



## **TAKING CARE OF YOURSELF**

Consider the following as tips or suggestions. Hopefully, you'll find some that work for you.

### **Focus and Vision:**

- Revisit your personal hopes, dreams, values and goals. Are you still committed to them? Are they in need of change?
- Make a list of what's not changing . . . your personal "comfort zone."
- Narrow your life focus; defer important decisions until you're in the right frame of mind.
- Prioritize and do what's most important right now.
- Sort out what's essential information . . . in difficult times, too much negative information can be detrimental.

### **Stress and Worry:**

- Find time for reflection, meditation, relaxation, deep breathing or prayer.
- Explore your feelings . . . write about them in a journal, talk about them with people who care.
- Practice a positive outlook . . . engage in positive self-talk . . . refuse to be a victim!
- Become action-oriented, you can't worry as much when you are focused on getting something done.

### **Health and Body:**

- Eat healthfully . . . more fruits and vegetables...drink more water.
- Take a multiple vitamin daily.
- Get more sleep (one hour . . . even 30 minutes will be health giving).
- Exercise regularly . . . doesn't have to be strenuous . . . light is fine.

### **Social and Relationships:**

- Use your support network . . . ask for help, share your feelings.
- Socialize more with positive, balanced people.
- Ask more questions like, "What's good about that?" . . . and, "Is there a 'silver lining'?"
- Live more "in the moment", be "fully present" . . . think less about what's next, what's happening tonight, tomorrow, or the next day . . . don't waste the "here and now."

### **Fun:**

- Pursue activities at work that leverage your strengths.
- Pursue activities outside of work that give you pleasure.
- Try that one thing you've always wanted to do.
- Find humor in situations where you don't usually see it.
- Turn off the television and play games with your family.
- If you can't turn off the television, rent the funniest, "gut-busting" comedy you can find.