, negative, frustrated, tight muscles
- 13:23:37 From Shabnam Hadi to All panelists : poor sleep
- 13:23:39 From Christina Kapalin to Everyone : Irritability and lashing out



13:23:40 From Jennifer Forbes to All panelists : short tempered with family

13:23:40 From Tammy McCain to Everyone : Stress eating

13:23:40 From Janet Turner to All panelists : I lose my ability to recall people's names and have brain fog

13:23:40 From Cara Wreyford to All panelists : emotional eating

13:23:40 From Stephanie Prokop to All panelists : Warnings signs: avoiding computer and starting a task, even if it's really easy.

What did I do? Went for a walk with the dog, took a "mental health day"

13:23:40 From Diane Lolin to All panelists : Others around me start to notice my stress

13:23:41 From Thomasin Propson to Everyone : I keep moving all my "to do" items from one day to the next to the next (never getting any of them done)...

13:23:41 From Julie Flott to All panelists : can't sleep, cry

13:23:42 From Mary Beth Walter to All panelists : always distracted

13:23:42 From Paula Bearden to Everyone : chest pains

13:23:42 From Naomi Roundtree to All panelists : insomnia, anxiety, low energy

13:23:45 From Lisa Gray to All panelists : Withdraw from others

13:23:45 From Kathy Collis to Everyone : Snap over small issues. Blow up or start crying.

13:23:46 From Elissa Keim to Everyone : Over use of caffeine and sugar

13:23:47 From Mary Solis to Everyone : doubting myself

13:23:47 From Shabnam Hadi to All panelists : shoulder pain

13:23:47 From Christine Brophy to All panelists : ruminating over stressor

13:23:47 From Chris Genwright to All panelists : Crying when you think about work or pull up in the parking lot of your building

13:23:47 From Colleen DeVries to Everyone : retreating from friendships

13:23:48 From Gene Puno-DeLeon to All panelists : loss of motivation

13:23:49 From Jennifer Cocklin to All panelists : not able to sleep, feeling anxious, lack of focus, get irritable

13:23:49 From Erica Humphrey to Everyone : Can't power down/let go of even small things; physical changes (anxiety), loss of sleep

13:23:49 From Karen Muller to Everyone : over eating, no motivation



13:23:50 From Jacqueline Billhymer to Everyone : when I work too many hours late at night, I lose sleep and within only a few days I will start losing my voice, every single time.

13:23:50 From Carol Powers to All panelists : Clench my teeth at night

13:23:50 From Sandra Greer to All panelists : Can't focus, just want to sleep

13:23:50 From Erin Markase to All panelists : insomina

13:23:51 From Melissa DiNoto to All panelists : moody, grumpy

13:23:53 From Gina Brothers to Everyone : Lack of motivation

13:23:53 From Kris Doorn to Everyone : heart racing, short with others, bad attitude

13:23:54 From Gina Rivera to All panelists : loss of appetite or eating unhealthy, poor habits

13:23:56 From Becky Underwood to Everyone : hard to sleep, feeling panicky, perspective as if I'm on my own...it's all up to me

13:23:56 From Larissa Lopez to All panelists : overwhelm with work load, life responsibilities, lots of emotions, physical symptoms

13:24:00 From Carla Wilson to Everyone : distracted thinking, loss of sleep

13:24:01 From Nathan McGhee, CUPA-HR to Everyone : Unhealthy eating habits

13:24:03 From Maggie Ricketts to All panelists : Negative self-talk

13:24:05 From Theresa Reddick to Everyone : I experience headaches and also heart palpitations.

13:24:06 From Shannon Wilds to All panelists : Irritability, sleeplessness, neck pain, tiredness, heart palpitations

13:24:22 From Rachelle Gustason to All panelists : lots of resentment leading to anxiety

13:24:25 From Yvonne Michel to All panelists : stomach issues

13:24:33 From Diann Darmody-Ferris to All panelists : Feeling unproductive and focusing on the negative. Have a knot in my shoulders and neck. Stress headaches.

13:24:40 From Julie Besaw to Everyone : Withdrawn, lack of sleep, overemotional.

13:26:28 From Vicki Bittinger to Everyone : weight gain

13:27:33 From Shannon Raum to Everyone : gratitude jar - write down on slip something good each day, at end of year, empty jar to read all the good you experienced

13:27:53 From Nathan McGhee, CUPA-HR to Everyone : Hello and welcome to today's event! Please use the link below to access event materials.

<http://www.cupahr.org/wp-content/uploads/events/Webinars/files/on-demand/03-03-21-Webinar-Material.pdf>

13:28:07 From Sue Arnold to Everyone : I like that idea Shannon



13:32:07 From Rosemary Brown to All panelists : Well this assessment was enlightening

13:33:43 From Ashley Strickland to Everyone : Retail therapy

Ideas for Physical Self-Care:

13:33:52 From Becky Underwood to Everyone : I have several co workers that I walk with regularly

13:33:54 From Kathryn Eghoian to Everyone : taking the stairs to the 4th floor where my office is each day

13:33:54 From Kris Doorn to Everyone : I walk my dog every morning before work.

13:33:54 From Maggie Ricketts to All panelists : I try and step away from the computer every hour.

13:33:55 From Diane Lolin to All panelists : daily walks 30 minutes a day

13:33:56 From Tiffany Haskins to Everyone : I get mani/pedis bi-weekly and massages monthly

13:33:58 From Cecilia Contreras to Everyone : Go to the doctor, as needed

13:34:00 From Kim Yandell to Everyone : Short online yoga videos

13:34:01 From Meagan Voorhies to All panelists : eating healthy

13:34:02 From Mary Solis to Everyone : schedule monthly massages and run regularly

13:34:02 From Janine DeWitte to All panelists : Yoga & meditation

13:34:04 From Bridget Working to All panelists : going to a yoga class on a regular/weekly basis

13:34:05 From Neil McGillicuddy to Everyone : Daily runs

13:34:06 From Patrice Siffert to Everyone : Walk/hike everyday, fresh air

13:34:07 From Melissa Garzanelli to All panelists : I try to take a walk at lunch every day at work and it helps me focus in the afternoon.

13:34:07 From Annette Piccora to Everyone : Make an appt with myself to workout 4 times a week

13:34:08 From Michael Cuevas to All panelists : Buying foods that are healthy-ish but I really enjoy eating

13:34:09 From Kim Yandell to Everyone : switching to more tea v coffee all the time

13:34:09 From Anna Spragg to Everyone : love my orange theory fitness gym and community

13:34:09 From James Fickens to All panelists : Working out consistently Monday -Friday for 1hr.

13:34:10 From Chelsea Thomas to Everyone : I have a workout group on facebook I'm a part of that has 3 days a week workouts that I complete. It keeps me motivated and feeling good after I do the exercises



- 13:34:12 From Cutrina Catlin to All panelists : daily walk
- 13:34:13 From Joellen Andrews to All panelists : food prep on the weekend to ensure healthy eating during the week - log food consumption
- 13:34:13 From Rachelle Gustason to All panelists : engaging in social issues by speaking out and learning
- 13:34:14 From Lisa Gray to All panelists : Set aside at least an hour per week to enjoy my hobby. Quiltmaking.
- 13:34:15 From Cecilia Contreras to Everyone : Eating better
- 13:34:15 From Naomi Roundtree to All panelists : Focus on getting good sleep
- 13:34:17 From Gina Brothers to Everyone : Aim to get 10k steps a day
- 13:34:17 From Jennifer Moore to Everyone : spend time with others (small group of friends)
- 13:34:19 From Angela Rochester to All panelists : I feel like my area covers both the physical and workplace. I walk daily (weather permit) with a few co-workers.
- 13:34:19 From Thieme (TJ) Bittick to Everyone : Wear clothes I like: I got rid of everything in my closet I hated or don't wear, so I only have stuff that "brings me joy".
- 13:34:20 From Tammy Clark to All panelists : Getting a walk in over my lunch
- 13:34:20 From Emily Goodwin to All panelists : take a 15 min break everyday and walking the dog
- 13:34:20 From Christine Brophy to All panelists : Focus on nutrition
- 13:34:21 From Shannon Raum to Everyone : going to doctor as needed, eating regularly
- 13:34:21 From Jennifer Addleman to Everyone : Schedule time in my work day to do exercise, and force myself to stick to it, even if only yoga at my desk for 15 minutes.
- 13:34:22 From Miriam Stokes to All panelists : Medical care - - I make it a point to have regular medical appointments and not ignore potential health issues.
- 13:34:22 From Rosemary Brown to All panelists : I've been working remotely for 7 years and I try to completely disconnect from work during my lunch hour.
- 13:34:23 From Susie Olmos-Soto to All panelists : This new concept of Priming the brain. Planning an activity or trip that helps me look forward to something in the short future!
- 13:34:23 From Shabnam Hadi to All panelists : Eating well
- 13:34:23 From Brenda Mata to Everyone : I have embraced a healthier eating lifestyle and I celebrate that every day, especially during the pandemic!
- 13:34:24 From Julie Garringer to All panelists : I make sure to get enough sleep - including keeping a consistent bedtime! I'm really grouchy if I don't sleep enough!!!



13:34:24 From Anna Capenos to All panelists : aiming for 1% better than yesterday with movement, putting a red check mark on my calendar when I run or walk, love the visual win :)

13:34:24 From Nancy Stocking to All panelists : Make sure I find time to sleep.

13:34:24 From Karen Muller to Everyone : getting enough sleep

13:34:24 From Victoria Land to All panelists : Walk on path through wooded area - beautiful nature

13:34:25 From Tamara Bell to Everyone : using my stepper machine early morning and listening to my daily devotions

13:34:25 From Katherine Ricca to Everyone : I schedule appointments to pet, walk, and/or play with my dog.

13:34:26 From Vicki Bittinger to Everyone : painting, sewing and crafting

13:34:26 From Larissa Lopez to All panelists : Getting daily walks with my dog and sometimes with spouse.

13:34:28 From Shira Minerd to All panelists : Short daily walk around the neighborhood while listening to an audiobook.

13:34:30 From David Jones to All panelists : yoga every morning

13:34:31 From Janice Cobb-Markulin to All panelists : Since I am not commuting, I use this time to run 7 miles every morning.

13:34:31 From Kristen Mills to Everyone : Walking meetings

13:34:32 From Karen Stathopoulos to All panelists : Still dress up/professional attire (at least from the top up!) on Zoom calls

13:34:32 From Katie Alba to All panelists : Spending time with family/pets

13:34:34 From JANELLE FOSSETT to All panelists : touch base with a friend daily to do a daily walk during the week

13:34:34 From Erica Humphrey to Everyone : I eat regular meals; pack my own lunch for work so I can control what I eat (fresh fruits and veggies, etc.)

13:34:35 From Vivianne Robinson to Everyone : experiment with new recipes so that makes sure I eat regularly

13:34:35 From Kerri Novak to All panelists : Working out, camp gladiator!

13:34:38 From Sandra Durazo to Everyone : Play and chase dog and cat.

13:34:40 From Dana Richardson to All panelists : Dance cardio!!!! walking with co-workers and making sure I have 10,000 steps in a day

13:34:40 From Carla Wilson to Everyone : Body scrubs and spa/sauna visits

13:34:41 From Karen Muller to Everyone : trying to get outside and get a walk in



13:34:42 From April Daniel to Everyone : I'm doing well with identifying when I need a mental/physical break, taking an official day off, and on that day off DO NOTHING!

13:34:42 From Sonya Croff to All panelists : eat breakfast and lunch daily

13:34:46 From Diann Darmody-Ferris to All panelists : walking and going to the gym daily

13:34:48 From Donna Wermenchuk to All panelists : 7-8 hours of sleep per night!

13:34:48 From Terri Krause to Everyone : committed to walk/run at least one mile everyday in 2021

13:34:49 From Alexis Rodriguez-Nieves to Everyone : Start my day off with breakfast every day. Sitting down and enjoying it. Not only a cup of coffee in front of the computer.

13:34:50 From Nathan McGhee, CUPA-HR to Everyone : Treating taking the dog out for a walk as a joy rather than a chore has been perfection!

13:34:50 From A. Dickson to Everyone : Started a exercise schedule

13:34:50 From Jennifer Cocklin to All panelists : I wear clothes I feel good in and are fun colors or patterns.

13:34:51 From Theresa Reddick to Everyone : I try to eat healthy by prepping food for the week's lunches on Sundays.

13:34:52 From Erin Markase to All panelists : I use the MyFitnessPal app to keep track of my daily caloric intake. It can be synced up with an Apple watch or Fitbit so it also tracks your activity logs.

13:34:56 From Travis Rosenberg to All panelists : Use my commute time for meditation, reflection, "unpacking my day", staying in contact with people and checking in, listening to inspirational talks, etc.

13:34:57 From Jennifer Moore to Everyone : check in with parents and sister weekly

13:35:05 From Kathy Collis to Everyone : Switching up my wardrobe for seasonal celebrations and comfort.

13:35:08 From Sandra Greer to All panelists : Walking and talking to God

13:35:12 From Colleen DeVries to Everyone : finally set a long-needed appointment to see the doctor

13:35:14 From Lisa Lyle to All panelists : Forcing myself to take a "mask break" at work. encourages me to move, catch my breath and reset

13:35:15 From Marline Faherty to All panelists : spend time in the hot tub daily

13:35:15 From Angela Owens to All panelists : Eat breakfast before I start work

13:35:17 From Brenda Mata to Everyone : aromatherapy helps me with my self care, stress relife

13:35:17 From Julie Flott to All panelists : Reading a book that I enjoy, not for work or watching a favorite movie/series

13:35:19 From Julie Garringer to All panelists : I take daily walks (after work)...and am working on taking more movement breaks throughout the work day (this is a weakness).



13:35:32 From Katherine Ricca to Everyone : I make a simple notebook sheet each morning with affirmations and accomplishments (ex. "filed taxes") so I can feel i did get something accomplished even if i didn't get it ALL done

13:35:34 From Dana Richardson to Everyone : scheduling breaks on my calendar and being more mindful to step away from my desk!!!

13:35:46 From Shabnam Hadi to All panelists : eating 3 meals with family

13:35:51 From Jennifer Addleman to Everyone : Tracking my meals and exercise in an app every day.

13:36:23 From Linda Martinez to Everyone : Started reading books again, looking forward to and prepping for gardening again as spring approaches.

13:36:26 From Sandra Greer to All panelists : Wearing colors that make you happy, bright colors

13:36:26 From Julie Besaw to Everyone : Schedule exercise or meditation daily to make time for it and keep myself accountable.

13:36:28 From Michael Noll to All panelists : Walking with my dog. We both need it. :-)

13:36:28 From Rhonda Raynor to All panelists : wear clothes that I love, do my morning routine like I was in the office, such as getting ready

13:36:32 From Julie Garringer to All panelists : Measuring my water intake to make sure I get enough.

13:36:42 From Michael Noll to Everyone : Walking with my dog. We both need it. :-)

13:36:46 From Tammy McCain to Everyone : Electronically disconnect after 8pm every night

13:36:48 From Jennifer Cocklin to All panelists : Doing a virtual book group with friends.

13:36:53 From Katherine Ricca to Everyone : I break my big overwhelming objectives into small pieces (like these CEUs!)

13:36:54 From James Fickens to All panelists : Getting rest and being intentional about going to bed.

13:37:36 From Thieme (TJ) Bittick to Everyone : Ride exercise bike while I watch a TV show I like.

Ideas for Psychological Self-Care:

13:37:48 From Sandra Greer to All panelists : Watch positive movies.

13:38:11 From Chelsea Thomas to Everyone : Cooking really destresses me and I enjoy it. I took the time to clean out my fridge and freezer this weekend which gave me a fresh start

13:38:17 From Michelle Simon to All panelists : Not watching TV every single night. Brought out the old Wii game!

13:38:40 From Rhonda Raynor to All panelists : watch a comedy show to laugh

13:38:40 From Erin Markase to All panelists : Read self-help books



- 13:38:45 From Ameer Diers to All panelists : Reading Jenny Lawson...she is hilarious!
- 13:38:46 From Karen Muller to Everyone : zooming with my family out of state
- 13:38:46 From Jacqueline Billhymer to Everyone : Taking a break from social media!
- 13:38:47 From Michelle Tellez to All panelists : making sure I take a walk each day when working from home
- 13:38:49 From Jennifer Feeley to Everyone : I have made a very concentrated to stop working at 4:30 when my day is done.
- 13:38:51 From Holly King to All panelists : turn off the news
- 13:38:52 From Shannon Raum to Everyone : reading for fun
- 13:38:53 From Maggie Ricketts to All panelists : I listen to lots of books on audible
- 13:38:54 From Kristen Smuder to All panelists : Reading fiction every night before bed
- 13:38:55 From Angela Rochester to All panelists : started painting.
- 13:38:55 From Janet Turner to All panelists : I love to read fiction
- 13:38:57 From Brenda Mata to Everyone : Reading materials not related to work
- 13:38:58 From Gina Brothers to Everyone : Jigsaw puzzles
- 13:38:58 From Rosemary Brown to All panelists : Just relaxing and petting my puppy. Helps clear mind
- 13:38:58 From Stephanie Prokop to All panelists : Baking and working on a house project (like painting)
- 13:38:58 From Cecilia Contreras to Everyone : Watch shows that make me laugh
- 13:38:58 From Deanna Schroder to Everyone : Taking online cooking classes
- 13:38:58 From Thieme (TJ) Bittick to Everyone : Clutter was depressing me, so I've been on a mission to declutter my house.
- 13:38:59 From James Fickens to All panelists : Being intentionally positive.
- 13:38:59 From Chelsea Thomas to Everyone : I go sit outside with my cat in the sun during lunch when I'm feeling stressed
- 13:39:00 From Sujata Malhotra to All panelists : Meditation
- 13:39:01 From Jennifer Forbes to All panelists : puzzles
- 13:39:02 From Tiffany Haskins to Everyone : Learned to play the harp!
- 13:39:05 From Diane Lolin to All panelists : Journal in the morning and night
- 13:39:06 From Kim Yandell to Everyone : This webinar just made me schedule 2 PTO days with my boss. E-mailed while I watched ;)



- 13:39:07 From Jacqueline Billhymer to Everyone : yes puzzles!!!
- 13:39:08 From Julie Garringer to All panelists : Going on walks, podcasts
- 13:39:09 From Maggie Ricketts to All panelists : I also listen to classical music on Audible
- 13:39:09 From Shannon Raum to Everyone : way to go Tiffany!
- 13:39:09 From Katherine Ricca to Everyone : i take tennis lessons
- 13:39:10 From Ashley Strickland to Everyone : Moving apps around on my phone so i don't just click on something out of habit
- 13:39:11 From Ranada Palmer to All panelists : Not cluttering my day with too many meetings or phone calls.
- 13:39:12 From Vivianne Robinson to Everyone : Virtual happy hour with girlfriends
- 13:39:14 From Brenda Mata to Everyone : Talking with friends via text or group chat (social distancing hahah)
- 13:39:16 From Carol Powers to Everyone : Refraining from watching the news
- 13:39:17 From Jennifer Addleman to Everyone : Write in a 3 year journal so I can also reflect on what I wrote the same day in prior years. Notice trends and celebrate successes from prior entries.
- 13:39:19 From Lynette Geatz to All panelists : Decluttering!!
- 13:39:20 From Sherri Donnelly to All panelists : volunteering
- 13:39:21 From Vicki Bittinger to Everyone : binge watching Netflix on mindless comedies
- 13:39:24 From Dana Richardson to Everyone : Meditation and praying, journaling!
- 13:39:25 From Rhonda Raynor to All panelists : listening to podcasts, audible books and love my calm app as I go to bed
- 13:39:27 From Julie Besaw to Everyone : Finishing by book collection.
- 13:39:28 From Becky Underwood to Everyone : reduce social media
- 13:39:28 From Tiffany Haskins to Everyone : journaling
- 13:39:30 From Maggie Ricketts to All panelists : I do an Afro Flow Yoga class on Sundays
- 13:39:30 From Erica Humphrey to Everyone : Watching favorite movies or re-reading favorite books; spending time with my husband and dog
- 13:39:35 From Thieme (TJ) Bittick to Everyone : Got off Facebook--stressed me out!
- 13:39:35 From Nathan McGhee, CUPA-HR to Everyone : Trying a new baking recipe every week!
- 13:39:36 From Larissa Lopez to All panelists : Practicing gratitude, spreading positivity, writing music, talking with family or professional help when needed, podcasts



- 13:39:45 From Sherri Donnelly to Everyone : Going through old photos
- 13:39:49 From Neil McGillicuddy to Everyone : Taking a walk in the middle of the work day, to reset my mind
- 13:39:50 From Colleen DeVries to Everyone : utilizing my kindle and library to read more books!
- 13:39:56 From Vicki Bittinger to Everyone : playing solitaire and petting and playing with my animals
- 13:39:57 From Jennifer Feeley to Everyone : I have off-loaded some responsibilities since my husband has a disability - I hired a cleaner 2 times a month and I just don't worry about if I have time to clean my house any more.
- 13:39:57 From Vivianne Robinson to Everyone : Basketball games on TV
- 13:39:58 From Ameer Diers to All panelists : Scheduled a week off from work....
- 13:40:06 From Adam Scheffee to All panelists : using a guided meditation app. serenity
- 13:40:09 From Diane Lolin to All panelists : write down 3 affirmations every day
- 13:40:12 From Rhonda Raynor to All panelists : making homemade cards, and painting
- 13:40:34 From Larissa Lopez to All panelists : I do that with the jar. Place happy memories throughout the year with the family and then open them up on New Years. So amazing and made in some ways 2020 a great year!
- 13:40:51 From Emily Goodwin to All panelists : I only go on social media on the weekends and that has really helped!
- 13:40:54 From Wendy Grafius to All panelists : Not watching the news
- 13:41:05 From Vivianne Robinson to Everyone : Recognizing that I don't have to answer the phone if I need a moment for myself
- 13:41:21 From Wendy Grafius to All panelists : Planning a new kitchen
- 13:41:33 From Julie Flott to All panelists : I deleted FaceBook from my Phone.
- 13:41:39 From Vivianne Robinson to Everyone : ...that includes not having to immediately respond to text messages
- 13:41:46 From Lisa Gray to All panelists : Yes, it takes practice saying no. So, start small and try it until it becomes easier and more expected. Setting boundaries takes practice.

Ideas for Emotional Self-Care:

- 13:42:01 From Shannon Raum to Everyone : allowing myself to cry, but not wallowing in it
- 13:42:03 From Kris Doorn to Everyone : Lunch with close friends.
- 13:42:14 From Larissa Lopez to All panelists : Playing music which expresses emotions



- 13:42:15 From Jacqueline Billhymer to Everyone : call my grandma every Sunday
- 13:42:17 From Becky Underwood to Everyone : deep heart talks with spouse
- 13:42:18 From Vicki Bittinger to Everyone : venting sessions with friends
- 13:42:20 From Julie Garringer to All panelists : Watching mindless tv - allowing myself to stop thinking
- 13:42:21 From Nancy Stocking to All panelists : Eat chocolate.
- 13:42:21 From Victoria Land to All panelists : virtual lunch with sister regularly
- 13:42:24 From Colleen DeVries to Everyone : group watch tv shows and movies with friends
- 13:42:25 From Rhonda Raynor to All panelists : loving positive affirmations
- 13:42:26 From Susan Shortridge to Everyone : Finding a way to laugh
- 13:42:29 From David Jones to All panelists : calling my mom every week
- 13:42:31 From Ranada Palmer to All panelists : Limit communication with those who bring stress and drama
- 13:42:32 From Julie Besaw to Everyone : Calling my best friend.
- 13:42:33 From Dana Richardson to Everyone : walks to the beach or park!
- 13:42:34 From Vivianne Robinson to Everyone : Not answering the phone or immediately responding to text
- 13:42:36 From Taja Brown to All panelists : Watch comedy shows
- 13:42:37 From Chelsea Thomas to Everyone : Taking a shower to refresh and collect my thoughts
- 13:42:38 From Katie Alba to All panelists : Being humble enough to ask for help.
- 13:42:40 From Katherine Ricca to Everyone : clearing space. Outdoor or indoor.
- 13:42:42 From Theresa Reddick to Everyone : Happy hour with my girlfriends via Zoom
- 13:42:42 From Erin Markase to All panelists : Spending time with friends and family; distancing myself from those who are too negative
- 13:42:44 From Larissa Lopez to All panelists : Praying
- 13:42:45 From Jennifer Branam to All panelists : Sitting in the sunshine
- 13:42:47 From Yvonne Michel to All panelists : weekly extended family bible study and conversation
- 13:42:47 From Neil McGillicuddy to Everyone : Visualizing the beach
- 13:42:48 From Dana Richardson to Everyone : using our EAP
- 13:42:53 From Mandana Warfel to All panelists : I try to take a break from "Teams" sometimes the constant pinging stresses me out and causes me to lose focus



13:42:57 From Kathryn Eghoian to Everyone : telling myself I do a good job

13:43:01 From Julie Besaw to Everyone : Listening to music.

13:43:02 From Lisa Gray to All panelists : Read the book Emotional Agility by Susan David, It's great. She advocates using emotions as data to compare with your values and making changes accordingly.

13:43:04 From Shabnam Hadi to All panelists : shopping

13:43:05 From Christine Brophy to All panelists : self-help podcasts

13:43:09 From Rhonda Raynor to All panelists : bubble baths

13:43:13 From Sujata Malhotra to All panelists : Dancing

13:43:15 From Mary Solis to Everyone : Running and talking with my friends and family

13:43:19 From Melissa Garzanelli to All panelists : Focusing on keeping a sense of humor even when things go wrong.

13:43:30 From Dana Richardson to Everyone : oh yea, candles, bubble bath and shopping!!!!

13:43:54 From Vivianne Robinson to Everyone : Yes, I didn't take my tree and lights down until February :)

13:44:01 From Rhonda Raynor to All panelists : lol, I have my Christmas tree up with the lights on

13:44:05 From Ayesha Kidd to All panelists : Me too, my Christmas tree is still up.

13:44:08 From JANELLE FOSSETT to All panelists : Keep up my Christmas village up all year round

13:44:08 From Christine Brophy to All panelists : My outdoor christmas lights are still on.

13:44:23 From Erica Humphrey to Everyone : Yes! I have kept up my Christmas lights up this year b/c they make me happy. :)

Ideas for Spiritual Self-Care:

13:44:25 From Victoria Land to All panelists : use a oil diffuser - relaxing scents

13:44:28 From Julie Besaw to Everyone : I have a tree in my dining room that I decorate for each holiday.

13:44:45 From Vivianne Robinson to Everyone : The Amazon truck makes us happy

13:44:56 From Rhonda Raynor to All panelists : me too

13:45:04 From Erin Markase to All panelists : Daily yoga practice/meditation

13:45:04 From Christine Brophy to All panelists : yoga!

13:45:07 From Sujata Malhotra to All panelists : Hiking



- 13:45:11 From Rhonda Raynor to All panelists : joined a spiritual community
- 13:45:13 From Becky Underwood to Everyone : Centering prayer habit...
- 13:45:13 From Shabnam Hadi to All panelists : Pray a few times a day
- 13:45:13 From Karen Muller to Everyone : getting outside!!!
- 13:45:14 From Kris Doorn to Everyone : Being part of a great church family.
- 13:45:14 From Tammy Clark to All panelists : Pray and spend time in scripture
- 13:45:14 From JANELLE FOSSETT to All panelists : getting outdoors
- 13:45:14 From Holly King to All panelists : pray pray pray and pray more
- 13:45:16 From Neil McGillicuddy to Everyone : Take some time for focused thinking
- 13:45:16 From Tamara Bell to Everyone : listen to daily devotions while working out early morning
- 13:45:17 From Dana Richardson to Everyone : listen to sermons and connect virtually online
- 13:45:19 From Kristy Snider to All panelists : Bible in a Year podcast
- 13:45:19 From Katherine Ricca to Everyone : gardening brings me spiritual peace
- 13:45:21 From Michael Noll to Everyone : Attending church online and walks in nature.
- 13:45:21 From Emily Goodwin to All panelists : Being grateful in my prayers
- 13:45:22 From Larissa Lopez to All panelists : prayer, reiki, listening to podcasts on this topic, reading
- 13:45:22 From Cecilia Contreras to Everyone : Pray and Sing!
- 13:45:22 From Nathan McGhee, CUPA-HR to Neil McGillicuddy and all panelists : Hi Neil! I see you've raised your hand. We're a little short on time at the moment. But is there anything I can do for you via chat?
- 13:45:24 From Ayesha Kidd to All panelists : prayer, church, reflect on behaviors
- 13:45:25 From Amber Rockwell to All panelists : Enjoying nature
- 13:45:26 From Vivianne Robinson to Everyone : Virtual church service every Sunday, which is also a way to connect with our church family that we don't get to see
- 13:45:26 From Chelsea Thomas to Everyone : Volunteer to a cat shelter
- 13:45:26 From Vicki Bittinger to Everyone : Bible study, prayer and listen to spiritual music
- 13:45:27 From Rachelle Gustason to All panelists : Singing
- 13:45:28 From Victoria Land to All panelists : pray to start my day; mindful meditation weekly; bible study with other women
- 13:45:29 From Paula Bearden to Everyone : pray and read bible nightly



- 13:45:29 From David Jones to All panelists : men's prayer group each week
- 13:45:30 From Lisa Duffey to All panelists : Joint Bible study app with my mom and sister
- 13:45:32 From Shannon Raum to Everyone : letting others take the lead
- 13:45:32 From Dana Richardson to Everyone : praying, singing and personal study
- 13:45:33 From Kathy Collis to Everyone : Singing and Listening to Music.
- 13:45:34 From Mary Solis to Everyone : Reading daily devotions, mass every Sunday
- 13:45:35 From Colleen DeVries to Everyone : Volunteering in the community
- 13:45:37 From Tamara Bell to Everyone : I am involved in a bible study group 1x a week we read together for 1/2 hour
- 13:45:38 From Nancy Stocking to All panelists : Reading the Bible is important because it is God's manual for life.
- 13:45:39 From Laurie Connors to All panelists : reading daily scriptures
- 13:45:39 From Julie Besaw to Everyone : Meditation and yoga. Especially before bed, helps me get healthy sleep.
- 13:45:41 From Paula Bearden to Everyone : listening to spiritual music
- 13:45:41 From Ayesha Kidd to All panelists : memorizing Scriptures
- 13:45:42 From Tiffany Haskins to Everyone : chakra cleansing
- 13:45:44 From Jennifer Feeley to Everyone : Meditate, did an exercise recently to define my core values
- 13:45:44 From Erica Humphrey to Everyone : Streaming church service; I have started to meditate
- 13:45:45 From Diane Lolin to Everyone : praying with my husband and night
- 13:45:47 From Gina Brothers to Everyone : Personal bible study and meditation
- 13:45:50 From Tamara Bell to Everyone : I attend an online sunday school group with adult ladies
- 13:45:51 From Lisa Lyle to All panelists : reminding myself how lucky I am by assisting those who are struggling (volunteer time, contributions)
- 13:45:54 From Lisa Gray to All panelists : Openness to listening, learning. Staying connected to ways of practicing compassion.
- 13:45:56 From Yvonne Michel to All panelists : weekly bible study with extended family and visit
- 13:45:57 From Theresa Reddick to Everyone : Listen to music and sing along, even though I'm not that good LOL
- 13:45:58 From Vivianne Robinson to Everyone : Listening to and singing contemporary gospel :)



13:45:59 From Ranada Palmer to All panelists : Virtual church daily, positive confessions

13:46:02 From Sujata Malhotra to All panelists : Attending live webcasts

13:46:14 From Tiffany Haskins to Everyone : smudging my home

13:46:26 From Shabnam Hadi to All panelists : donation

13:46:34 From Shabnam Hadi to All panelists : donation to charity

13:46:39 From Vivianne Robinson to Everyone : Oh yes, I need to smudge my house!

Ideas for Relationship Self-Care:

13:47:05 From Joshua Hawkins to All panelists : Animal Crossing with my wife every night :)

13:47:06 From Tammie Hirv to All panelists : Virtual bridal shower

13:47:11 From Shabnam Hadi to All panelists : family game night

13:47:18 From Jennifer Forbes to All panelists : spending time with neighbors and friends

13:47:20 From Becky Underwood to Everyone : Giving myself permission to NOT see the large family as much....keeping my relational world smaller and more meaningful

13:47:20 From Thieme (TJ) Bittick to Everyone : Play Jackbox.tv games with bicoastal family.

13:47:20 From Kris Doorn to Everyone : Monthly game night with friends.

13:47:21 From Julie Garringer to All panelists : sending more stuff via USPS, gifts/cards

13:47:24 From Kathryn Eghoian to Everyone : cooking the things my family loves and requests

13:47:25 From Nathan McGhee, CUPA-HR to Neil McGillicuddy and all panelists : Gotcha! I hope you're enjoying today's webinar! :)

13:47:27 From Tammie Hirv to All panelists : Teaching my boys to drive

13:47:27 From Christine Phillips to All panelists : crafting/painting

13:47:29 From Amber Rockwell to All panelists : Online dungeons and dragons with friends

13:47:31 From Tiffany Haskins to Everyone : Adopted another dog

13:47:31 From Jennifer Feeley to Everyone : I asked my parents to each complete a "Storyworth" to get to know them better, especially since we're far apart.

13:47:33 From Gail Wiegner to All panelists : Family improv night

13:47:35 From Tammy Clark to All panelists : monthly game night with close family

13:47:38 From Shobhna Gupta to All panelists : Attending virtual wedding

13:47:43 From Shabnam Hadi to All panelists : meals with family and kids



13:47:45 From Vivianne Robinson to Everyone : We maintain weekly date night even in COVID - cook together, movies

13:47:45 From Gina Brothers to Everyone : Attending weddings and anniversaries via Zoom

13:47:45 From Katherine Ricca to Everyone : Friends and I challenge each other to walk/jog/hike distances

13:47:51 From Katherine Ricca to Everyone : using an app

13:48:01 From Erin Markase to All panelists : Regular text message check-ins with family and friends

13:48:02 From Ameer Diers to All panelists : Including those who are making the choice to not participate. We live in a rural area so small gatherings are okay and it communicates we still enjoy you even if you are making a different choice for your family.

13:48:04 From Vicki Bittinger to Everyone : having weekly dinners where we only focus on the meal and each other.

13:48:10 From Erica Humphrey to Everyone : I have reduced my online "friends" circle as a start to reduce my online presence

13:48:17 From Lisa Gray to All panelists : Sending craft/puzzles/activities to family far away and zooming to work in them together.

13:48:23 From Chelsea Thomas to Everyone : Looking at old photos (baby photos, growing up together, etc)

13:48:29 From Wendy Grafius to All panelists : Ordering gifts online to be delivered to family

13:48:40 From Vicki Bittinger to Everyone : sending cards through the mail

13:48:43 From Jennifer Feeley to Everyone : Storyworth is a different question posed each week that the person answers and it gets turned into a book at the end of the year.

13:48:47 From Wendy Grafius to All panelists : Group family text

13:48:53 From Vivianne Robinson to Everyone : Check in with son and favorite nephew regularly

13:49:26 From Erica Humphrey to Everyone : As a follow up - reducing my online friends circle to spend quality time with those that are important to me, and to focus on those I can see in person (i.e. outside walks, etc.)

Ideas for Workplace Self-Care:

13:49:39 From Nancy Stocking to All panelists : I make a list of tasks that need done.

13:49:40 From Deborah Tatum to Everyone : Attend this meeting!

13:49:40 From Nathan McGhee, CUPA-HR to Everyone : Mini brain breaks throughout the day!



13:49:44 From Larissa Lopez to All panelists : Scheduling my lunch time in which means workout time :)

13:49:44 From Jennifer Feeley to Everyone : I have been making a sign for what I'm doing when I need to close my door. It helps people know that I REALLY can't be interrupted.

13:49:45 From Wendy Grafius to All panelists : Don't take things personally

13:49:45 From Ameer Diers to All panelists : Recognize when I need a break and schedule vacation days.

13:49:45 From Kris Doorn to Everyone : Now that the weather is getting nicer, I take a walk at lunch time instead of sitting at my desk eating lunch.

13:49:45 From Vicki Bittering to Everyone : actually disengage when off of work

13:49:49 From Jennifer Forbes to All panelists : group "irthday" celebrations

13:49:49 From Sujata Malhotra to All panelists : Checking in on coworkers

13:49:50 From Neil McGillicuddy to Everyone : Restrict start time and end time to workday.

13:49:50 From Shannon Raum to Everyone : attending these webinars

13:49:51 From Michelle Fredenrich to All panelists : moved my office into an extra bedroom so I can close the door at the end of the day.

13:49:51 From Vivianne Robinson to Everyone : Random check-ins on zoom just to make sure those who are alone are okay

13:49:52 From Colleen DeVries to Everyone : set a timer to make sure I utilize my entire break and don't come back to my desk too early

13:49:52 From Christine Muriel to Everyone : Blocked time on my schedule to avoid having too many Zoom meetings.

13:49:53 From Carol Powers to Everyone : Trying to set boundaries and not work beyond standard hours

13:49:53 From Becky Underwood to Everyone : Take a walk around the building mid morning for quick break

13:49:53 From Rhonda Raynor to All panelists : take breaks away from the computer

13:49:54 From Chelsea Thomas to Everyone : Make it a priority to take a lunch break (whether that's for eating, decompressing, going outside, working out, cleaning up around the house, etc)

13:49:54 From Erin Markase to All panelists : Continued my regular work schedule since working remotely from home to avoid burnout

13:49:54 From Jennifer Symanns to All panelists : Taking frequent breaks from computer



13:49:54 From Cecilia Contreras to Everyone : Bought a monitor, keyboard to assist me working from home

13:49:55 From Valerie Green to Everyone : Webinars

13:49:55 From Tamara Bell to Everyone : Have employees listed to EAP webinars similar to this

13:49:55 From Nancy Sanders to All panelists : prayer group once/week

13:49:55 From Shabnam Hadi to All panelists : weekly happy hours

13:49:57 From Tiffany Haskins to Everyone : Left my stressful job for one that I love

13:49:59 From Victoria Land to All panelists : walking meetings

13:49:59 From A. Dickson to Everyone : Breaks throughout the day

13:49:59 From Katherine Ricca to Everyone : i give myself permission to leave the camera off during some Zoom meetings.

13:50:00 From James Fickens to All panelists : webinars

13:50:01 From Valerie Green to Everyone : Taking time off

13:50:01 From Gina Brothers to Everyone : Takes walks at lunch

13:50:03 From Jean Cole to All panelists : walking outside every day

13:50:03 From Neil McGillicuddy to Everyone : No weekends ...

13:50:03 From Rosemary Brown to All panelists : My office is in a different room that I can walk away after the workday is over

13:50:04 From Michael Noll to Everyone : Get off tech and sit on the sofa with a pen and note pad to think through projects.

13:50:04 From Linda Martinez to Everyone : Do not check/respond to email after business hours.

13:50:05 From Rhonda Raynor to All panelists : chat with coworkers

13:50:08 From Kevin Rasp to All panelists : Working remotely helped a ton, seeing my dog during the day and more natural light.

13:50:09 From Angela Owens to All panelists : Call co-workers to talk about everything but work

13:50:10 From Paula Bearden to Everyone : scheduling breaks on my calendar

13:50:10 From Julie Flott to All panelists : Checking in with co-workers.

13:50:10 From Terri Krause to Everyone : don't eat meals in my workspace

13:50:11 From Vicki Bittinger to Everyone : make lunch a priority, schedule break time

13:50:11 From Lisa Gray to All panelists : Set boundaries for work time (when possible); making time for professional development.



13:50:12 From Amee Diers to All panelists : Checking in with Colleagues

13:50:18 From Jennifer Branam to All panelists : Limiting time spent on e-mails.

13:50:20 From Melissa Garzanelli to All panelists : Close my door on occasion, ensure I take a lunch and a walk each day; having a work friend to vent to

13:50:21 From Tiffany Haskins to Everyone : lots of professional development

13:50:24 From Becky Underwood to Everyone : If a difficult email comes....pause and don't answer for quite some time....if possible

13:50:26 From A. Dickson to Everyone : Don't check emails after work hours

13:50:26 From Jennifer Cocklin to All panelists : No meeting Fridays.

13:50:26 From Jennifer Feeley to Everyone : Bought a comfy new desk chair for home.

13:50:27 From Hande Teanoo to All panelists : log off at 5PM

13:50:28 From Jennifer Addleman to Everyone : Separate work space at home so I can walk away

13:50:31 From Colleen DeVries to Everyone : log off at the end of the day, don't check email until the office opens up next day

13:50:33 From Katherine Ricca to Everyone : Natural light where i work.

13:50:33 From Kayla Schneider to All panelists : Closing my "office" door at the end of the day so I have a separate space.

13:50:36 From Nicole Lambusta to All panelists : finding time to rest and unplug

13:50:39 From Vicki Bittinger to Everyone : bought a chair and set up a comfortable office for remote work

13:50:45 From Julie Garringer to All panelists : Making time to stay connected with co-workers - lunch calls, etc

13:50:47 From Sonya Croff to All panelists : Intentionally seeking out a co-worker when I see them after not seeing them for awhile-due to COVID

13:50:52 From Vivianne Robinson to Everyone : In the spring/summer, I worked from the deck, my favorite space

13:50:52 From Erica Humphrey to Everyone : Taking a short walk at "lunch"; also my team has been in the office 5 days/week for a long while, but are still "distanced" in many ways, so making sure we continue to stay connected by just stopping by an office (masked and on the threshold) to check in and say Hi, etc.)

13:50:53 From Sujata Malhotra to All panelists : Be more compassionate and understanding w team members



- 13:50:56 From Joshua Hawkins to All panelists : Creating virtual engagement opportunities for our employees
- 13:51:13 From Mary Solis to Everyone : Weekly meetings with team members and staff meetings to stay connected. Try to keep a standard work day. I brought my office chair home.
- 13:51:30 From Maggie Ricketts to All panelists : I just started work in higher Ed. I am enjoying participating in lots of virtual learning sessions.
- 13:51:36 From Vicki Bittinger to Everyone : not feeling bad when taking time off.
- 13:51:39 From Gina Brothers to Everyone : Weekly meetings with team where no work is discussed
- 13:51:50 From Cecilia Contreras to Everyone : Take break and meet with co-workers on zoom
- 13:51:57 From Ranada Palmer to All panelists : Taking breaks, set up pleasant office space
- 13:52:02 From Christine Brophy to All panelists : Lunch and coffee zooms with co-worker friends.
- 13:52:07 From Vivianne Robinson to Everyone : Taking time to do sessions like this :)
- 13:52:10 From Rhonda Raynor to All panelists : yes, weekly chats where no work is discussed
- 13:52:13 From Tammie Hirv to All panelists : Participate in Wellness program
- 13:52:19 From Maggie Ricketts to All panelists : Weekly meeting for either a development topic or teambuilding.
- 13:52:40 From Paula Bearden to Everyone : agreed vivianne
- 13:52:46 From Kathryn Eghoian to Everyone : me too
- 13:53:05 From Julie Besaw to Everyone : Positive dialogue with coworkers.
- 13:53:07 From Julie Flott to All panelists : Yes, sessions like this are great.
- 13:53:20 From Miriam Stokes to All panelists : Daily walks
- 13:53:29 From Deborah Wilson to Everyone : Walking
- 13:53:34 From JANELLE FOSSETT to All panelists : I want to keep taking my daily walks as much as I can and possible
- 13:54:29 From Vivianne Robinson to Everyone : Take time to move everyday - even if it's just a quick walk outside
- 13:54:51 From Ranada Palmer to All panelists : Continue working remotely as it has reduced stress, increased productivity and creativity, and increased level of morale and happiness.



Closing Comments/Questions:

13:54:54 From Diane Lolin to Everyone : will you share the self-care check list?

13:55:20 From Shabnam Hadi to All panelists : Thank you

13:55:21 From Michael Noll to Everyone : Thank you so much Alex!

13:55:22 From Cecilia Contreras to Everyone : Thank you so much, this was great!

13:55:33 From Nathan McGhee, CUPA-HR to Everyone : Please use the link below to access event materials. Including the self care checklist!

<http://www.cupahr.org/wp-content/uploads/events/Webinars/files/on-demand/03-03-21-Webinar-Material.pdf>

13:55:35 From Jennifer Cocklin to All panelists : Thank you, Alex.

13:55:38 From Vivianne Robinson to Everyone : Yes, thanks this was helpful!

13:55:43 From Sue Arnold to Everyone : Thank you for this - It has been very good and eye opening.

13:55:45 From Christine Guyette to All panelists : Thank you!

13:55:52 From Karen Muller to Everyone : Thank you so much!

13:55:53 From Stephanie Prokop to All panelists : This was fantastic - excited to share with my colleagues!

13:55:53 From Carol Powers to Everyone : Thank you!

13:55:55 From Taja Brown to All panelists : Really enjoyed this, thank you!

13:55:55 From Brian Roe, CUPA-HR to Everyone : And here's the direct link to the self-care assessment:
<http://www.cupahr.org/wp-content/uploads/events/Webinars/files/on-demand/Workplace-Self-Care-Assessment.pdf>

13:55:59 From Maggie Ricketts to All panelists : Thanks so much!

13:56:01 From Nadalyne Campbell to All panelists : Thank you for the presentation!

13:56:01 From Mary Solis to Everyone : Positive self-talk is so important. I don't allow anyone to talk negatively about themselves, including me.

13:56:02 From Chelsea Thomas to All panelists : In the moment of when you're feeling overwhelmed, what is your best advice? especially with too many work priorities

13:56:03 From Janet Turner to All panelists : Can you repeat the line "self care is not an indulgence"

13:56:05 From Jean Cole to All panelists : thank you

13:56:06 From Melissa Garzanelli to All panelists : Thank you!!



- 13:56:07 From Pablo Unda to All panelists : Thank you
- 13:56:08 From Brook Robinson to All panelists : thank you
- 13:56:11 From Angela Owens to All panelists : THANK YOU!
- 13:56:15 From Julie Besaw to Everyone : Thank you!
- 13:56:16 From Kathryn Eghoian to Everyone : thank you for this great information
- 13:56:22 From Erica Paczesny to Everyone : This was very enlightening and helpful. Thank you!
- 13:56:28 From Travis Rosenberg to All panelists : Thanks for the slides and self-assessment. This was a wonderful "reflective" webinar. Sooo helpful!!
- 13:56:34 From Janine DeWitte to All panelists : Thank you!
- 13:56:39 From Tracy Brockman-Diaz to All panelists : All helpful, thx
- 13:56:42 From Michelle Fredenrich to Everyone : Thank you for this presentation!
- 13:56:44 From Becky Underwood to Everyone : Very helpful...thanks!
- 13:56:46 From Larissa Lopez to All panelists : Thank you!
- 13:56:51 From Kathy Collis to Everyone : Thank you.
- 13:56:55 From Nathan McGhee, CUPA-HR to Everyone : Here is the event survey for today's webinar. Surveys help our team in planning exciting webinars and workshops like this one. It only takes a minute or two to complete. We appreciate your feedback!
<https://survey.alchemer.com/s3/6213904/Virtual-Event-Participant-Survey-Self-Care-for-Personal-and-Professional-Success-3-3-21>
- 13:57:07 From Linda Martinez to Everyone : Thank you--appreciate everyone's input and inspiration!
- 13:57:09 From Nancy Sanders to All panelists : Can I get a contact email to ask about presenting to my staff?
- 13:57:35 From Kristoffer Aas to All panelists : Thank you!
- 13:57:37 From Maura Flynn to All panelists : Thank you, great information!
- 13:57:50 From Susie Olmos-Soto to All panelists : Excellent content, delivery and participation! Thank you so much!
- 13:57:58 From Chelsea Thomas to All panelists : Thank you!!! This was one of the best webinars I've attended. You were wonderful!!!!!!
- 13:58:27 From Alex Yannacone to All panelists : Alexandra.yannacone@cuanschut.edu
- 13:58:33 From Cutrina Catlin to All panelists : Thank you!
- 13:58:38 From Diane Lolin to Everyone : Thank you!! this was great!
- 13:58:50 From Erica Humphrey to All panelists : Thank you! This was great.



13:58:57 From Alexis Rodriguez-Nieves to All panelists : I don't see your e-mail address.

13:59:14 From Nathan McGhee, CUPA-HR to Everyone : Alex's e-mail:
Alexandra.yannacone@cuanschutz.edu

14:00:18 From Thomasin Propson to Everyone : thank you!

14:00:18 From Kristen Mills to Everyone : Thank you Alex for all of the break downs of self-care

14:00:20 From Sharriette Finley to All panelists : Thank you! This was great.

14:00:21 From Mary Grace Almandrez to All panelists : Thank you!

14:00:24 From Deanna Schroder to Everyone : Thanks Alex! Great to see you!

14:00:25 From Kristen Mills to Everyone : I hadn't thought of it that way

14:00:29 From Chelsea Thomas to Everyone : Thank you so much!!!! Excellent!!!!

14:00:29 From Tammy Clark to All panelists : Thank You

14:00:32 From Miriam Stokes to All panelists : thanks

14:00:33 From Brenda Mata to Everyone : Thank you for this wonderful webinar!

14:00:39 From Jerry Nazareta to All panelists : great presentation!

14:00:45 From Deborah Tatum to Everyone : Thank you!! Very enlightening self-help segment!

14:00:46 From Christine Brophy to All panelists : Thank you Alex!

14:00:47 From Sandra Wentz to Everyone : Thank you - excellent webinar

14:00:47 From Nathan McGhee, CUPA-HR to Everyone : Here is the event survey for today's webinar. Surveys help our team in planning exciting webinars and workshops like this one. It only takes a minute or two to complete. We appreciate your feedback!
<https://survey.alchemer.com/s3/6213904/Virtual-Event-Participant-Survey-Self-Care-for-Personal-and-Professional-Success-3-3-21>

14:00:50 From Shea Tussing to All panelists : Thank you SO much, very informative!

14:00:51 From Terri Krause to Everyone : Thank you Alex! Excellent webinar!

14:00:54 From April Daniel to Everyone : Thanks so much and stay healthy!

14:01:00 From Jean Cole to All panelists : Thank you!!

14:01:03 From Tamara Bell to Everyone : Thank you

14:01:07 From Kristen Mills to Everyone : Thank you

14:01:14 From Alexis Rodriguez-Nieves to Everyone : Thank you.

14:01:15 From Dana Richardson to Everyone : Thank you all



14:01:17 From Christina Kapalin to Everyone : Thank you!!

14:01:18 From Sarah Noel to Everyone : Thank you!

14:01:19 From Chaunte Humes to All panelists : Thank you!

14:01:32 From Adrienne Huang to All panelists : Mahalo!

14:01:44 From Ayesha Kidd to All panelists : Thank you.

14:01:44 From Mary Solis to Everyone : Thank you!

14:01:59 From Nancy Stocking to All panelists : Thank you.

14:02:13 From Tammy Gill to All panelists : Hi Alex - Is it possible to get a copy of the chat messages?

14:02:30 From Julie Flott to All panelists : Thank you so much! This was great.

14:02:38 From Tammy Gill to All panelists : Thank you for your presentation today! It was excellent!