Re-invent your self-care

During these extraordinary times, self-care is an important aspect of strong well-being. While it may not be possible to do all aspects right now, reinvent your self-care routine by focusing on at least one item a day.

**TAKE BREAKS.**
Caring for yourself enables you to care for others. Meet your physical needs and bolster your resilience.

**TAKE BREAKS FROM NEWS OR SOCIAL MEDIA.**
Everyone processes information differently – recognize your own signs of overload.

**PRACTICE BREATHING AND RELAXATION TECHNIQUES.**
Bring as much attention as possible to your breath, and try for five counts in, and five counts out. Try smiling slightly as you inhale, and relaxing your smile as you exhale.

**TALK WITH OTHERS.**
Share your feelings and experiences with family, friends, chaplains, supervisors and teammates. Use the Buddy System to have someone who understands and can listen compassionately to you.

**REDUCE YOUR WORRIES.**
Seek support from your leader, your HR department, or the Employee Assistance Program to manage financial or other kinds of anxieties.

**CARE FOR YOUR SPIRIT.**
Recall what has sustained you in the past. Strengthen your connection with loved ones, with your community, with your faith, with creation or beauty. Feed your soul with gratitude.

**CARE FOR YOUR BODY.**
Maintain a healthy diet and get adequate sleep. Continue or create new routines for exercise.