



## Self-care: Things to do during short breaks

You spend your days taking care of others. But it's important to care about your own wellbeing too. Not only does it help prevent burnout, but it can help you be a better caregiver too.

### Use your breaks

You may only get short breaks during your shift. They help you recharge and refocus. Take them. Here are some ideas to consider:

- **Talk to someone supportive.** Quick video, text or phone calls with those who lift you up can help you feel connected. Consider calling Resources for Living for in-the-moment support during your break. This can help you deal with stress.
- **Take care of your body.** Do some stretches or go for a quick walk. Pack healthy meals and snacks for meals and breaks throughout the day.
- **Avoid other stressors.** Avoid things that stress you out, like watching the news or reading about it on social media. Your work time is stressful enough. Do things that help you mentally relax and recharge.

- **Take a moment to relax.** Try some deep breathing or a quick meditation break to help you refocus. Write or draw in a journal to help release your thoughts.
- **Find mental wellbeing resources online.** Browse your member website for helpful articles and guidebooks, watch a short video or webinar or listen to the latest podcast.
- **Take care of your mind.** Give us a call for in-the-moment support to talk about stress, anxiety and daily life challenges. We're here to talk anytime, 24/7.

You can make self-care a priority. And it doesn't have to take a lot of time. Keep it simple and easy.

You take care of everyone around you. Make sure you take care of yourself too.

**The EAP is administered by Resources For Living, LLC.**

All EAP calls are confidential, except as required by law.