

SELF-CARE




#TIME4U

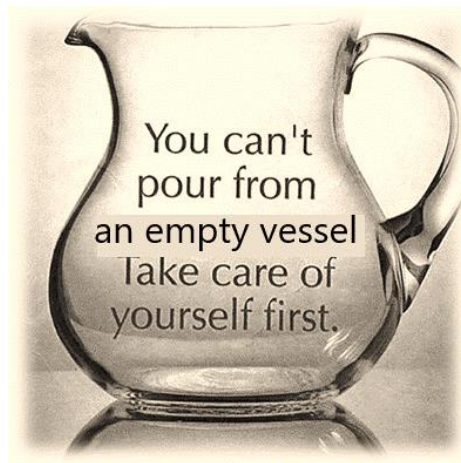
Self-care refers to activities and practices that can help you to reduce your stress and enhance your overall well-being. Everyone deals with stress differently and everyone's preference for practicing self-care is different as well.




BCPS Employee Assistance Program believes when we take good care of our employees we take even better care of our students.







How to Practice Self-Care?

-  **Sleep & Napping** is essential to overall health and improves energy levels.
-  **Exercise:** Relieves stress, improves your mood, and helps you sleep better.
-  **Practice self-compassion:** Replace critical thoughts with compassionate thoughts.



-  **Practice gratitude:** Reflect on things, experiences and people in your life that you're grateful for.
-  **Journaling** helps to process your feelings and ignite creativity centers in the brain.
-  **Unplug from Technology :** Take a break from recreational technology use.

How do I make time for self-care?

-  Add it to your calendar
-  Find small windows of time to practice
-  Block off time in your day
-  Make it a habit: create a routine

Practicing self-care can help you manage the ups and downs of life!

Helpful Links

<https://cmhc.utexas.edu/selfcare.html>

<http://socialwork.buffalo.edu/resources/self-care-starter-kit.html>

For additional support, contact the Employee Assistance Program at (754) 322-9900

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