

SWDAA COOLER

sounds like water cooler



WELCOME
TO THE
SWDAA
COOLER!

This edition we will focus on sharing resources about self-care during the coronavirus, work-life balance, and setting boundaries in your professional life.

RECOMMENDED READING

Emotional Well-being

- [Self-Care During the Coronavirus Pandemic](#)
- [That Discomfort You're Feeling Is Grief](#)
- [How to Create a Self-Care Plan That Actually Works](#)

Working From Home

- [4 Tips for Setting Work-Life Boundaries When Your Home is Your Office](#)
- [6 Ways to Set Boundaries Around Email](#)

LISTENING MATERIAL

Podcast: after sectionals

- Work/Life Boundaries

Available wherever you listen to podcasts!

WATCH THIS!

Check out this webinar from Ashlyn Simmons, SWD Counselor and mental health professional, about Self Care from Home.

<https://youtu.be/FEVT1p7XSoA>



QUARTERLY QUESTION

Answer our Quarterly Question and be entered for a chance to win an Amazon Gift Card! Share in the Facebook comments or email the SWDAA Programs Director at swdaaprograms@gmail.com

What's the last act of self-care you did for yourself?

