

STRATEGIES for MINDFUL LIVING

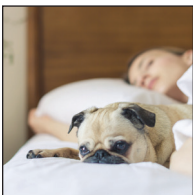
Courtesy of UAB Employee Assistance & Counseling Center

Practice Self Care

Do you find yourself caring for others before you care for yourself? Are you busy from morning until night with no time to decompress? If so, you may be neglecting your own self care. Self care is a consistent practice of anything positive you do to care for yourself. In some cases, it is knowing when your resources are running low and taking steps to replenish them. Think of it this way, if you never got your car's oil changed, eventually you would need a complete engine overhaul. Don't let yourself get to the point of a total overhaul or burnout —practice your self care.

Benefits of continued self care include a greater mind-body connection, enjoyment in small things, connection to the world around you, better work productivity, more energy to give others and enhanced self esteem.

Tips for Taking Care of Yourself

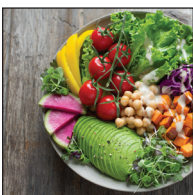


1. Get more rest.

2. Periodically do a body scan and notice where you hold tension and stress in the body, and where there is lightness. Take a moment to enjoy a few deep breaths.



3. Exercise regularly and eat a balanced diet.

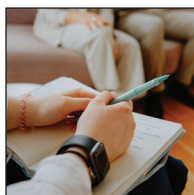


4. Increase your positive stress management techniques.

5. Decrease your sugar intake.



6. Contact the EACC for confidential counseling services and to create a self care plan: uab.edu/eacc or 205-934-2281.



TIPS FOR MANAGERS: Highlighting Self Care in the Workplace

Self care is a popular term these days for good reason. Self care encompasses recognizing your limits, taking time to recharge, taking care of your body, mind, and spirit. Employees balance work, personal and family life every day. By encouraging employees to take their self care seriously, and by modeling this behavior as a manager, you will see benefits in the workplace. Employees who practice consistent self care result in a workforce with less absenteeism and staff turnover, reduced healthcare costs and greater productivity. Take steps to create and promote a balanced and supportive work environment:

- > **Take care of yourself.** As a leader, prioritize your own self care practices.
- > **Provide educational seminars** on work/life balance, mindfulness, stress reduction, healthy eating, and other related topics.
- > **Incorporate wellness policies** within your department and areas.
- > **Refer to the EACC** for confidential counseling services and to create a personal self care plan.

Remember — you can't take care of anyone until you first take care of yourself.