

Self-Care in Disaster Times & Beyond Toolkit

Getting Started Tip Sheet

To help you get started in your self-care learning, begin with the Toolkit Guide. Inside you will find background information, tips, activities, and resources to help support you in your disaster response and recovery work.

Short on time or looking for a specific resource?

Use the [interactive navigation page](#) on page 4 of the toolkit to find what you're looking for.

INTRODUCTION

RESOURCES

ACTIVITIES

WORKBOOKS

POWERPOINT
NOTES

Where do you want to start?

I want to focus on my personal wellness.

- Start with the workbook.



- Use the PowerPoint, printable resources, and assessment tools to help in your self-care journey.

I want to focus on team or organizational wellness.

- Start with looking at what you're already doing well as a team (or organization).
- Use questions and activities in the Organizational Wellness workbook for brainstorming & planning.



- Try some of the reflective questions in the Organizational Wellness PowerPoint (PPT).
- Start & end your meetings with in-the-moment self-care activities. (Check out the strategies in the PPT or ask your team for ideas!)

Looking for conversation starters?

- Use the PowerPoint (PPT) slides in the toolkit to help initiate or guide group conversations.

**Remember to take time for personal wellness along with team wellness.
(Leaders, this includes you!)**

If you have questions or need implementation support for your team or organization, email: hp dip.mh.earlyid@ahs.ca

Your opinion matters.
To tell us what you think of this resource, go to:
<https://survey.albertahealthservices.ca/selfcare>