

# STRATEGIES for MINDFUL LIVING FOR 13 ACADEMY CHARTER SCHOOL EMPLOYEES

Courtesy of UAB Employee Assistance & Counseling Center

## Quick Tips for Self-Care

Self-care is vital for your emotional, physical and spiritual well-being. A consistent self-care plan can increase your resilience, lower your stress and increase your overall quality of life satisfaction. Here are some self-care tips to help you get started.

### **GET REGULAR EXERCISE.**

Just 30 minutes of walking each day can boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.



### **EAT HEALTHY, REGULAR MEALS & STAY HYDRATED.**

A balanced diet and plenty of water can improve your energy and focus throughout the day. Pay attention to your caffeine and alcohol consumption and how they affect your mood and well-being — for some, decreasing caffeine and alcohol can be helpful.

### **MAKE SLEEP A PRIORITY.**

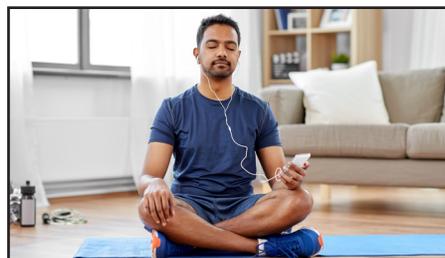
Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices

and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.



### **SET GOALS & PRIORITIES.**

Decide what must get done now and what can wait. Learn to say no to new tasks if you start to feel like you're taking on too much. Try to appreciate what you have accomplished at the end of the day.



### **TRY A RELAXING ACTIVITY.**

Explore relaxation or wellness programs or apps, which

may incorporate meditation, muscle relaxation or breathing exercises. Schedule regular times for these and other activities you enjoy, such as listening to music, reading, spending time in nature, and other low-stress hobbies.

### **FOCUS ON POSITIVITY.**

Identify and challenge your negative and unhelpful thoughts.



### **STAY CONNECTED.**

Reach out to friends or family members who can provide emotional support and practical help.

### **PRACTICE GRATITUDE.**

Remind yourself daily of things you are grateful for. Be specific. Write them down or replay them in your mind.