

SELF-CARE AND WELLNESS TIPS for the 2021 VIRTUAL AGM

AMNESTY
INTERNATIONAL



The very important work Amnesty members, supporters, volunteers and staff are doing takes toll on our minds, bodies and spirits. The added exhaustion of living and working virtually makes this true now more than ever. || We do not want the virtual AGM to put a strain on anyone, so we have built longer breaks between sessions into our agenda and activities throughout the AGM so we can all unplug. We are all here to learn from one another, reenergize our commitment to human rights and to connect. Here are some tips and resources to support your selfcare and wellness though out the 2021 AGM.

Commented [IC1]: Reword suggestion: "The added exhaustion of living and working virtually, makes this true now more than ever."

DON'T ABANDON YOUR NORMAL SELF-CARE PRACTICES! PRIORITIZING YOUR PRACTICE WILL ALSO MEAN CREATING SOME BOUNDARIES AND BEING MINDFUL ABOUT SAYING "NO" SOMETIMES.

- Do your best to keep a consistent sleep schedule.
- Create a non-negotiable morning or evening routine.
- Remember use the "tools" of your self-care practice, if possible.

ONLINE TIPS

- Consider how responsive you want to be to messages and inquiries. Do you need to respond to everyone? Do you really need to respond right away?
- Set up auto-responders or out-of-office messages to help manage people's expectations and create some space for yourself
- Make sure your meeting platform settings feel right for you
- Be kind to your eyes. Review your display settings, consider changing colour and brightness
- Adjust your chair so your feet are touching the floor and your back is supported, check your posture, and take regular breaks to move and stretch.

SELF-CARE IDEAS

- **Focus your attention inward.**
 - 10 min mindfulness body scan
 - Listen to your body – are you thirsty, hungry, anxious, relaxed, tired, and/or energetic?

Commented [IC2]: hungry

- Oxygenate by taking three deep breaths into your abdomen.
- Schedule Calming Time to reset and refocus.
- Connect with friends and family at home.
- Disconnect from technology and news feeds.
- Journal or meditate.
- **Focus your attention outward.**
 - Take care of yourself first.
 - Stay hydrated
 - Keep a healthy snack with you
 - Take a break if you need one.
 - Schedule a time to move! Stretch, dance, walk/walk outside

If you have questions or to further discuss how we can help support, you during the VAGM please contact; eventcoordinator@amnesty.ca