Mindfulness: Yoga, stretching, breathing & relaxation exercises & opportunities

Emotional, cognitive nurturing, grounding, nourishing, regenerating, sensory tools

Brain breaks & mind spas (eg calm space, mindful walks, etc)

Re-connecting with the reasons & motivators for doing the work & reflecting on the journey which has already been taken

Being self-aware, curious & reflecting on one's own experiences, values, feelings, hotspots, hopes, motivations, triggers

Integrating moments of an atmosphere of fun, joy, laughter & playfulness

Having creative, physical, social, environmental & or spiritual outlets

Some organisational & individual self-care & emotional wellbeing tools & approaches

- An ongoing reflection on past obstacles faced & what individual, family/team/organisational skills, resources & strengths were used to navigate & overcome these.

- Having & reviewing an individual self-care & wellness plan & pledge

- Social action & activism

- Having a positive support network & community including one's own life inspirers & cheer leaders

- Reflecting on one's own resiliency, skills, survivorship & positive qualities

- Opportunities for skill & knowledge development

- Feeling heard, seen, cared for, noticed, valued, appreciated, respected & listened to.

Seeing, noticing, celebrating & magnifying the sparkle moments, the changes made, what is going well & the journey travelled (eg skyscrapers, treasure box, vision board, etc)

Positive affirmations a gratitude list, positive self-talk, inspirational quotes, positive mantras, wellbeing messages, etc.

Access to wellbeing activities & resources (eg bikes, well-being lunches, gym, counselling)

Integrating daily feel-good reminders (eg mug, hand cream, screen saver, ringtone, wellbeing lanyard etc)

Acknowledgement of being human, being able to show vulnerability, & to feel able to learn from "mistakes."

Support structure (eg parental leave, sabbaticals, well-being committee, wellbeing champions, etc.

What else??