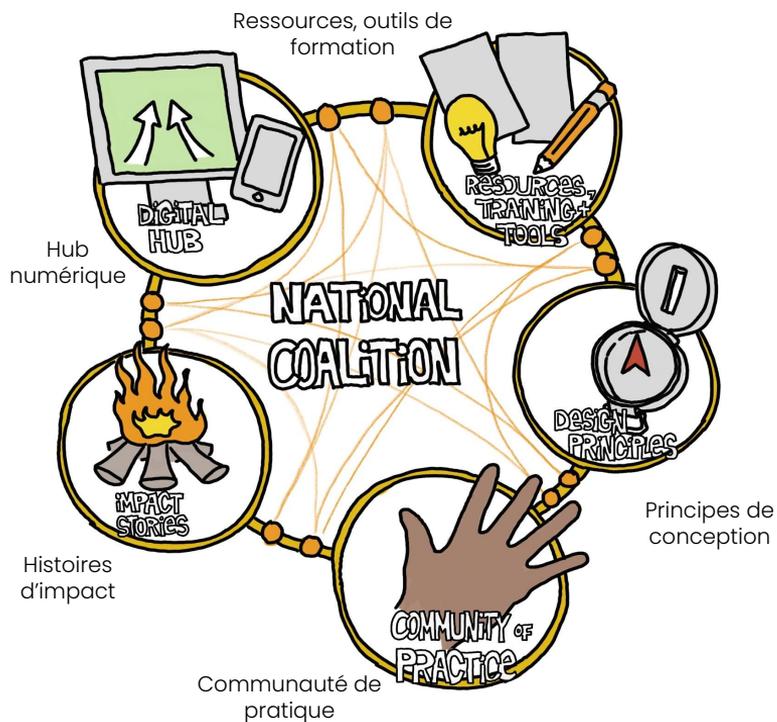


# Community Support Professional Learning Webinar Series

## Soutien communautaire – série de webinaires d'apprentissage professionnel



## CANADA SERVICE CORPS NATIONAL COALITION COALITION DU SERVICE JEUNESSE CANADA



Katimavik



mindyourmind



Funded by the  
Government of Canada  
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gouvernement du Canada



# Peace at Work



# Introducing our Host & Guest Speaker



**Anne-Marie Côté**  
TakingITGlobal



**Lesley Tetteh**



# LAND ACKNOWLEDGEMENT

We acknowledge the land we are meeting on is the traditional territory of many nations, including the Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee and the Wendat peoples and is now home to many diverse First Nations, Inuit and Métis peoples. We also acknowledge that Toronto is covered by Treaty 13 with the Mississaugas of the Credit. In acknowledging the land, we also recognize the violent colonial history that affects Indigenous culture, agency and identity. It is essential to understand that decolonization is an ongoing process, and as settlers, we all have a responsibility to respect the land and its people.

# OBJECTIVES

- Recognizing challenges and solutions in facilitating and engaging in virtual tasks
- Identifying and practicing forms of self-care that is accessible during this time
- We all get a chance to learn 😊

# ABOUT ME

## **Lesley Tetteh (She/her)**

- Consent Animator with Black Womxn In Motion
- Youth Policy Advocate with the OCIC Youth Policy-Makers' Hub
- Community Educator with Toronto Community Housing
- B.A – Brock University
- M.A – Adler University (present)
- Learner, Educator, Member of the Civil Society
- Social Justice, Gender Equality, Mental Health and Wellness



# AGENDA

- Mindfulness Activity
- **Mindfulness and a Safer Facilitation Space**
- Reflection
- **The Mind, The Body, The Self, The Screen**
- Reflection
- Debrief & Conclusion

# MINDFULNESS ACTIVITY

## Why mindfulness?

- Stress management
- Can help with controlling thoughts and emotions
- It's mind over matter

**Let's practice! Grounded Breathing**



# MINDFULNESS AND A SAFER FACILITATION SPACE

## When Creating:

- Requires emotional labour
- Researching heavy topics can be quite difficult
- Sharing certain materials and having difficult conversations can be challenging
- Other work-related stressors
- Non-work related stressors/distractions

## How Can Mindfulness Be Practiced While Creating

- Becoming aware of any unpleasant thoughts you may have
- Give yourself time to allow these thoughts to pass
- Practice a grounded breathing exercise before moving forward
- Revisiting your “why”

# A SAFER SPACE

## What is a safe space?

- There is no such thing as an ABSOLUTE safe space
- Creating a safe space can be quite challenging, especially on a virtual platform

## How Can We Create a Safer Space?

- Set intentions, not expectations
- How are you feeling in your body and in your mind?
- What supports will you provide?
- What supports will you need?



# “ZOOM FATIGUE”

## It's a thing. What Causes it?

- The feeling of exhaustion after a video call
- Dry eyes, stiffness, emotional fatigue
- Overcompensating non-verbal cues; discomfort of having several faces stare at you through a screen
- Spending too much time in front of a screen

## How Can We Manage this?

- Initiate check-ins throughout the call
- Leave some time for breaks
- Be lenient with participants keeping their video option off
- Opt for the video call to be an email or a phone call, if possible.



april  
@apricat444



that post zoom exhale 🥲

# Reflect:



Have you tried practicing mindfulness in stressful work situations? What does that look like for you?



What does a safer space look like to you? How do you ensure the space remains safe for yourself as a facilitator, and your attendees?



What are some things you think you can do differently to improve your emotional health when working on projects?

# The Mind, the Body, The Self, The Screen



Mindfulness and Productivity



Habits and Mindfulness



The Art of Self-Care

# MINDFUL PRODUCTIVITY

## Productivity Myth:

- The amount of work we do measures the levels of productivity we aim to achieve.
  - The more work we do, the more productive we are
    - Not true.

## Understand that:

- Productivity is not synonymous to overworking yourself
- Define what works for you
- Create an atmosphere that will make you feel good
- Time Management and Organizational methods
- Practice self empathy
  - Take a break, it's okay
  - Don't be afraid to ask for support

# HABITS

## Reflect on Activities

- Is this good for my health, or is this just a distraction?
- What are some of the drawbacks of these activities?
- Are these habits affecting my work?
- Am I motivated?

## How Mindfulness Helps with Habits

- Creates awareness
  - Re-evaluating your current habits
- Eliminates distractions disguised as habits
  - Creates space to develop new and healthier ones
- Practicing mindfulness regularly eventually becomes a habit
- Exercising Patience

# A FEW MINDFUL HABITS



PRACTICING  
GRATITUDE



DEEP BREATHING



SPEAKING WORDS  
OF KINDNESS



FOCUS ON THE  
ENVIRONMENT  
AROUND YOU



TAKING A MOMENT  
TO PHYSICALLY  
FEEL

# SELF-CARE

- Actions that aids in wellbeing
- Can be practiced in professional and personal settings

## **How Can This Be Practiced?**

- Listening to your mind and your body
- Awareness and Comprehension
- Doing things you enjoy
- Remembering your purpose
- Being kind to yourself – Forgiveness and Patience

# A FEW SELF-CARE IDEAS

- Journaling
- Meditation
- Grounded breathing
- Reading
- Good sleep
- Skincare routine
- Accessing counselling services
- Doing nothing \*\*\*\*
- Exercise
- Spending time with loved ones (safely)
- Retail Therapy
- Eating good food
- Setting up and respecting boundaries



# Reflect

What is the most challenging part of being productive?

How has the development of these new habits positively contributed to your productivity?

What does including mindfulness into your self-care routine look like?

# DEBRIEF

**Wellness is a priority**

**Requires recognizing any challenges and creating everyday solutions for you**

**Embody, Create, Reflect and Practice**

**Mindfulness starts and ends with you**

**Questions for me?**

**Mindfulness Reflective Practice**



**HOW WILL YOU ENGAGE IN  
SELF-CARE THIS WEEKEND?**

The background features a dark teal base with several overlapping geometric shapes: a teal triangle on the left, a large brown circle on the right, and a series of parallel purple diagonal stripes on the far left.

Q & A

# Thank you! Merci!

Access recordings and resources at:

[www.csccoalition.org](http://www.csccoalition.org)