

## Community/Group Based Conversation Starters About Self -Care

These questions are drawn from the Self-Care Resource for Wildlife volunteers available on the twogreethreads.org website. They are re-presented in this easy to download format to help enable community/group-initiated conversations. We suggest this is used alongside the Self Care Webinar 'I don't care for myself I only care for the animals' and the Self-Care Resource webpage and pdf download also found at twogreethreads.org



Two Green Threads aims to help individuals understand that looking after yourself, whilst living your service to animals, will multiply the assistance for the animals you are motivated to support. If we sustain ourselves, we can help sustain our wildlife for longer and have a more sustainable community of volunteers to support our wildlife for the long term.

### Conversation Considerations

*Why is self-care so hard? Or why are we so 'bad' at self-care?*

.....

*Is self-care more relevant for wildlife volunteers?*

.....

*Is the term self-care neutral for you? What explicit (or implicit) messages have you received about self-care?*

.....

*What kind of self-care is essential to your functioning? How consistent are you about giving that to yourself?*

.....

*What is one barrier that gets in the way of giving your self-care?*

.....

*What's one routine you can put in place this month that would improve your life the most?*

.....

*What's one pay it forward self-care conversation you can have with another person this month?*

.....

*Do you validate and support others when they tend to their energy management?*

.....

*Does your group culture validate investing in energy management?*

.....

*Are there any group culture elements that may be impinging on wildlife sector volunteers, building and implementing self and community sustainability?*

.....

*What are the possible times ahead that may draw heavily on our self and community sustainability?*

.....

*What steps can be put in place to try and minimise the draw of these times and overtly recognise sustainability?*

**Let's reframe self-care to self and community sustainability.**

**Let's create space for care in order to give care.**

