



# “Caring for Those Who Care for Others: Supporting Wellness for North Carolina Care Workers”



## Workshop Notes

Topic	Selah: Pause & Reflect	 Notes
Why are we here today?	<ul style="list-style-type: none"> <li>• What are your goals or intentions for listening to this webinar?</li> <li>• Who will benefit when you prioritize your wellness?</li> </ul>	
Beginning with Awareness: Notice Your <u>Feelings</u>	<p>How are you feeling...?</p> <ul style="list-style-type: none"> <li>• right now?</li> <li>• about work this week?</li> <li>• about caregiving this week?</li> </ul>	
Beginning with Awareness: Notice Your <u>Needs</u>	<ul style="list-style-type: none"> <li>• What challenges are you dealing with this week?</li> <li>• How much stress is this challenge causing you? (0 = no stress, 5 = the most stress)</li> </ul>	

Topic	Selah: Pause & reflect	 <b>Notes</b>
<u>WHAT</u> can you do?	Which 3 mood boosters can you prioritize this month?	
<u>WHEN</u> can you do it?	Where can you find 10 minutes in your day to make space for yourself?	
	What transitions are you dealing with: <ul style="list-style-type: none"> <li>• this week?</li> <li>• this month?</li> <li>• this year?</li> </ul>	
<u>WHY</u> will you keep going?	I am a person learning to....	

## RESOURCES

### Therapy

- Therapyforblackgirls.com
- Just Heal Bro
- AAKOMA Project (youth/teens)
- Boris Lawrence Henson Foundation
- Better Help

### Podcasts

- “Finding Our Way” with Prentis Hemphill
- “How We Breathe: Black Organizing for Leadership and Dignity”
- “Emergent strategy” with adrienne maree brown
- “GirlTrek” - walking towards healing and liberation

### Books

- “The Purpose of Power” by Alicia Garza
- “The Miracle Morning” by Hal Elrod

### Social Media

- Poderistas
- Afrolatinas\_
- Wellshealing
- blafemmehealing

### Meditations

- 8-minute breathing exercise ([the weddle seal](#))
- 6-minute affirmation - “[ritual](#)” by Mahogany L. Browne & Cecil McDonald Jr.