

Virtual Self-Care

SASE National Conference 2021

Welcome to SASE NC!

We are so excited to have you attend the 2021 SASE National Convention! While we may not be able to meet in Atlanta, there are many events to help you connect, network, and engage virtually!

We hope you get the most out of every session, but we also want you to stay physically and emotionally well. Please utilize your 15-minute breaks between sessions to take care of yourself. This is an e-care packet with short and mindful activities to keep you active and well throughout the day.

Get Connected!



@saseconnect



@SASE



@saseconnect



@saseconnect

Post on the Socio Virtual Wall

Find challenges, discussion posts, and see what other attendees are up to

Shake to Connect

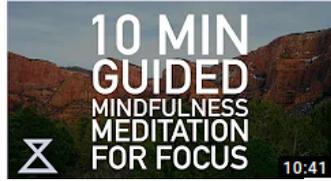
Use this feature on Socio to meet new people

Network and Engage

Choose from 9 networking and engagement sessions to make new connections

Meditation

Take a breather and clear your mind with guided meditation. Meditation is good for focus, reducing stress, and mindfulness. Click on these videos throughout the day for a break!



Want to learn more about meditation? Here are a couple of apps to check out:

- Headspace
- Calm
- Meditation Nest
- Insight Timer

Desk Yoga

Muscles sore? Computer neck? Watch these videos for some desk yoga! Professional-clothing-friendly moves are included.



Adult Coloring Pages

Coloring can help you unwind and relax. Print out some coloring sheets from [JustColor.net](https://www.justcolor.net) to destress.

No printer? Here are some digital coloring pages from [MomBooks.com](https://www.mombooks.com).

Share Your Self-Care!

Did you try out any of these activities? We want to know!

Visit our virtual wall on Socio and post a pic of how you're destressing.

Make sure to use the hashtag:

#SASENCSelfCare2021

Origami

There are easy to follow, step-by-step origami crane instructions at origami.me/crane/. The website also has dozens of other step-by-step tutorials.





Desk Ergonomics

Your current posture might feel fine right now, but it may also be the cause of those slight aches in your neck and back due to long hours behind a desk. Here are some simple tips.

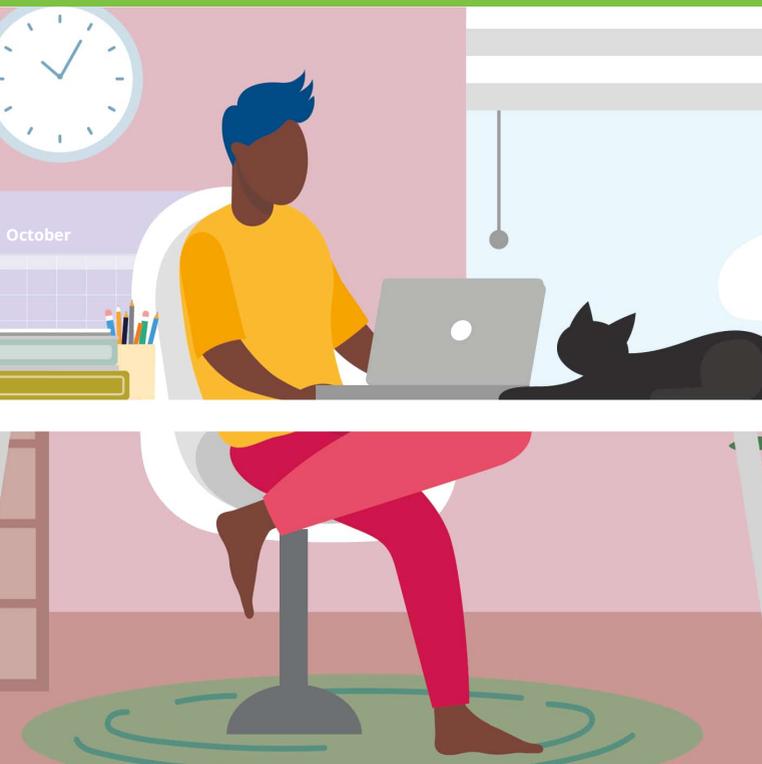


- ✓ The monitor should be placed directly in front of you, with the top no higher than eye level.
- ✓ The monitor should be at least an arm's length away, or about 20 inches.
- ✓ Adjust screen brightness to reduce eyestrain. Install the [Adjust Screen Brightness](#) Chrome extension.
- ✓ Rest your eyes periodically for several seconds by looking at objects at a distance.
- ✓ Your feet should comfortably reach the floor when seated, not dangling. Either use a footrest or lower your chair.
- ✓ Use the back of your chair to maintain an inward curve on your lower back.



Boost energy...

- Stay hydrated. Dehydration is one of the top causes of fatigue. Keep a water bottle at your desk to remind yourself.
- Give your pet some love or watch cute animal videos.
- Do jumping jacks or take a brisk walk. Just 5 minutes will increase heart rate and blood flow, which will improve your mood and energy.



...and productivity!

- Clean up your workspace. Decluttering your desk for just 10 minutes can help you from feeling overwhelmed and disorganized.
- Listen to music. Here is a [playlist](#) put together by regional volunteers!

