

Our meeting was held via Zoom on Wednesday, March 31st, 2021.

The topic of the meeting was "Exploring Self-Care." As a group we discussed stress. Everyone in the group shared things that cause them stress. We talked about how stress can affect our health and how self-care plays an important role in managing our stress. After everyone shared their stress, we shared some ideas that we all have for practicing self-care, and what we like to do during our personal time to take care of ourselves. We then went over the different factors involved in self-care, and took a survey that ranked how often we attend to the different areas of self-care. We discussed some areas that we are lacking in and others that we focus on more often. After the survey, we took the time to talk about how music can fall into different self-care categories and then listened to 4 minutes of a song that scientists have found reduces stress and anxiety. As a group we reflected on how the song made us feel and shared some thoughts we all had when listening to it. As a whole, we all participated in a guided breathing exercise that can be used as a tool for reducing our stress. We discussed times we have used breathing exercises to help us relax in different situations in our lives. After the breathing exercises, we continued to discuss some other activities we can do to practice self-care. We then posed a question to the group wondering how stress can impact their stuttering and how practicing self-care can also play a role. We concluded the meeting by challenging all members to participate in self-care activities at least 1 hour each week and to write down what ideas they learned from the meeting that they will use in their self-care practices.