

Self-Care Spotlight

AWARENESS WEEK

Seattle Human Resources (SHR) is launching "Self-care Spotlight," a citywide week of well-being activities, resources and webinars to support employees.

To build on the 2022 mental health support for employees and families, SHR is expanding the theme to include more self-care practices. Self-care is not one-size fits all and it crosses dimensions of well-being. Self care can be physical, emotional, social, or general habits to help you restore energy and thrive.

With the "Self-care Spotlight," we aim to:

- Define self-care & explore what it looks like
- Normalize self-care as a necessary practice for all
- Provide activities and education that encourage employees' self-care choices
- Share the benefits of self-care and acknowledge the harms of deprioritizing personal well-being

JAN 23-27, 2023



**"Self-care is how you
take your power
back"**

- Lalah Delia

WEBSITE

- Recorded Webinars
- Resources
- Helpful Links

REACH WELL-BEING

- Self-care activities & challenges
- Log in & explore

SELF-CARE PODCASTS

- Self-Care in small bytes
- Build Self-care skills

WEBINARS AND KEYNOTE SPEAKERS SCHEDULE

Employees may explore self-care themes from the schedule below. Attend up to 2 hours on City time with supervisor's approval.

Featured Spotlight webinars are indicated in bold text.

MONDAY - JAN 23

Time for you: Don't be part of
the no-vacation nation

Self-care Basics

11:00 am - 12:00 pm

1:00 pm - 2:00 pm

[Register](#)

[Register](#)

TUESDAY- JAN 24

Self-care for BIPOC

Money & Relationships

11:00 am - 12:00 pm

11:30 am - 12:30 pm

[Register](#)

[Register](#)

WEDNESDAY - JAN 25

All Work & No Play: Avoiding Burnout

Self-care in the Face of Adversity

10:00 am - 11:00 am

12:00 pm - 1:00 pm

[Register](#)

[Register](#)

THURSDAY - JAN 26

Manager's Guide to Self-care

Self-Care Through Sleep & Nutrition

11:00 am - 12:00 pm

1:00 pm - 2:00 pm

[Register](#)

[Register](#)

FRIDAY - JAN 27

Self-care through Exercise &

Stress Management

The Power of Preventive Care

10:00 am - 11:00 am

12:00 pm - 1:00 pm

[Register](#)

[Register](#)