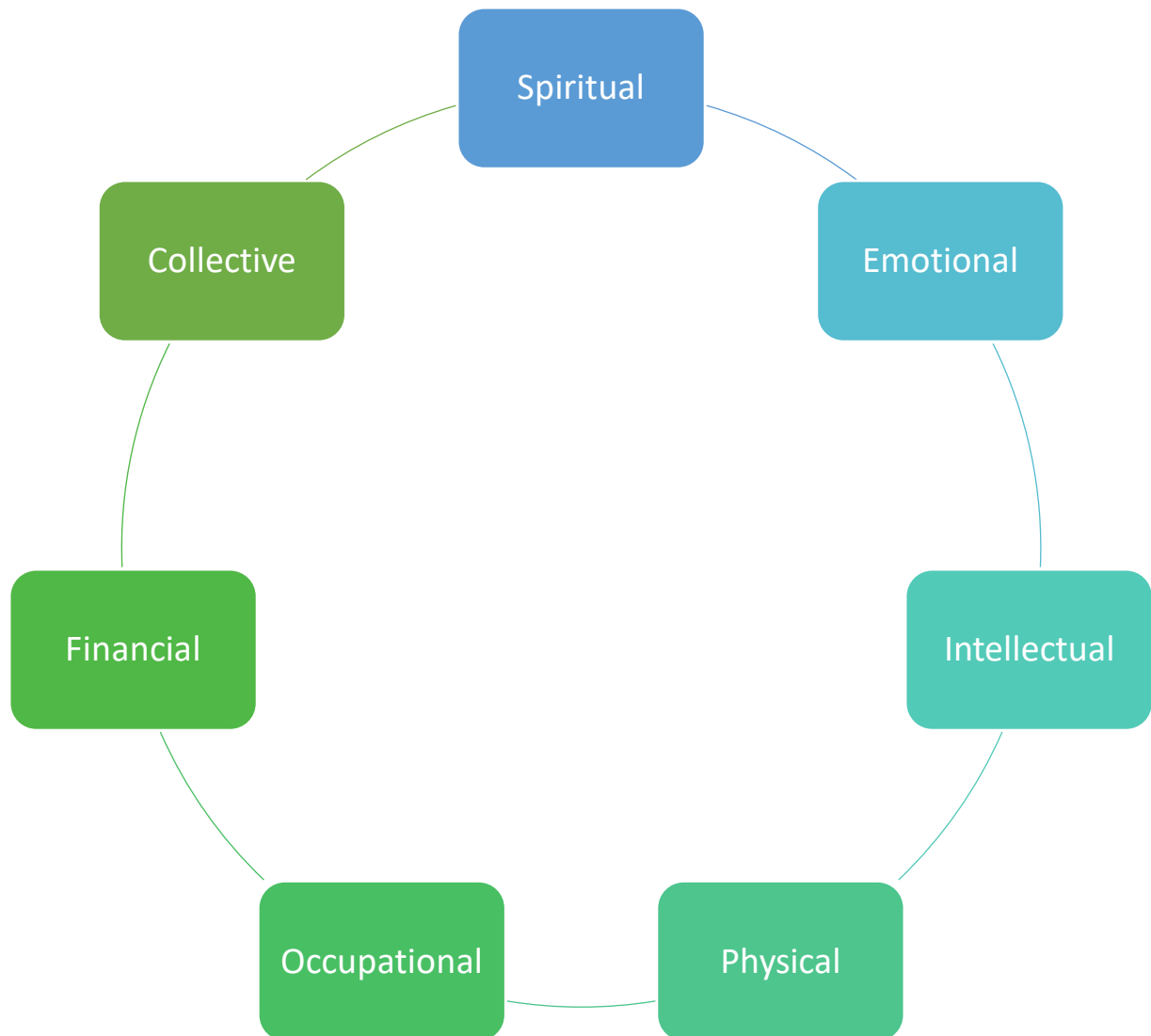


Beyond Bubble Baths and Face Masks: A Critical Look at Self-Care in a Pandemic
Presented by Amilah Baksh, MSW, RSW



- Remember, self-care doesn't always look like bubble baths and face masks – those **are** great strategies though. Think about what brings you a sense of peace and calm, even accomplishment – but not always tied to being productive!
- As you build your plan think about setting SMART self-care goals – Specific, Measurable, Attainable, Relevant and Time-Based. (i.e. the difference between 'I want to get outside more' vs. 'I will go for a 10 minute walk after dinner 3X a week').
- Everyone's plan will look different! Shift your attention to your personal and professional values, and how you can create self-care strategies that align with those.