

Taking Care of Yourself

During this time, you and your colleagues may be experiencing different reactions. There are several ways you can find balance, be aware of your needs, and make connections. Use this list to help you decide which self-care strategies will work for you.

- ☐ Practice brief relaxation techniques during the workday
- ☐ Check in with other colleagues
- ☐ Prepare for worldview changes that may not be mirrored by others in your life
- ☐ Increase leisure activities, stress management, and exercise
- ☐ Pay extra attention to health and nutrition
- ☐ Self-monitor and pace your efforts
- ☐ Maintain boundaries: delegate, say no, and avoid getting overloaded with work
- ☐ Pay extra attention to rekindling close interpersonal relationships
- ☐ Practice good sleep routines
- ☐ Make time for self-reflection
- ☐ Find things that you enjoy or make you laugh
- ☐ Participate in formal help if extreme stress persists for greater than two to three weeks
- ☐ Increase experiences that have spiritual or philosophical meaning to you
- ☐ Keep a journal to get worries off your mind
- ☐ Access support from colleagues routinely by sharing concerns, identifying difficult experiences and strategizing to solve problems
- ☐ Stay aware of limitations and needs
- ☐ Recognize when one is Hungry, Angry, Lonely or Tired (HALT), and taking the appropriate self-care measures
- ☐ Increase activities that are positive
- ☐ Practice religious faith, philosophy, spirituality
- ☐ Spend time with family and friends
- ☐ Learn how to “put stress away”
- ☐ Write, draw, paint
- ☐ Limit caffeine and substance use

Think of self-care as having three basic aspects:

Awareness	The first step is to seek awareness. This requires you to slow down and focus inwardly to determine how you are feeling, what your stress level is, what types of thoughts are going through your head, and whether your behaviors and actions are consistent with the who you want to be.
Balance	The second step is to seek balance in all areas of your life including work, personal and family life, rest, and leisure. You will be more productive when you've had opportunities to rest and relax. Becoming aware of when you are losing balance in your life gives you an opportunity to change.
Connection	The final step is connection. It involves building connections and supportive relationships with your co-workers, students, friends, family, and community. One of the most powerful stress reducers is social connection.