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# Self-care and stress management

## TED Talk: The Happy Secrets to Better Work

[https://www.ted.com/talks/shawn\\_achor\\_the\\_happy\\_secret\\_to\\_better\\_work](https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work)

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## Happy secrets to better work:

1. Thoughts?
2. TIP: remind yourself why you were excited to get started in this work
3. Work hard → success → happiness
4. Changes to make for positivity
5. How might we relate this to service?

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## TED Talk: How to Make Stress Your Friend

[https://www.ted.com/talks/kelly\\_mcgonigal\\_how\\_to\\_make\\_stress\\_your\\_friend#t-791585](https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend#t-791585)

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## **How to make stress your friend:**

- 1. Thoughts?**
- 2. You're just rising to the challenge at hand!**
- 3. Stress makes you social**
- 4. Think about how stress affects our clients**

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**How do you practice self-care?**

**[What stress management tools do you utilize?](#)**

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## TED Talk: Power of Vulnerability

[https://www.ted.com/talks/brene\\_brown\\_on\\_vulnerability#t-144935](https://www.ted.com/talks/brene_brown_on_vulnerability#t-144935)

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## **TED Talk: Power of Vulnerability**

- 1. Thoughts?**
- 2. How does this tie in to our conversation about stress?**
- 3. Don't be down on yourself, build yourself up!**
- 4. Practice gratitude and joy!**

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## **Take-away's:**

- 1. Develop some self-care strategies**
- 2. Learn how to embrace stress and use it to your advantage!**
- 3. Have conversations and reach out to your cohort and learn what they do to manage stress and take care of their mental health**

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