Recharge & Reconnect:
Prioritizing Self-Care and Team Resilience

National Community Action Partnership

April 29, 2025

1:00pm ET / 12:00pm CT / 11:00am MT / 10:00am PT

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Welcome & Introduction



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National Community Action Partnership

Agenda

I. Welcome & Introduction

II. Self-Care

III. Team Resilience

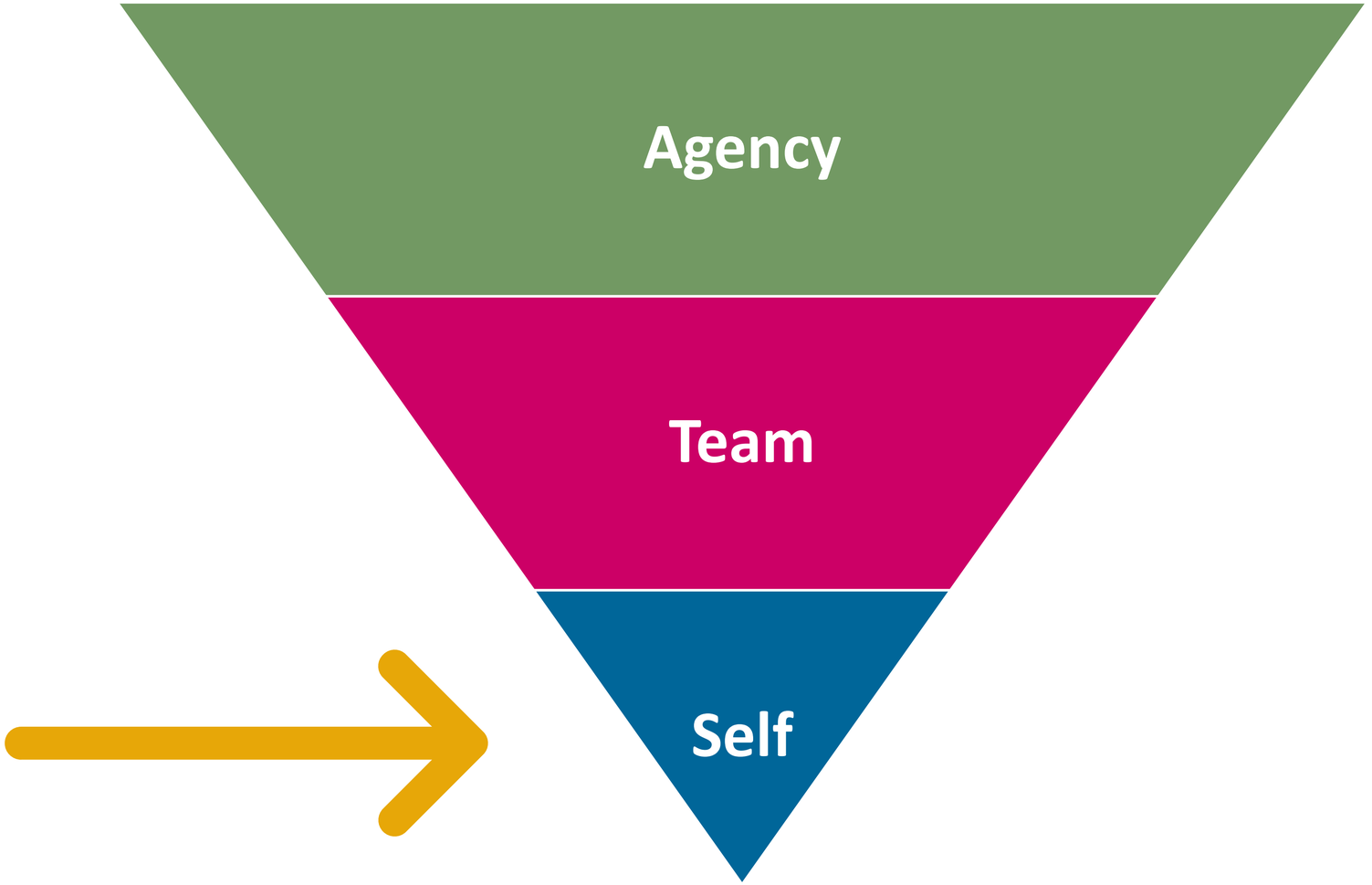
IV. Resources & Upcoming Learning Opportunities

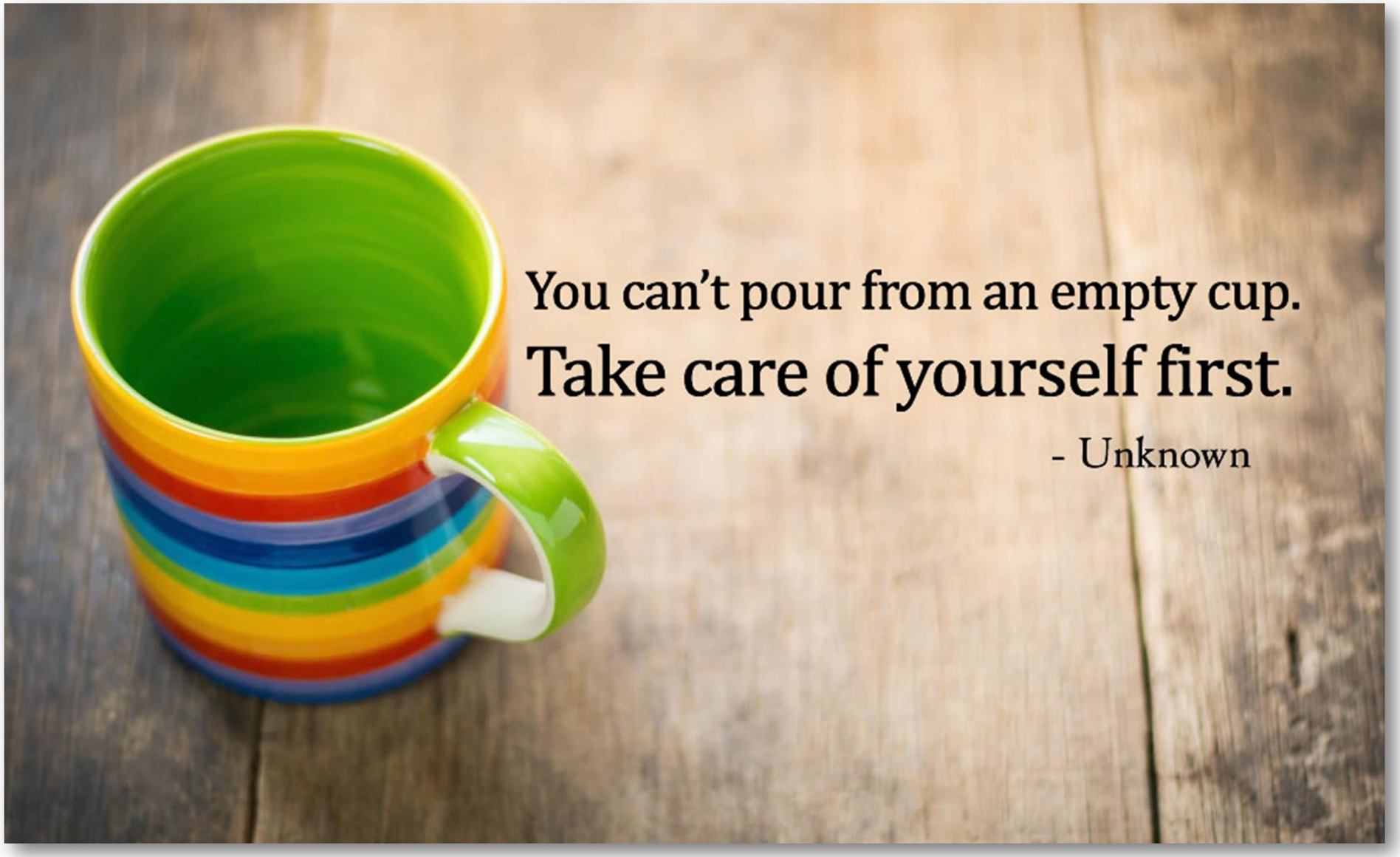
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Poll



Differing Levels of Care





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Source: Self-Care A-Z: What “R” Essential Aspects of Self-Care? - SocialWorker.com

Reframing



- How can you reframe self-care?
- What strategies can you incorporate to reframe self-care as a wholistic lifestyle?

Reflection



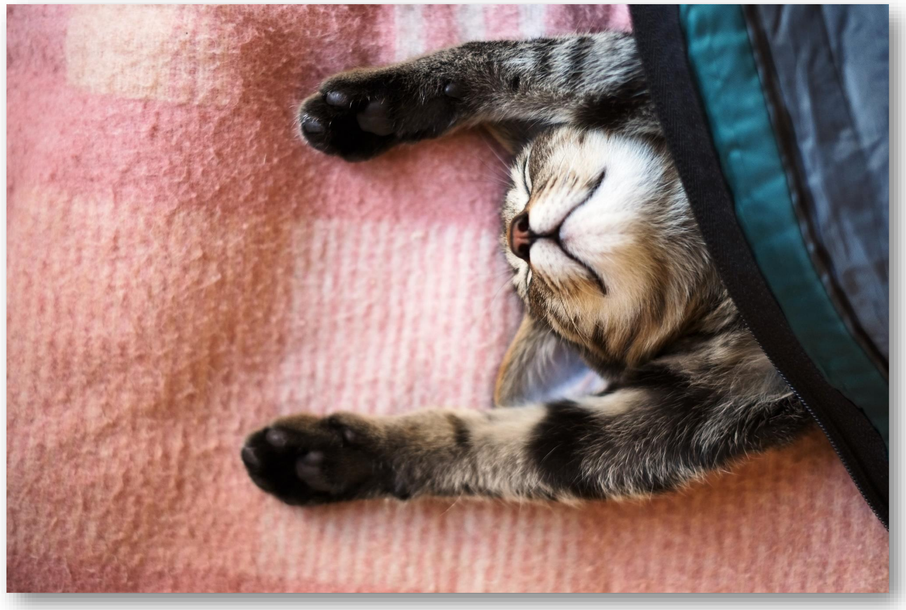
- How can you build structures for reflection?
- What resources can you use for meaningful reflection?

Routine



- What habits support your self-care?
- What habits impeded your self-care?
- What intentional changes could you make to your daily rituals and routines to incorporate self-care?

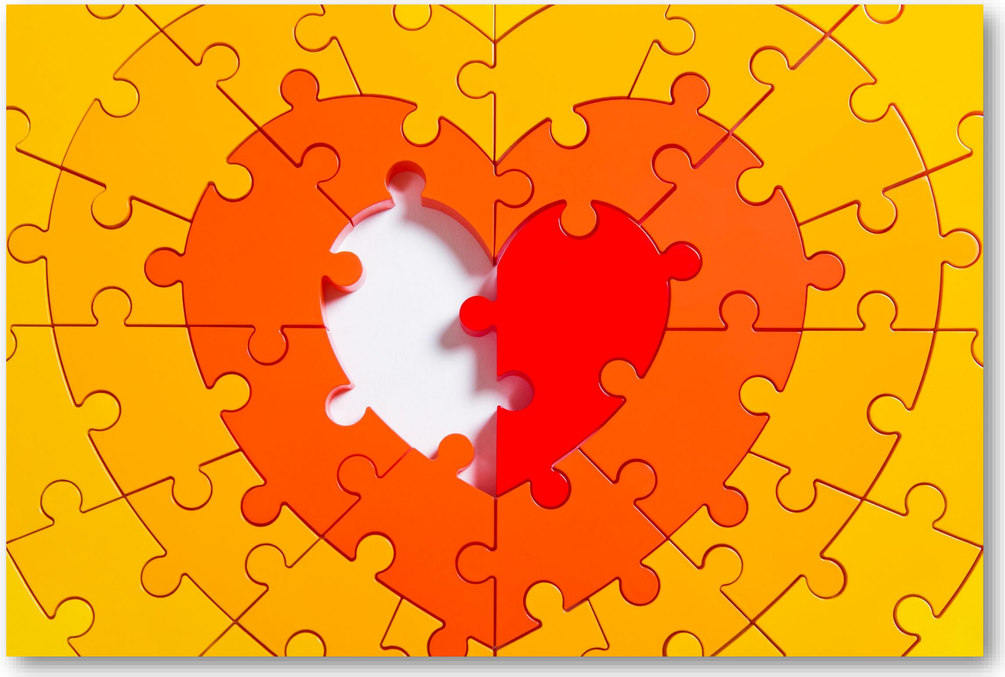
Rest



- What small steps can you take to incorporate more rest?
- What small steps can you take to improve the quality of your rest?

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Relationships



- How can you strengthen health connections for better self-care?
- How can you strengthen boundaries for better self-care?

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Personal Resilience Framework

- **Mind:** Reflective practices (journaling, affirmations)
- **Body**: Sleep, hydration, movement—even 5 minutes helps
- **Boundaries:** Saying yes to renewal is saying yes to sustainability
- **Routine:** Build small rituals—gratitude before email, a daily 10-minute walk
- **Connection:** Who is your “well-being buddy”? Someone who checks in gently.

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Sample Self-Care Plan

2024 Self-Care Plan

Use this plan to generate ideas and design a self-care plan to support you in starting 2024 off with practicing self-care.

Use this plan to generate ideas and design a self-care plan to support you in starting 2024 off with practicing self-care What are your **needs** over the next month? **Tip**: *Self-reflect on your basic needs like eating and taking breaks, what current challenges or transitions you are experiencing and what your emotional, physical, social, spiritual and mental health needs are.*	What's your **schedule and routine** over the next month? **Tip**: *It's important to figure out how much time you have to practice self-care– you can take seconds, minutes, hours or even days and weeks!*	Think through and answer these **questions to ask yourself to begin to identify potential Self-Care Practices:** • What activities and routines help you feel balanced? • What gives you joy or peace of mind? • What activities, games, experiences, or things did your inner child love? • What are your favorite traditions? • What parts of your culture are you proud of? • How would you spend a day off from everything? • What supports you to prioritize rest and rejuvenation? • How do you notice and celebrate your strengths? • What could support you in setting and communicating boundaries?
Based on your answers above choose **1-3 self-care practices** to focus on for the next month. **Examples:** *Take water breaks daily, journal once a week, watch your favorite movie with loved ones, meditate every other day, recite one positive or self-loving affirmations every day, work with your supervisor or manager to set boundaries, etc.* **Tip**: *Try identifying your self-care practices by week and remember that what you plan here isn't permanent– adjust your plan throughout the month, week, or even daily to best support your needs and schedule.*		

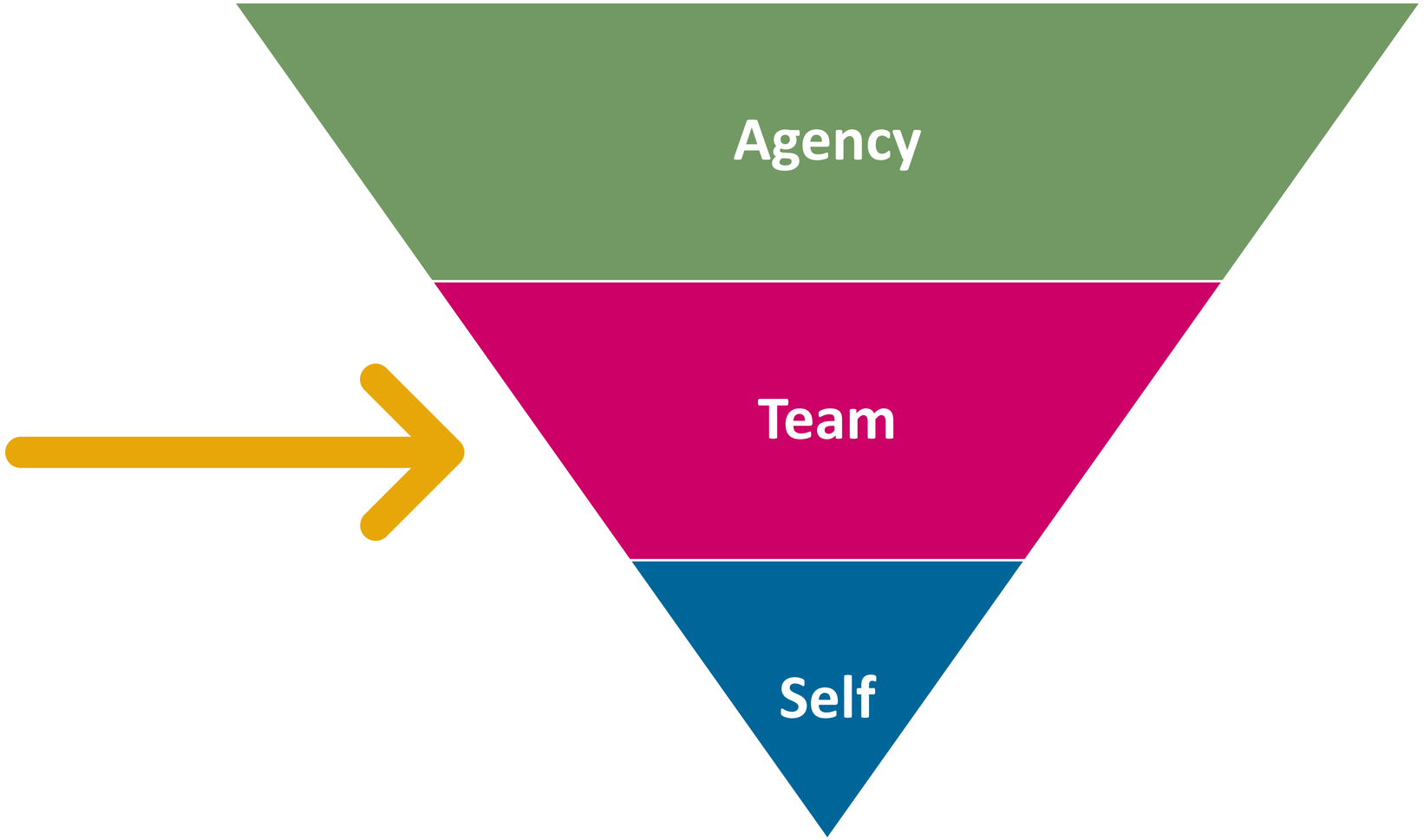
Source: ProInspire

Sample Self-Care Plan

What **resources** will you need to fulfill your Self-care Plan? Do you need any **support** to access those resources? How could you find that support?	What **challenges** do you see coming up as you dedicate time to your self-care practice? How could you **work through** those challenges?
Finally, **dedicate and block out specific time** in your schedule over the next month **for your self-care practice.** *Use this space, a planner, or digital calendar to set specific time throughout the month, week, or even daily to best support your needs and schedule.* **Tip**: *Share your plan with a family member, friend, or colleague and ask them to support you and hold you accountable to starting 2024 off with practicing self-care.*	

Source: ProInspire

Differing Levels of Care



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The Importance of Team Resilience

Secondary Traumatic Stress	Various Trauma	Burnout
Compassion Fatigue	Moral Injury and Moral Distress	Decision Fatigue

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Languages of Appreciation



Source: The 5 Languages of Appreciation in the Workplace: Empowering Organizations by Encouraging People

Practical Ways to Support a Culture of Care

- Create team resiliency plans: Regularly assess team energy, stress, and support needs
- Normalize check-ins: Ask “how are you, really?” in team meetings
- Celebrate micro-wins: Gratitude and joy are fuel
- Flex where you can: A 10-minute walk break, flexible deadlines, “meeting-free” hours

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Resources & Upcoming Learning Opportunities

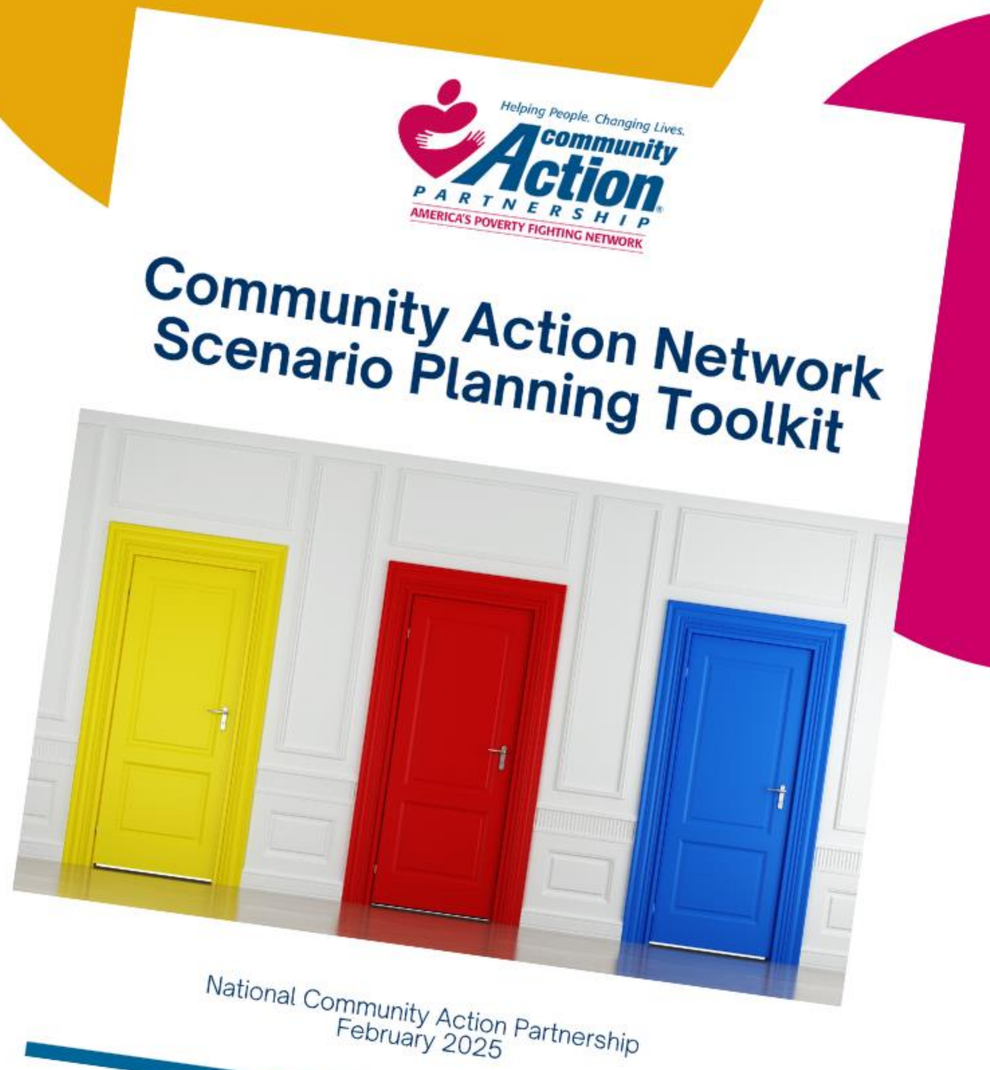


NEW RESOURCE: NCAP'S SCENARIO PLANNING TOOLKIT

The Scenario Planning Toolkit equips CAAs and State Associations with curated tools and resources to navigate uncertainty.

Use the toolkit to:

- **Assess and plan for key impact areas: financial, operations , programmatic, and community.**
- **Identify challenges, evaluate impacts, and develop strategies for changing conditions.**
- **Strengthen decision-making and organizational resilience by exploring multiple future scenarios.**



Access the Toolkit Here:

New Resource: Community Action Board Discussion Guide for Uncertain Financial Times

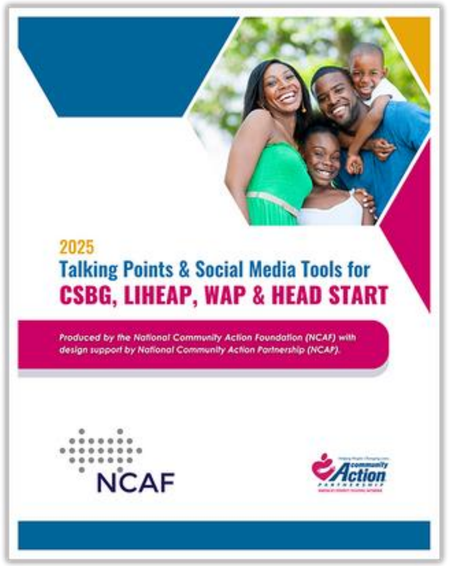


Financial uncertainty can impact an agency's ability to sustain its mission. Boards play a key role by overseeing financial strategy and long-term sustainability. This guide helps boards assess financial health, ask key questions, and make informed decisions using tools for scenario planning and risk management.

Access the Board Discussion Guide Here:

NCAF Messaging Toolkits

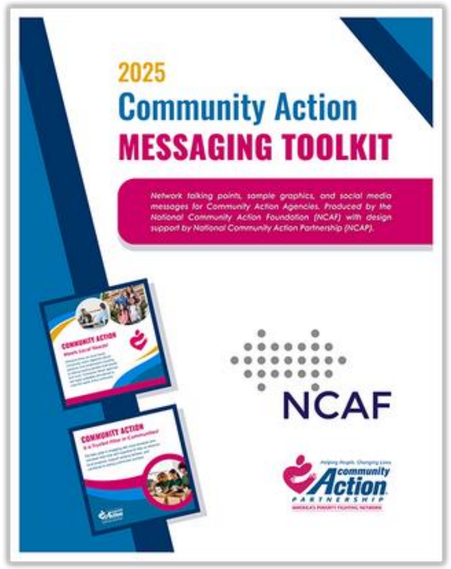
Talking Points & Social Media Tools for CSBG, WAP, LIHEAP & Head Start



This toolkit provides talking points, graphics, and social media messages that address the impact and necessity of the Community Services Block Grant (CSBG) as well as the Weatherization Assistance Program (WAP), Low-Income Home Energy Assistance Program (LIHEAP), and Head Start.

Access the Talking Points Here:

Community Action Messaging Toolkit



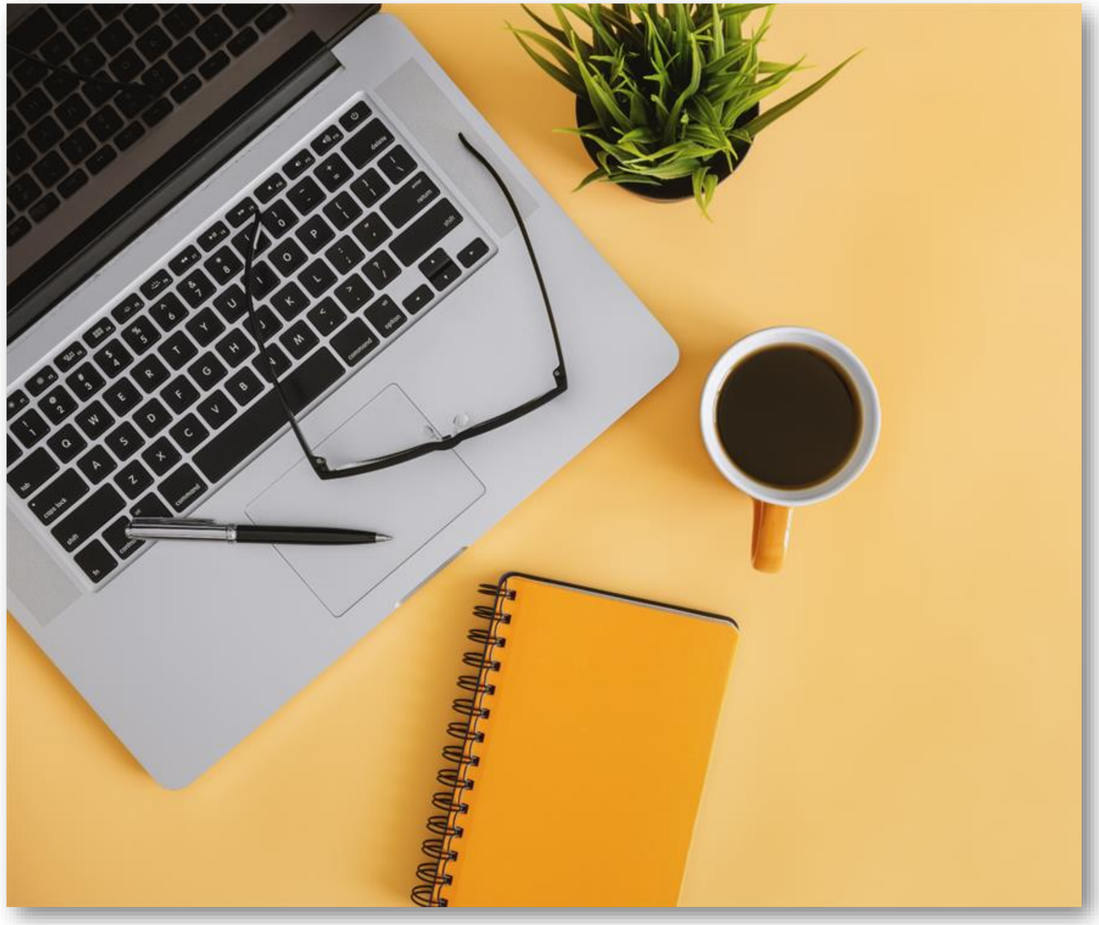
This toolkit provides a collection of network talking points for communicating the critical importance of Community Action Agencies to local communities across the country.

Access the Messaging Toolkit Here:

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Upcoming Webinars

- **April 30th –** Beyond the Numbers: New Ideas for Measuring the Promise and Impact of Community Action
- **May 28th -** Whole Family Approach Practitioners' Roundtable
- **June 4th -** Braiding Financial Resources for Lasting Impact & Long-Term Sustainability
- **June 10th -** Leveraging Internal Feedback for Organizational Excellence



We want to hear from you!



We would love to hear about your experience in today's webinar. Please take a moment to complete the webinar survey.

Contact Information



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