



# SELF CARE

## Physical

- Exercise - Yoga, walking
- Regular sleep routine
  - sleep timer
  - phone away from bed
  - bedtime goal
- Healthy foods-meal plan
  - pack snacks
  - drink water
- Massage

## Emotional

- Counseling/life coaching
- Gratitude journal
- Limited screen time
- Engage in a non-work hobby
- Time with friends and family
- Schedule dates

## Spiritual

- Time in nature
- Prayer and/or Meditation
- Insight Timer or Calm app
- Fishing, Hiking, Yoga
- Music
- Mindful walking or driving
- Art - adult coloring books
- Take a fresh air break
- Garden

## Professional

- Use your sick time when needed
- Go for a walk at lunch
- Take a lunch break
- Leave work on time
- Relationships with coworkers
- Mental Health Day
- Mentor
- Turn off work email outside of work