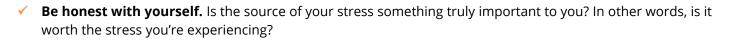**Kepro** | **Employee Assistance Program**

Taking Better Care of Yourself

For many individuals, self-care seems like a luxury they cannot afford, especially during extremely overwhelming periods. It can feel condescending to be told to exercise, eat well, or practice deep breathing when you are at your wits end.

The following are forms of self-care that involve listening to our needs. Consider these actions when you are in the throes of something highly stressful.

✓ **Be honest with yourself.** Is the source of your stress something truly important to you? In other words, is it worth the stress you're experiencing?

✓ **Prioritize.** Choose an activity that is going to yield the highest return. If you usually go for a walk and then watch a favorite show but can't do both, choose the one that makes you feel the best or gives you the most energy boost.

✓ **Address unmet needs.** Acknowledge that you are not fulfilling a need for yourself and that this is something you will get back to doing when you can.

✓ **Check in with yourself.** Take a moment to think about needs that you have and how you could fulfill them. Instead of running on empty, there could be some quick things you could do that make a difference.

✓ **Ask for help.** What can someone else take off your plate? If you truly must do everything yourself, can you find small moments during these activities to recharge?

✓ **Decide what really matters.** Think about what is not critical and can wait. Setting boundaries and making choices is a form of taking care of yourself.

If you've been running on empty for some time and can't seem to get above water, it may be time to seek professional support. Contact your Employee Assistance Program for help today.

Tartakovsky, Margarita. "Practicing Self-Care During Stressful Times." PyschCentral. https://psychcentral.com/blog/practicing-self-care-during-stressful-times#1 Accessed May 2, 2022.

Your Employee Assistance Program
Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.

Toll-Free:	**Website:**	**Code:**
1.800.999.1077	www.EAPHelplink.com	DOUGLAS