



Organizational Self-Care: Talking the Talk, Walking the Walk

Additional Resources

Organizational Self-Care: Addressing the Collective Responsibility for your Employee' Wellbeing
<https://outreach-partners.org/wp-content/uploads/2021/07/HOP-Organizational-Self-care-Resource.pdf>

Organizational Self-Care Training Activity Worksheet
https://www.thenationalcouncil.org/wp-content/uploads/2020/10/Organizational_Self-Care_Training_Activity_Worksheet_FINAL.pdf?daf=375ateTbd56

Managing traumatic stress responses among clinicians: Individual and organizational tools for self-care
<https://programs.caringsafely.org/wp-content/uploads/2018/11/Managing-traumatic-stress-responses-among-clinicians-individual-and-organizational-tools-for-self-care.pdf>

Self-care for trauma psychotherapist and caregivers: Individual, social and organizational interventions
<https://melissainstitute.org/wp-content/uploads/2016/12/SELF-CARE-FOR-TRAUMA-PSYCHOTHERAPISTS-AND-CAREGIVERS-changed-26.pdf>

Self-Care: What it really is (TEDx Talk) <https://www.youtube.com/watch?v=dBn0ETS6XDk>

ANDRUS Core Team Self-Care During COVID resource guide <https://andruscc.org/docs/Workshop-Session-5-Workshop-C-COVID-19-Employee-Resilience-Resources-Handout.pdf>