

Self-Care Strategies

If overwhelmed:

- Call a Friend
- Eat something (healthy)
- Step away for an hour (or a day)
- Do 1 thing for yourself
- Stretch and yawn
- Journal the situation

Discuss:

- What do you do when you have “reached” your energy limit?

If anxious:

- Make a to-do list
- Ask for help
- Vent to a trusted person to gain perspective
- Help someone else
- Seek laughter
- Breathe deeply (but slowly) 7 times

Discuss:

- When do you ask for help?

If tired:

- Go or look outside
- Do 10 jumping jacks
- Devote time to pets and people
- Take a “Power Pose”
- Drink water
- Dance to good music

Discuss:

- What is your favorite health “pick-me-up?”



Closing Self-Care

Self-Care is **INTENTIONAL** action to improve your physical, mental and emotional health.

Self-Care Strategies:

Get good sleep; eat real food; move often; lift heavy things; have friends; love deeply; pace yourself; train your brain; reflect on yourself and things larger than yourself; feel things and process the feelings; recharge in a way that matters to you; practice gratitude; get help when needed.



Resources: Self-Care Strategies

Self-Care Strategies: get good sleep; eat real food; move often; lift heavy things; have friends; love deeply; pace yourself; train your brain; reflect on yourself and things larger than yourself; feel things and process the feelings; recharge in a way that matters to you; practice gratitude; get help when needed.

LinkedIn Learning

- Happiness Tips Series (choose) <https://www.linkedin.com/learning/happiness-tips/welcome-to-the-series?u=50844473>
- Building Resilience (~35 m) <https://www.linkedin.com/learning/building-resilience/what-why-and-how-to-become-resilient?u=50844473>
- Managing Stress for Positive Change (~55 m) <https://www.linkedin.com/learning/managing-stress-for-positive-change/welcome?u=50844473>
- Managing Stress (~22 m) <https://www.linkedin.com/learning/managing-stress-3/learn-to-manage-your-stress?u=50844473>

Online sources

- 5 Self-Care Practices for Every Area of Your Life from VeryWellMind <https://www.verywellmind.com/self-care-strategies-overall-stress-reduction-3144729>
- TEDTalk How to Make Stress Your Friend (~15 m) Kelly McGonigal https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend



More Resources: *Self-Care Strategies*

More Online sources

- 100 Strategies to Help You Practice Self-Care from Through The Woods Therapy Center <https://www.throughthewoodstherapy.com/100-strategies-for-self-care/>
- Self-Care: 12 Ways to Take Better Care of Yourself from Psychology Today <https://www.psychologytoday.com/us/blog/click-here-happiness/201812/self-care-12-ways-take-better-care-yourself>
- Ways to Practice Self-Care from WebMD <https://www.webmd.com/balance/ss/slideshow-self-care-tips>

JMU Talent Development Resource Collection Books

- *The Art of Calm: Relaxation Through the Five Senses* ©1999 by Brian Seaward, PhD
- *Crazy Busy: Overstretched, Overbooked and about to Snap. Strategies for Handling Your Fast-Paced Life* ©2004 by Edward Hallowell, MD
- *Difficult Conversations: How to Discuss What Matters Most* ©1999 by Sheila Heen, Bruce Patton, Douglas Stone
- *Girl, Wash Your Face* ©2018 by Rachel Hollis
- *Lessons from the Hive: The Buzz on Surviving and Thriving in an Ever-Changing Workplace* ©2004 by Charles Decker

