



Employee Assistance of the Pacific, LLC

## Self-Care Practices

### Physical

- Exercise regularly
- Rest
- Eat a balanced diet
- Limit “junk food”
- Drink 8 glasses of water daily
- Maintain weight in desired range
- Limit alcohol consumption
- Stop smoking
- Visit your physician for regular check-ups
- Use medications as prescribed
- Practice the relaxation response
- Control environmental stressors

### Intellectual

- Ask questions
- Read
- Attend seminars
- Discuss controversial issues
- Conduct experiments/research
- Take risks
- Daydream
- Learn new skills, facts
- Consider different viewpoints
- Relabel unpleasant situations
- Develop a life plan
- Develop a career plan

### Emotional

- Allow yourself to feel and express emotions: anger, sadness, gladness, fear
- Express emotions appropriately and respectfully
- Resolve conflicts
- Improve your self-awareness
- Nurture yourself/treat yourself well
- Don’t take yourself too seriously
- Work off anger with physical exercise
- Say “no” when you want to or need to
- Ask directly for what you want
- Cry
- Laugh

### Social

- Develop and use support systems
- Engage in hobbies
- Talk with friends and family
- Take time off/vacations
- Rehabilitate or end a bad marriage
- Rehabilitate or end unsatisfactory friendships
- Limit amount of television viewing or watch television with others
- Engage in creative pastimes
- Enjoy intimacy or sex
- Play with children
- Seek enjoyable ways to work
- Spend time alone
- Go out to entertaining events

### Spiritual

- Pray
- Meditate as a religious or nonreligious practice
- “Let go” of unsolvable problems
- Go to church, synagogue or temple
- Commune with nature
- Read inspirational prose or poetry
- “Flow” with the events of life
- Appreciate the beauty of music, art
- Do something for another person
- Take one day at a time
- Clarify your values or beliefs
- Experience your self-worth