FYSB Family & Youth Services Bureau | Runaway and Homeless Youth Training & Technical Assistance Center

Health and Well-being in a Virtual World

"Harmony makes small things grow, lack of it makes great things decay." -Sallust

Tips for Virtual Self-Care

- Check in at the beginning of virtual meetings in order to appreciate coming together from different places.
- Establish a daily ritual for yourself - include movement, breathing, and journaling.
- Actualize self-care at work by offering off camera meetings and encouraging time off screen.
- Drink water, and don't be afraid to bring some sound & tunes to meetings!
- Encourage collective decompression time.
- BREATHE! - Practice mindful breaths throughout your day to reset.

The Impact of Virtual World

- 4 Causes of Zoom Fatigue
- Body Language Across Borders and Time Zones
- Zoom Fatigue: Don't Let Video Meetings Zap Your Energy

Virtual Engagement Tools

- Liberating Structures
- Mentimeter
- Collaboration boards - Miro, Jamboard, and more
- Kahoot

Resources to Support Young People

- Engaging Young People in a Virtual World
- Youth.gov Resources to Support Youth and Fam During the Coronavirus COVID-19 Outbreak
- Adapting and Innovating to Promote Mental Health and Emotional Well-Being of Young People of Color: COVID-19 and Beyond
- All I Want to Say is That They Don't Really Care About Us: Creating and Maintaining Healing Centered Collective Care in Hostile Times

Resources for Self-Care & Wellbeing

- Self-Care Wheel
- 45 Simple Self-Care Practices for a Healthy Mind, Body, and Soul
- Centering Practice
- Black Emotional and Mental Health (BEAM) Toolkits & Resources
- Self-Care for Professionals and Mentors
- Tips for Self-Care During COVID-19

Grantee Suggested Best Practices for the Virtual World

- Taking a 5 min break in between meetings or after every hour stretch, breathe and move your body.
- Setting a timer to encourage yourself to take a break.
- Encourage camera off (when applicable) and listening and note taking.
- Greeting people individually by name so folks feel recognized and acknowledged.
- Fun check in questions
- Factor in break time for meetings over an hour.
- Use a virtual background to minimize background distractions.
- Using the record feature (with permission) to replace note taking, allowing you to be more present for the meetings.

- Having a group mantra/ group acknowledgement of coming from different spaces before meetings to settle everyone.
- Ice breakers or something fun at the top or middle of a long meeting.
- Encourage mental health days.
- Sending out an agenda before meeting so participants know what will be covered and also have something to look forward to.
- Starting meetings 10 minute after the hour, fostering a space to pause in a back-to-back virtual world.
- Be mindful that those who are from marginalized identities may feel marginalized in a virtual world
- Be more forgiving with people's capacities and needs.