**Self-Care for Social Workers Resources**

1. Palouse Mindfulness: Free 8 Week Online Mindfulness Based Stress Reduction (MBSR) Course [Online MBSR/Mindfulness (Free) (palousemindfulness.com)](https://palousemindfulness.com/index.html)
2. Therapist Aid. Body Scan Script. [Body Scan Script (therapistaid.com)](https://www.therapistaid.com/index.php/worksheets/body-scan-script)
3. Habit Stacking: Natalie Sisson How I Use Habit Stacking to Start My Morning Off Right. <https://youtu.be/CmQEz41kNOU>
4. James Clear. Atomic Habits: An easy and proven way to build good habits and break bad ones.
5. See graphics below.

Table

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Diagram, timeline

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