



# Taking Good Care of You

## Tips for Self Care

If you're feeling chronically tired, overwhelmed or burned out, it's time for some self care. Pressure in our workplaces, caring for the needs of others and other challenges in life can wear us out. Taking time for self care isn't just treating yourself to a break, but giving your whole person a chance to rest, regroup and be refreshed. It can be vital for our overall health.

### Ideas to care for your whole person

Self care is about meeting your needs on several levels: physical, mental, emotional, spiritual, social, professional and practical. Here are some ideas you might find helpful in addressing what you need. It's not another to-do list, but a way to consider what you can do and schedule that important time to take care of you.

**Physical Self Care** | Don't put your own health on the back burner, but regularly take a pulse on what your body needs. Maybe it's time to schedule a checkup with your doctor if you have been putting that off. Find something active you enjoy like taking a walk. If you're exhausted, you might need a nap or a relaxing bubble bath. Are you eating foods that help you feel good? Adding some healthy food choices can recharge and help heal a stressed body, as well as maintain overall good health.

**Mental Self Care** | Taking time to enrich ourselves by learning something new or enjoying a new experience can re-invigorate us on many levels. You might enjoy listening to a podcast, reading a book, writing a poem, trying a new hobby or doing something you may not have done in some time like visiting a museum or gallery.

**Emotional Self Care** | When you are in a time of pressure, your emotions let you know it. Keeping emotional strain bottled up isn't good for us. Here are some things that might help you relieve pressure and work through challenging emotions. Write your thoughts daily in a journal—this can help "get it out" and give you more clarity as you see things written out. Talk with a trusted friend, a life coach, a therapist, a counselor or a spiritual mentor. Another powerful tool for our emotional care is practicing gratitude. Being thankful for even small things lifts us up and elevates our perspective about our circumstances.

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**Spiritual Self Care** | Addressing the needs of your heart is also an important part of your self care. Having quiet time in nature or working in your garden, spending time in prayer or in a worship service, meditation, volunteering for something you care about or inspiring yourself with a vision board are ways you can nourish your spirit.

**Social Self Care** | Part of our overall health is taking time to be with others. This might be scheduling a regular call or visit with a loved one, a fun game night with friends, a date with your significant other, cuddling a furry friend or even a random act of kindness. We need each other!

**Professional Self Care** | Keeping balance in the workplace makes us more productive and experience more joy in our work. If we're feeling burned out, we need to work on ways to find that balance again whenever possible. This might be reminding yourself to take a lunch break, and stepping away from your desk to take that break. Set your phone to 'Do not disturb' at the end of your work day and truly unplug. Take courses, attend conferences or work with a mentor to develop your skills and support your desired career path. Take a mental health day when you need it (no guilt).

**Practical Self Care** | We need to take regular time to maintain the day-to-day and future needs in life. Organizing your email, tidying up your living space, making meals for the week in advance or even choosing clothing for the week can add a measure of order in our lives that reduces stress throughout a busy week. Take time to plan for your future by doing things like meeting with a financial advisor.

## Resources you might enjoy

**Yoga with Adriene** (YouTube) | Yoga instructor Adriene Mishler offers free video lessons to to move better, feel better, and improve brain and body function through yoga.  
[www.youtube.com/c/yogawithadriene](http://www.youtube.com/c/yogawithadriene)

**Sanvello app** | Get the support you need to improve your mental health with the **free** Sanvello app.  
[www.sanvello.com](http://www.sanvello.com)

**Practicing Mindfulness with Ten Percent Happier** | Meditate with a variety of instructors on different topics.  
[www.tenpercent.com](http://www.tenpercent.com)

**Random Acts of Kindness** | Generate some fun ideas about ways you can share kindness with others.  
[www.randomactsofkindness.org/kindness-ideas](http://www.randomactsofkindness.org/kindness-ideas)

**TED Talks** | Listen to a variety of interesting perspectives on different topics.  
[www.ted.com/talks](http://www.ted.com/talks)

**Fun Things to Do Around Idaho** | Explore our beautiful state of Idaho with VisitIdaho.org's interactive site.  
[www.visitidaho.org/things-to-do](http://www.visitidaho.org/things-to-do)

**How to Improve Time Management in the Workplace** (YouTube) | Kirk Duncan of 3 Key Elements shares some ways that you can better manage your time at work.  
[www.youtube.com/watch?v=Dok35Inmw5U](http://www.youtube.com/watch?v=Dok35Inmw5U)

## More support

Idaho Careline: **2-1-1**

Optum Idaho's 24/7 Member Access and Crisis Line: **1-855-202-0973**  
(TDD/TTY services at **711** for the hearing impaired) or visit [optumidaho.com](http://optumidaho.com)

Idaho Suicide Prevention Hotline: **1-800-273-8255** or text **208-398-4357**

[optumidaho.com](http://optumidaho.com)

