



# SDSU Student Accounting Society

## Meeting Minutes: Lindsey & Brownell

### Self Care

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#### **Presenters:**

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#### **Presentation:**

##### Introduction to L&B

- Primarily a tax firm, single office in La Jolla by the UTC Mall.
- A growing audit department in addition
- Offer internships in Tax and A&A departments
- Find opportunities on handshake!

##### Staying healthy in mind and body is essential, especially amidst a busy lifestyle.

- Being able to care for yourself and take time for yourself, especially during busy season, is one of the biggest factors to success

##### What is self care?

- Self-care is any activity we actively choose to do to take care of our physical, mental and emotional well-being
- Self-care is often not exactly what we feel like doing in the moment
  - It's often things that require delayed gratification
  - Things that aren't what we want to do right there and then

##### Why do we need to practice self-care?

- Our well being is important no matter the circumstance or state of the world
- Self-care helps us manage stress better and allows us to be more productive. Taking care of ourselves helps us keep a good work-life balance
- At the end of the day, it's up to you to take advantage of the tools provided to you by your company and give yourself the appropriate self-care.

## Areas of Self-Care

- Mental
  - Set a routine. Schedule in time for you
  - Take breaks during the day. Take the time to go offline and do other things not related to school or work
  - Practice mindfulness and take time for mentally-relaxing activities as well as activities that stimulate your creativity
  - Find activities that help you be successful
- Emotional
  - Acknowledge your feelings and know that they are valid
    - Write them down in a journal or share them with someone
  - Practice gratitude. Think of at least three things you're grateful for every day
  - Find ways to take everything that is on your mind and process it in smaller, bite size pieces
- Physical
  - Get enough sleep. Keep a bedtime schedule to give your body the rest it needs to recover
  - Eat well: Nourish your body with healthy food and keep yourself hydrated
  - Exercise regularly. Set aside at least 30 minutes a day to work out or simply move your body
- Social
  - Maintain connections with other people
  - Reach out to someone every day. Call or message a family member or friends just to check in

## Self-Care practices can look different for everyone

- Whatever recharges and energizes you is what you should be engaging in!
- Keep safe and always take care!

## Questions