



# WELLNESS WEDNESDAY

## Self-Care Recommendations to Manage Emotional Well-Being

- **Check in with yourself.** Sit in the moment and describe how you're feeling. If you notice any of the common warning signs of mental illness (<https://www.nami.org/About-Mental-Illness/Warning-Signs-and-Symptoms>) – such as feeling sad or withdrawn for more than two weeks or experiencing drastic changes in mood, behavior, personality, or sleeping habits—talk to someone.
- **Socialize with others safely.** Experts say social interaction is key to our mental health.
- Continue to **get outside for fresh air** and sunlight.
- **Make even a small amount of exercise a priority each day.** A 15-minute walk, some simple stretches, or squats during a virtual meeting is all it takes.
- **Plan something to look forward to**—a nice meal, a fun activity with a partner or kids, a day spent hiking on a nearby trail.
- **Check in on friends and loved ones.** That social connection is important not only for them, but also for you!
- **Doing good makes us feel good,** engage in some local community service. Even better, do it as a team with your coworkers!
- Continue to **enforce boundaries between work and home life,** ending workdays on time and observing real weekends.
- **Make a list of the things within your control and the things you have no control over.** It's essential to make that distinction and use your time and energy to focus on tasks that are within your control.
- **Dedicate at least 15 minutes each day for a "brain break."** This can be meditation, deep breathing exercises, or simply practicing gratitude (<https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>) for the good things in our lives.

## Motivation Alliance Resources (<https://ghswellness.motivationalliance.com/>):

- Mindfulness Practices – guided audio tapes to practice mindfulness
- Stress Level Tracking – record your daily stress levels to track and bring awareness to how your stress levels fluctuate on a daily basis
- Reflection Journal – record daily reflections to help gain insight in your own life
- Interactive Learning Programs – these learning programs provide a brief education component along with a daily activity to encourage practicing these skills as you learn them.

Related Emotional Well-Being Programs Included:

- Anxiety Disorders
- Coping with Trauma
- Managing Stress
- Job Burnout
- Mindfulness
- PTSD
- The Impact of Stress