

SELF CARE

Tips for employees

Self care refers to healthy habits and activities that reduce stress and maintain well-being. It's any deliberate activity we do to take care of our mental, emotional, and physical health. Making time for yourself will help strengthen your inner resilience.

AIMS

of self care

To help manage
stress and
maintain
equilibrium

To prevent
physical illness

To honor one's
own needs

WHY

it matters

- Grief is a significant stressor that impacts our emotional, mental and physical health.
- Emotional stress and mental exhaustion make us less organized, less productive, and less efficient. Emotional depletion can lead to insomnia and other health problems.
- Good self care practices help you stay sharp, motivated and healthy.
- Self-care produces positive feelings and boosts confidence and self-esteem.
- It's necessary to remember that your needs are important, too.



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tips for work

- Find a safe room you can use for ten minutes when emotions bubble to the surface. This gives you the space to collect yourself in a private setting away from clients.
- Compartmentalize as needed, but remember to give yourself time to grieve, too.
- If possible, engage in light cognitive duty for a while. This will minimize mistakes.
- Avoid operating dangerous equipment until the fog lifts. This will maximize safety and minimize risk management issues.
- Learn to let go, say no, and ask for help from others. Honor your own limits.

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tips for home

- Talk about your grief for at least 15 minutes every day. It's okay to ramble, rant, and repeat yourself. Talking is how we process. Processing is how we heal.
- Carve time in your day to do things you love. This will help recharge your battery.
- Eat healthy and stay hydrated to boost immunity and physical well-being.
- Engage in light exercise and practice good sleep hygiene.
- Sing. In the shower, in the car, in your bed. It releases muscle tension and stress.
- Enjoy a good belly laugh every day. Watch a comedy or funny videos. Laughter releases tension, boosts your mood, and lightens a heavy load.
- Engage in activities involving repetitive hand motions such as beading, painting, pottery, gardening, knitting, woodworking or coloring. Repetitive hand motions calms the mind.
- Use journaling to release inner thoughts and feelings.
- Recognize that you can't fix grief. It's a rite of passage for everyone.