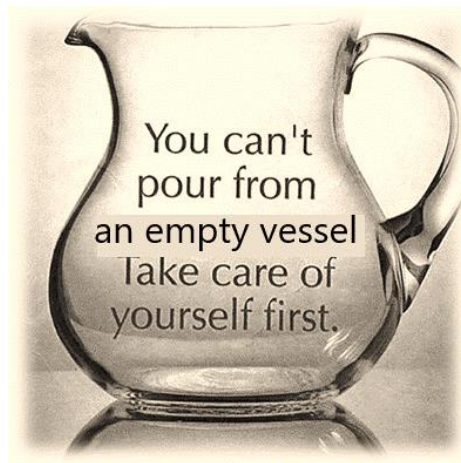# SELF-CARE

#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.

BROWARD
County Public Schools
Established 1915

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.

You can't pour from an empty vessel Take care of yourself first.

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

Block off time in your day

Find small windows of time to practice

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