

JULY SAFETY SEGMENT - SELF CARE



Taking care of yourself is essential for overall well-being. Self-care involves intentional actions to nurture physical, mental, and emotional health. It can include simple practices like getting enough rest, staying hydrated, and eating nutritious meals. Additionally, mindfulness, meditation, and spending time in nature can help reduce stress. Setting boundaries, saying no when needed, and engaging in activities that bring joy are also important aspects of self-care. Remember, prioritizing yourself is not selfish; it's a vital component in your long-term health and happiness.

WHY IS IT IMPORTANT?

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Watch the video on [What Is Self-Care & Why Is It Important?](#) After everyone is done, use the guiding questions below to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What are some things you do for self care?
- Do you make self care a priority?
- How would you define self care?
- What are some potential hazards from not practicing self care?
- What are the benefits of practicing self care?

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.



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Resilience is what gives people the psychological strength to cope with stress and hardship. It is the mental reservoir of strength that people are able to call on in times of need to carry them through without falling apart. Resilience does not eliminate stress or erase life's difficulties. People who possess this quality don't see life through rose-colored lenses. They understand that setbacks happen and that sometimes life is hard and painful. They still experience the negative emotions that come after a tragedy, but their mental outlook allows them to work through these feelings and recover.

DEVELOPING RESILIENCE

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print out or show an electronic copy of the [resilience](#) poster. After everyone is done, use the guiding questions below to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What does resilience mean to you?
- What are some real life examples of being resilient?
- What are some strategies you can use to build up your resilience?

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.



JULY SAFETY SEGMENT - HEALTHY COPING



When you've had a rough day at the office, having healthy coping skills can be key to getting you through tough times. Coping skills help you tolerate, minimize, and deal with stressful situations in life. Coping skills are the ways that people use to deal with stressful situations. Managing your stress well can help you feel better physically and psychologically and impact your ability to perform your best. These skills are not learned overnight but take practice to be effective. Find what works for you!

HEALTHY COPING SKILLS

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print out or show an electronic copy of the [Healthy Coping Skills](#) article from VeryWell. After everyone is done, use the guiding questions below to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- Looking at the article, are there some skills that you already do?
- What are some of the unhealthy coping skills?
- Can you think of another scenario where you could apply the problem or emotional based coping?

Notes to the Team Leader:

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JULY SAFETY SEGMENT - IMPROVING MENTAL HEALTH



Improving your mental health is not just about doing one thing better in your life, while that helps, there is a bigger picture. Doing that one thing may not be taking away the stress or anxiety that is affecting your mental health in the first place. Not all of it needs to be a grand change in your life but little things as seen in the video below. Making healthier choices over the convenient or faster bad ones. Taking a moment to stop and process life. You can take and do one thing, but let that be a starting point, not a finish line.

MENTAL HEALTH WELLNESS

DIRECTIONS

Start out the discussion by setting the expectations for creating a safe space and being respectful of everyone's feedback. Watch the video [Mental Health and Wellness](#) and use the guiding questions to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What does mental health mean to you?
- What do you do to improve your mental health?
- Is it difficult to talk or have conversations about mental health?

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.



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JULY SAFETY SEGMENT - CODE OF THE MONTH



Severe weather can include hazardous conditions produced by thunderstorms, including damaging winds, tornadoes, large hail, flooding and flash flooding, and winter storms associated with freezing rain, sleet, snow and strong winds. Weather can affect anyone, of any age and can come with little to no warning at all. Are you prepared if severe weather was to happen. Do you know what to do to keep yourself and others safe in an emergency?

SEVERE WEATHER

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print out or show an electronic copy of [Severe Weather](#) poster by the Continuing Care Safety Association.

After everyone is done, use the guiding questions below to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- Does your ERP have a section for severe weather?
- What can you do as a staff member when severe weather happens at your organization?
- Who would you call first?
- Use the Severe Weather Scenarios and discuss responses.

Notes to the Team Leader:

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