

Embracing *Self Care*

FOR THE HEALTHCARE PROFESSIONAL

Prioritizing self-care is a vital investment that shapes how you show up as a healthcare professional. Since how we care for ourselves outside of work is just as important as when we are at work, consider these five “more” strategies to help nurture your own balance while continuing to foster a compassionate workplace.

1 Move More

Why it matters:

Physical activity boosts endorphins, reduces stress, and improves cognitive function.

Try this:

- Take a brisk 10-minute walk between meetings.
- Do stretch exercises at your desk every hour.
- Try a new activity like dancing, yoga, or swimming.

2 Plan More

Why it matters:

Planning reduces feeling overwhelmed and increases your sense of control.

Try this:

- Use a daily planner or digital calendar.
- Break big goals into manageable steps.
- Set clear start and stop times for work.

3 Rest More

Why it matters:

Rest fuels resilience, creativity, and focus.

Try this:

- Aim for 7–9 hours of sleep per night.
- Build in short breaks during your day.
- Protect time off—even if it’s just 10 minutes of stillness.

4 Say No More

Why it matters:

Overcommitting leads to burnout. Saying “no” creates space for what truly matters.

Try this:

- Set boundaries and honor your limits.
- Pause before saying yes—check your schedule first.
- Practice saying, “That doesn’t work for me right now.”

5 Be Mindful More

Why it matters:

Mindfulness helps you stay present and respond rather than react.

Try this:

- Start your day with 2 minutes of deep breathing.
- Notice your surroundings during routine activities.
- Use apps like Calm or Headspace for guided practice.

REACH can assist you and your family with confidential assistance and self-care related concerns.

REACH
Employee Assistance & Work Life Services

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