



NCWWI

2021 Top 10 Self-Care Resources

The pandemic increased stress levels and brought a slew of unexpected challenges to your daily life. As we near the end of the year, we hope you'll reflect on how regularly you tended to your self-care and create a plan for 2022 to ensure your health and well-being. To get you started, here are this year's top 10 self-care resources.

1. Post this popular self-care quote near your computer.

2. Daily tips to create a happier and kinder world.

3. Are you thriving, surviving, struggling, or in crisis?

4. Ten ways COVID-19 created the perfect storm for social worker burnout (and why I still have hope).

5. Got anxiety? 12 ways to calm anxiety fast!

6. Seven principles to keep you present, grounded, and thriving.

7. What is your score on the Professional Quality of Life Scale and what does it mean? If you took it last year, how has it changed?

8. Feeling overwhelmed? Read this fact sheet to learn whether it's stress or anxiety, and what you can do to cope.

9. Here's what this frontline child protection worker learned about self-care.

10. If you think you're experiencing downtime just because you aren't working, you might want to check out this infographic based on the science of downtime.

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