



National Child Welfare
Workforce Institute

LEARNING, LEADING, CHANGING

SELF-CARE RESOURCES



Below is a list of your colleagues' favorite self-care resources.

A Heart-to-Heart Talk About My Awkward Relationship With Self-Care & Burnout: <http://bit.ly/2MYxNYC>

[Worksheet] Identify your "breathe" supports: <http://bit.ly/2cmkbYB>

[Podcast] Self care takes planning, dedication & good friends to support you: <http://bit.ly/2SJEoLG>

[Infographic] How to Flourish in Social Work: <http://bit.ly/2FlhdPX>

Practicing Self-Care, Especially When You Love Your Social Work Job: <http://bit.ly/2I2wnrT>

Check out @UBSSW's Self Care resources including their starter kit: <http://bit.ly/1PYNOsp>

10 Lessons in Self-Care for Social Workers: <http://bit.ly/2Na285T>

6 Ways to Weave Self-Care into Your Workday: <http://bit.ly/2C8TH4b>

[Infographic] How to handle negative thoughts & emotions at work: <http://bit.ly/2FsZ58Z>

[Infographic] Don't forget to schedule some self care: <https://t.co/FFRifb3atP>

Check out the Self-Care Wheel for ideas to make selfcare a priority: <http://bit.ly/2b4UXeC>

45 Simple Self-Care Practices for a Healthy Mind, Body & Soul: <http://bit.ly/2iUViUc>

What gets in the way of feeling authentically well for you? <http://bit.ly/2C8ZFIJ>