

# Self-Care

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# 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

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# 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?	Urg
Low energy?	Wor
Less patience?	Stra
Feeling hopeless?	Red
Feeling "burnout"?	Les
Difficulty falling and staying asleep?	acti
Difficulty concentrating?	

ges to eat "comfort" foods?

- rsening mental health symptoms?
- ain in relationships?
- duced performance at work?
- s motivation to engage in social ivities?



What is "self-care"? Self-care is any activity that you do <u>deliberately</u> 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 coworkers 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**

**Physical Health** 

Social Health

Mental & Spiritual Health

**Environmental Health** 

Where I am now	How ready am I to change?



## **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
Move your body.
Follow-up with your m
Use your stress-relievi including laughing.
Spend time with your l
Do one relaxing/pleasu day.
Create a "No" list.
- -

### **body regularly.**

### edical care.

### ing strategies,

### loved ones.

### urable activity every



# **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.





# **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.



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### 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

- Available for all Tennessee state Goverment 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 <u>Self-Care BINGO</u>!



## Questions



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# Mindful ness Break

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## Let's Practice

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# **Neck Rolls**

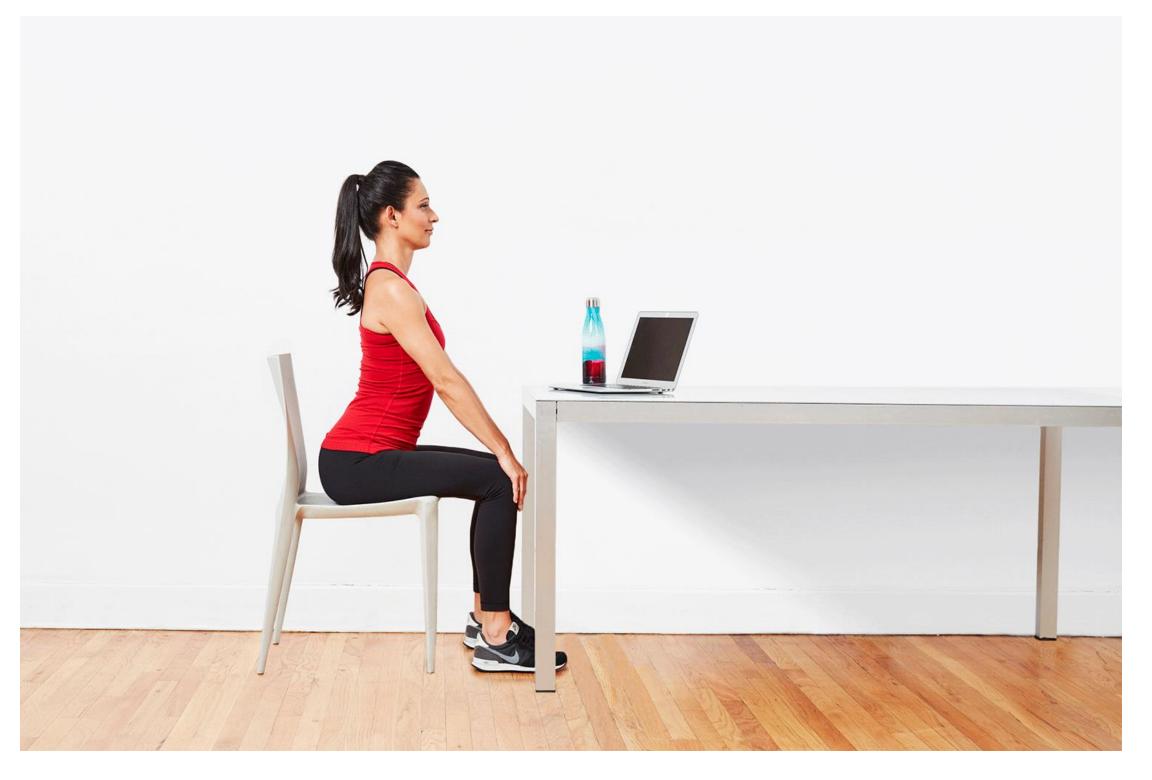






# **Seated Cat-Cow**

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















## Let's Breathe



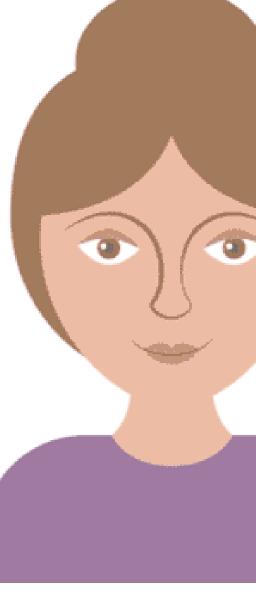




## Let's Breathe Benefits of Alternate Nostril Breathing

#### **Calms your mind**

Balances your left and right brains



#### **Increases focus**

#### **Relaxes your nerves**

#### **Helps with meditation**

### Resources

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## Resources

### Find what works for YOU

- -The <u>Calm App</u> 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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