

Wellness & Self-Care Strategies at Work

- Work in teams, when possible—talk to and connect with colleagues (check-in, debrief)
- Focus on what you can control
- Self-monitor and pace your efforts
- Maintain boundaries—delegate and say “no” when needed
- Intentionally notice what is working and what has gone well (during the shift, the week)
- Remind yourself to breathe and take pause—even if only for a moment or two:
 - Attend to your physical needs (water, food, limitations)
 - Take a walk
 - Stretch
 - Count to 10 slowly
 - Say something positive to yourself
 - Clench your fists. Release. Repeat 5 times

Wellness & Self-Care Strategies at Home

- Set and maintain boundaries in relation to working from home, accessing news, etc.
- Seek out, check-in and give social support to friends and family
- Use a buddy system to share upsetting emotional responses
- Increase your personal leisure activities, coping strategies and stress management
- Practice good sleep routines
- Ask for help parenting, care taking, etc.
- Remind yourself to breathe and take pause—even if only for a moment or two:
 - Attend to your physical needs (water, food, limitations)
 - Listen to your favorite song
 - Color, draw or doodle
 - Stretch
 - Move away from your work area—go outside, to another room, etc.