



***Community Conversations that Matter***

**Connect. Collaborate. Thrive.**

**Princeton Community Works Introduces**

**"Community Conversations"**

**Agenda**

**TOPIC: Self-Care: You Can't Pour from An Empty Cup**

**Notes from Amazing October 26<sup>th</sup> 5pm Conversation:**

Pursuing Creative Outlets: Taking a Creative Photo Class

Be Kind to Yourself

Disconnecting from devices

Setting an alarm/stopwatch to have lunch and mark the end of the workday

Attending Morning Prayers

Creating a schedule with yourself, for yourself

Stopped Junk Food

Practicing gratitude

Walking Around During Zoom Calls – shutting off live background

Having Coffee with God

Morning Walks

Yoga and Stretching

Wandering Wednesdays – get in the car and explore – turn off phones – pick up or pack a lunch

Beading and Crafts

Taking care of medical needs and making doctor's appointments

Participating in a men's group

Physical Exercise

Listening to happy music while driving

Waking and Talking to friends and family

Building a routine

Giving oneself permission to do whatever, even watching TV

Meditating, Tai Chi and Qi Jong

Acknowledging the difference being Stuck at home and being Safe at home

Noticing what's good

Walking with music or audio books

Reading and joining book clubs'

Give yourself a hug by bringing your right hand to your left shoulder and your left hand to your

right shoulder. With so little physical touch, it's nice to give yourself a nice long hug.

### Notes from October 28<sup>th</sup> Community Conversation

Working Out as Mental Therapy

Cooking is My Zen

Workplace Coffee Hour (Zoom) to catch up on information and brainstorm and breakthrough silos

Doing accomplishment-oriented activities, i.e. puzzles

Scheduling time and prioritizing self

Logging off

Loving ourselves

Giving ourselves messages of positivity

Keeping workplace area tidy

During vacation time – not checking in to emails

Holding on to the things that define you and give you moxie

Shutting off negative messages

Reducing news consumption

Walking a way to increase mental, physical health and set goals

Call people v texting people

Joining an online dance class

Don't let others negativity take over

Start meetings with what's going well

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### Notes from October 30<sup>th</sup> Community Conversation

Birding

Walking

Reading

Inner Reflections

Note-taking

Push-ups and Sit-ups

Phoning v texting

Taking Vitamins

Eating more Garlic, ginger, and star anise

Subscribing to the Master Class series

Learning Something New

Writing

Course Design

Going Back to the Gym

Feldenkrais Class

Distanced Social Gatherings outdoors

Audiobooks

Playing the piano

Hosting Church Zoom Meetings with Music

Spiritual Connectedness

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