

Self-Care

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AWARENESS

This requires you to slow down and focus inwardly to determine how you are feeling, what your stress level is, what types of thoughts are going through your head, and whether your behaviors and actions are consistent with the who you want to be

Aspects of
Self-Care

BALANCE

Seek balance in all areas of your life including work, personal and family life, rest, and leisure. You will be more productive when you've had opportunities to rest and relax.

Aspects of
Self-Care

CONNECTION

It involves building connections and supportive relationships with your co-workers, students, friends, family, and community. One of the most powerful stress reducers is social connection.

Aspects of
Self-Care

Strategies – Basic Needs

Increase leisure activities, stress management, and exercise

Pay extra attention to health and nutrition

Maintain boundaries: delegate, say no, and avoid getting overloaded with work

Practice good sleep routines

Strategies – Relaxation

Practice brief
relaxation
techniques during
the workday

Deep Breathing

Progressive
Muscle Relaxation

Imagery

Mindfulness

Strategies – Staying Active, Staying Positive

Find things that you enjoy or make you laugh

Increase experiences that have spiritual or philosophical meaning to you

Keep a journal to get worries off your mind

Increase activities that are positive

Write, draw, paint

Strategies – Staying Connected

Participate in formal help if extreme stress persists for greater than two to three weeks

Access support from colleagues routinely by sharing concerns, identifying difficult experiences and strategizing to solve problems

Spend time with family and friends