

Group 1

- What does your self care space look like?
No defined self care space. Conversion of house spaces to home office. Outdoor walks a challenge. Sitting and watching TV became a norm.
- In an ever changing world, how are you creating consistency?
Zoom the consistent thing in our lives. Keep same schedule and calendar for the day. First-year students are concerned with consistency.
- When you do come up against roadblocks, who do you turn to?
Group of friends, partner, check ins weekly. Women's group from a professional association.
- What is not cancelled?
- What are some self care messages, images, quotes that inspire you?

Group 2

- What does your self care space look like? Shifting... quiet, colorful, nature, walking, sitting by lake, away from indoor space!
- In an ever changing world, how are you creating consistency? Schedule, routine, belief of system (internal), hopeful,
- When you do come up against roadblocks, who do you turn to? Partner, friends, higher power, co-workers, parents, "hug a tree"
- What is not cancelled? My positive attitude, love for nature, my child's enthusiasm for life, pets, childhood, playing games, Hulu, gratitude; Books
- What are some self care messages, images, quotes that inspire you? My mantra is "I am abundant, health, at ease and grateful for all I get to do today" - Lisa Laughter; "This too shall pass"; "Be. Here. Now"; "Be the change"; "Control what you can and let go of what you can't."-Mehgan Clark "What you see with your heart is the most important" - The little prince; "Do more of what makes you happy"; "What have you done today that makes your heart sing?"

Group 3

- What does your self care space look like? Go Outside, run/walk at lunch, watch sunsets, relax on couch w/snacks, workspace by a window, journal
- In an ever changing world, how are you creating consistency? Sleep, exercise, check in w/family members every day, Quality time
- When you do come up against roadblocks, who do you turn to?
- What is not cancelled?
- What are some self care messages, images, quotes that inspire you?

Group 4

- What does your self care space look like? Toys in office, magic 8 ball to help students answer questions - working from home - positive words of affirmation, Mantra Why Every Day is Great, pictures of niece and nephew as a reminder of how I would want them to be treated.
- In an ever changing world, how are you creating consistency? Start work at the same time every day, approach to students is more consistent because of control of session
- When you do come up against roadblocks, who do you turn to? Team operate as friends so can call to talk or group text to advising team, venting during team meetings, solo advisor leans on boss and PD opportunities
- What is not cancelled? Passion for students, success is not cancelled, passion to be better as advisors - professional or personal growth - dream job
- What are some self care messages, images, quotes that inspire you? Why Every Day is Great, Student Success never fails, Just Keep Swimming by Dory

Group 5

- What does your self care space look like? Lunchtime yoga, walking the dogs, taking 5 minutes to recenter, utilizing apps (10% happier, headspace), practicing mindfulness, journal
- In an ever changing world, how are you creating consistency? Morning routine, coffee/tea, maintaining routines (personal and professional)
- When you do come up against roadblocks, who do you turn to? Attend a coffee and connect, turn to colleagues in advising, take a walk to clear my mind.

- What is not cancelled? NACADA is not cancelled (thankful for all these connections)
- What are some self care messages, images, quotes that inspire you? Ran out of time, would love to find more!

Group 6

- What does your self care space look like?
Office Decorations to feel more comfortable
Lots of light, no clutter
- In an ever changing world, how are you creating consistency?
- Focus on the present, the present moment - this can be challenging.
Communicate your challenges to supervisors and family members.
- When you do come up against roadblocks, who do you turn to?
- I turn to my peers, colleagues, and family.
- Take a breath and look within, try to find other avenues and possibilities.
- What is not cancelled?
- Smiles. Laughter. Fun Activities. Hope.
- What are some self care messages, images, quotes that inspire you?
Everyday I wake up healthy, I am thankful and determined to do my best that day.

Group 7

- What does your self care space look like?Outdoors able to see nature; cozy recliner in corner of MBR; walking daily (morning) after work read and listen to nature; outside in neighborhood w/new addition.
- In an ever changing world, how are you creating consistency? Try to stay on a similar schedule daily; ensure staying nourished. Retain some semblance of a consistent schedule. Utilize your break time for yoga.
- When you do come up against roadblocks, who do you turn to? Close colleague and/or loved ones.

- What is not cancelled? Laughter, living to best of ability with comfort level.
- What are some self care messages, images, quotes that inspire you? Life is change, growth is optional, chose wisely.
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