



# ALLONE EMPLOYEE

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## TREAT YOURSELF: 6 TIPS FOR SELF-CARE

Life is busy, challenging and leaves many feeling spread thin and spent. Before reaching burnout, try to slow down, make healthy changes and focus on self-care.

### **Start the day off right.**

Resist the urge to check notifications first thing in the morning and take the time to eat a healthy breakfast rather than rushing out the door.

### **Create something.**

From woodworking to coloring, scrapbooking to gardening, crafting and DIY projects are proven to reduce depression and stress, increase levels of dopamine, provide an outlet for creative energy and foster a sense of accomplishment.

### **Clear out the calendar.**

A jam-packed schedule often leads to sleep deprivation and daily exhaustion. Take a hard look at commitments, and try eliminating the non-essential activities to create more time to relax.

### **Pick up new habits.**

Many people enjoy being on their phones or tablets while lying in bed, but this trains the brain to think that laying in bed means being awake. Put away electronics 30 minutes before bed to make it easier to fall asleep and get a better night's sleep.

### **Bring back nap time.**

A 15 or 20-minute nap can boost mental and physical performance, as well as mood, without interfering with sleep at night.

### **Find gratitude.**

It can be easy to focus on the negative things in life. Counter this bad habit by taking a moment each morning and each night to think about something to be thankful for.

If exhaustion, stress, and life challenges are affecting life and general well-being, call your confidential Assistance Program for additional resources and support.