

Self-Care



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Working for a Healthier Tennessee is providing general health information. The information provided today is not intended to treat any medical condition you may have nor is it meant to replace the care you get from your doctor or other health professionals. If you have any health or medical concerns, please discuss those with a medical professional.

Objectives

- **Explore what self-care is**
- **Understand burnout in the workplace**
- **List strategies for practicing self-care**
- **Identify self-care resources available for State employees**

**How do you know
when you're not at
your "best"?**

How do you know when you're not at your "best"?

Increased symptoms of stress?

Low energy?

Less patience?

Feeling hopeless?

Feeling "burnout"?

Difficulty falling and staying asleep?

Difficulty concentrating?

Urges to eat "comfort" foods?

Worsening mental health symptoms?

Strain in relationships?

Reduced performance at work?

Less motivation to engage in social activities?

What is “self-care”?

Self-care is any activity that you do deliberately in order to take care of your mental, emotional and/or physical health.

Good self-care is key to improved mood and reduced stress and anxiety levels.

About Burnout

Early Warning Signs of Burnout

- **Can you concentrate easily on assignments?**
- **Do tasks you once enjoyed no longer excite you?**
- **Is your overall attitude negative towards your co-workers and your performance?**
- **Are you experiencing interpersonal problems at work and home, growing irritable and impatient?**
- **Do you dread coming back from vacation?**

What's Missing Right Now?

Personal Health Inventory

Use a Scale of 1-5. 1 = LOW, 5 = HIGH

Area of Health	Where I am now	How ready am I to change?
Physical Health		
Social Health		
Mental & Spiritual Health		
Environmental Health		

Tips to Get Started with Self-Care

The Golden Rules

- 1. Stick to the basics in the beginning.**
- 2. Self-care needs to be something you actively plan.**
- 3. Keeping a conscious mind is what counts!**



**A GOAL
WITHOUT A PLAN
IS JUST A WISH**

Basic Self-Care Checklist

	Get enough sleep.
	Fuel and hydrate your body regularly.
	Move your body.
	Follow-up with your medical care.
	Use your stress-relieving strategies, including laughing.
	Spend time with your loved ones.
✓	Do one relaxing/pleasurable activity every day.
	Create a “No” list.

An Easy, Relaxing Activity

Focus Word Breathing

1. Get into a comfortable position (sitting or standing), with or without eyes closed.
2. Think of a word - can be motivating, inspiring, calming or something that makes you smile.
3. Think your word “in” to yourself as you breathe in for three counts and focus on just that word and the air filling your lungs.
4. As you breathe out, release the air slowly for three counts, and think “out” your word, continuing the focus on the word and the air leaving your lungs.
5. Repeat.

Source

Self-Care for Burnout

- Allow yourself to unplug from your devices.
- Labeling your emotions.
- Do something new.
- Reward yourself for the week.



Micro-Moments of Self-Care

via tinybuddha.com

- Take advantage of transitions.
- Stay centered with sound.
- Clean up your (or others') clutter.
- Save things that make you smile.
- Go on airplane mode.
- Take a cat nap.



Squeeze the day!

Choose one act of self-care.

1. Sing in the shower or take a long bath
2. Keep an ongoing gratitude list
3. Spend a few minutes taking deep breaths
4. Listen to upbeat or relaxing music
5. Sit down and put your feet up for a few minutes
6. Unfollow someone on social media
7. Go outside during your lunch break
8. Listen to a guided meditation or podcast
9. Journal for five minutes
10. Read for 15 minutes
11. Turn your phone off for 30 minutes
12. Participate in a virtual exercise class
13. Go to bed 10 minutes early

Resources

[**here4tn.com**](https://here4tn.com)

- **Available for all Tennessee state Government employees and their dependents**
- **Free confidential EWS Counseling Services** (up to five sessions)
- **Self-help resources and guides**

Resources

Wellness Program

- go.activehealth.com/wellnesstn
- **State employees not enrolled in the health plan have access to the ActiveHealth website!**
- Access to:
 - Health assessment
 - Coaching support (online personal or group coaching, or by phone)
 - Many other online resources!

Keep self-care simple!

Remember, the best way to make any behavior change is to make it as simple as possible, realistic and achievable.

***Looking for more self-care?
Try our [Self-Care BINGO!](#)***

Questions



Mindfulness Break



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Let's Practice

Neck Rolls



Seated Cat-Cow

- *Inhale* as you bring your back in/away from your chair
- *Exhale* as you curve your back out/toward your chair



Be Still



Let's Breathe



Let's Breathe

Benefits of Alternate Nostril Breathing



Resources

Resources

- **Find what works for YOU**
 - The [Calm App](#) through your Here4TN benefits
 - Tackle stress, get a good night's sleep and feel more present in your life
 - [mindful.org](#)
 - Stop, Breathe & Think app
 - UCLA Mindful app
 - Insight Timer app



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