

Navigating Change in Challenging Times

Self-Care at Work

Stress associated with navigating change can impact your well-being. Practicing self-care can help you manage this stress. The following suggestions are ways to care for yourself at work and lessen your stress response. Identify which practices would be most beneficial for you and appropriate for your work setting. Of course some of these ideas are meant to happen on your lunch or non-work time!

- ☐ Identify and prioritize key goals.
- ☐ Break a task or goal into smaller, more manageable steps.
- ☐ Create a "To Do" list and check off completed tasks.
- ☐ Visually track progress on difficult projects.
- ☐ Take 3 deep breathes.
- ☐ Take your breaks.
- ☐ Go outside.
- ☐ Go for a walk on your own or with a co-worker.
- ☐ Talk with a co-worker, friend, or loved one.
- ☐ Listen to music or an audiobook.
- ☐ Take a power nap.
- ☐ Create an empowering morning or afternoon routine.
- ☐ Have a picture or quote in your work space which comforts or inspires you.
- ☐ Enjoy your favorite healthy lunch or snack.
- ☐ Go to a favorite lunch spot.
- ☐ Declutter your work space.
- ☐ Buy a plant or flowers for your work space.
- ☐ Listen to a guided meditation, mindfulness talk, or podcast on managing stress.
- ☐ Sit in silence and breathe deeply.
- ☐ Wear a favorite work outfit.
- ☐ Do something kind for someone at work.
- ☐ Laugh and have fun by watching funny videos or looking at silly pictures.
- ☐ Celebrate wins!



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