

Self-Care Strategies for Emotional Wellbeing

SupportLinc Employee Assistance
Program (EAP)

Penn State Health



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Objectives

This training is designed to help you:

- Define emotional wellbeing
- Identify impacts to your emotional wellbeing and how to respond
- Become comfortable making self-care a priority
- Come up with self-care techniques that work for you

What is emotional wellbeing?

“How does that make you feel?”



Emotional wellbeing: key factors

Emotions are not good or bad

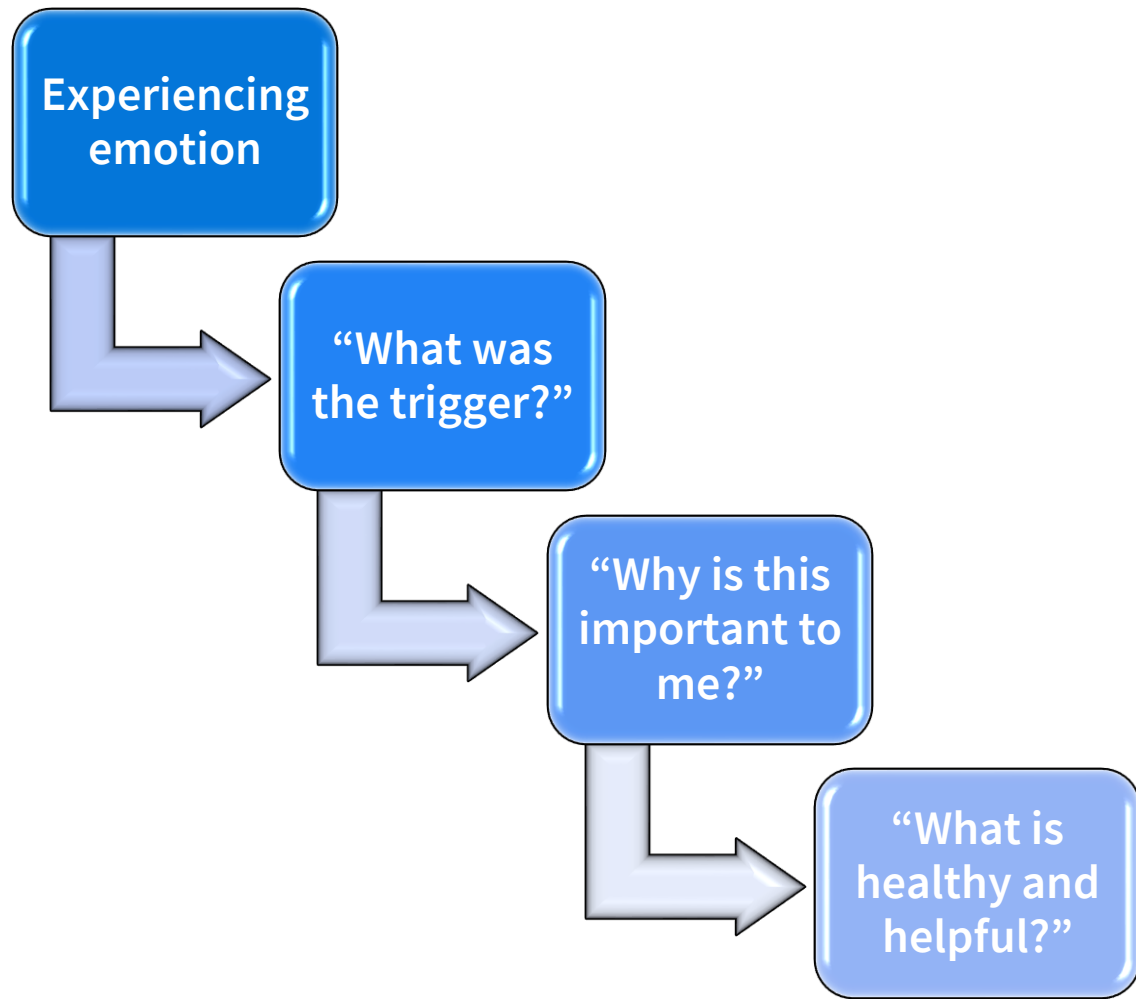
We get to be healthily self-centered

We do have influence over our emotions

Defining self-care

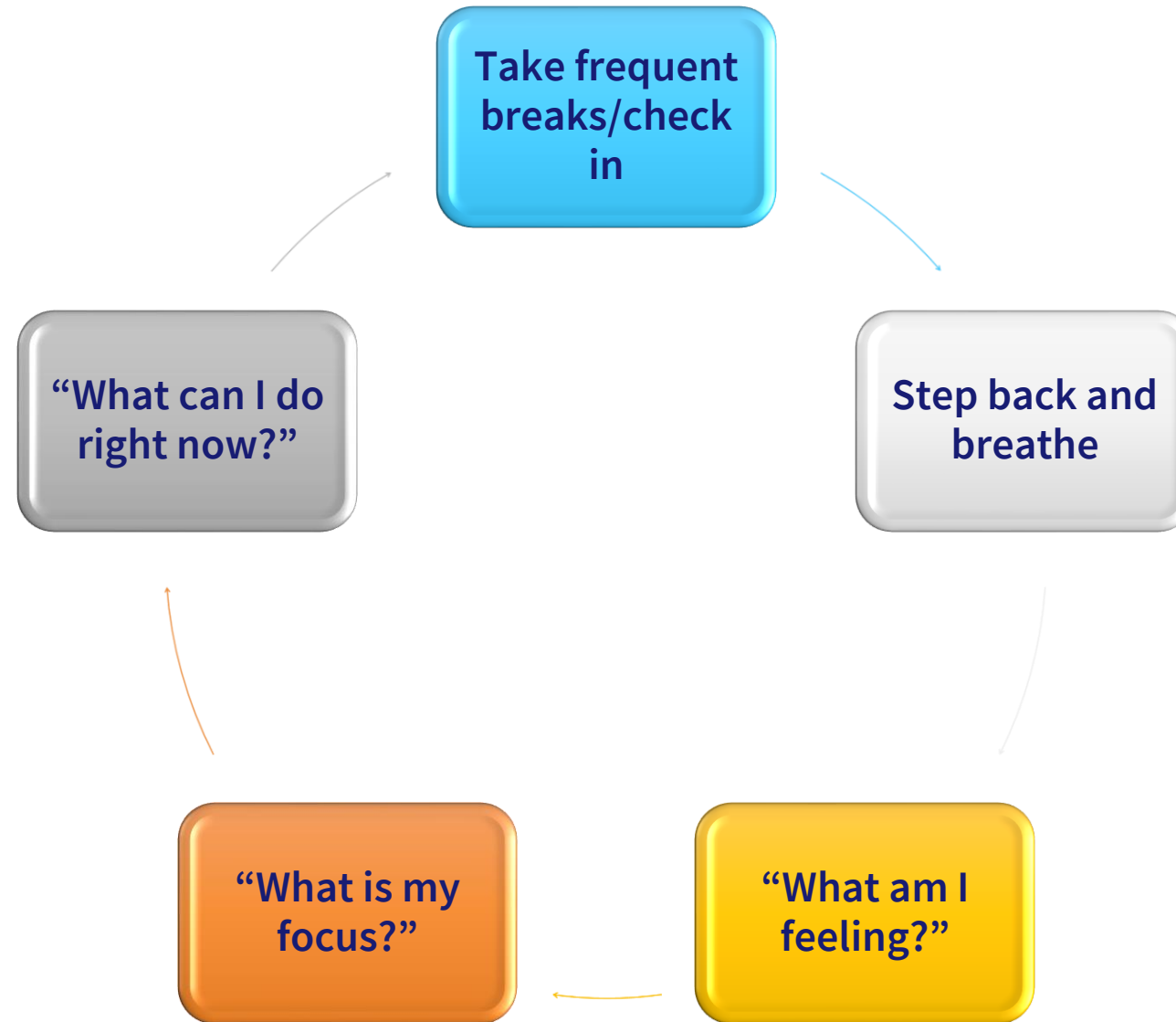


- Intentional act of meeting one's emotional, physical or spiritual needs
- Helps restore and refresh the mind, body and spirit
- Our mind and body are deeply connected
- It is NOT selfish



Self-care strategies: acute

Self-care strategies: ongoing



Self-care strategies: proactive



- Breathing
- Eating
- Sleeping
- Moving
- Intimate relationships
- Downtime
- Fun

Self-care techniques

Low effort

- Take a 10-minute break from whatever you're doing
- Take a short nap
- Apply body lotion, face creams, essential oils etc.
- Listen to a podcast, audiobook or music
- Watch a light-hearted TV show or movie
- Reach out to a friend or family member
- Make a gratitude list
- Drink water



Self-care techniques continued

Medium effort

- Read a book
- Take a bath
- Stretch
- Make a meal
- De-clutter your space
- Make a list of goals
- Do physical activity
- Go for a long drive, walk or bike ride
- Try meditation
- Knock things off your to-do list



Self-care techniques



Higher effort

- Plan a fun weekend get-a-way
- Rearrange a space in your home
- Journal daily
- Find places to volunteer that mean something to you
- Learn a new skill
- Connect with your spirituality
- Set boundaries wherever needed in your life, relationships etc.
- Try a new method of physical activity
- Say “no” to things causing you distress

Deep breathing



Practice exercise

Interactive toolkits

Mindfulness

www.mindfulness.tools

Practical tools and exercises for incorporating mindfulness into everyday life.

Meditation

www.meditate.tools

Easy-to-use collection of resources that includes guided meditations, tip sheets and more.

Resiliency

www.resiliency.tools

Skill development resources to help you 'bounce back' from challenging situations.

Sleep fitness

www.sleepfitness.tools

Information and resources to help you learn good sleep habits and achieve healthy sleep.

What is SupportLinc?

The SupportLinc Employee Assistance Program (EAP) is a health benefit, separate from your medical insurance, offered by your employer to help you manage life's daily challenges.

SupportLinc can refer you to professional counselors, services and resources that will help you and your eligible family members resolve a broad range of personal and work-related concerns.

What services are included?

Work-life benefits



Legal consultation

Free in-person or telephonic consultation with a licensed attorney

No employment law



Dependent care referrals

Expert referrals to child and adult/elder care providers, facilities and other resources



Financial consultation

Expert guidance and consultation from financial professionals



“Convenience” referrals

Guidance and referrals to a variety of daily living resources: home improvement, entertainment services, pet care, auto repair, wellness, travel, handymen, volunteer opportunities etc.



Identity theft consultation

Free consultation with an identity theft recovery professionals

Tailored recovery action plan

Getting started



Call: 1-888-881-LINC (5462)



QR Code:



Visit: www.supportlinc.com



Log in or create account
(code: psh)

SupportLinc

Support for everyday issues. Every day.

Additional resources

Power of self-care

Self-care refers to any intentional act of meeting one's emotional, physical or spiritual needs. It is NOT selfish. It is a healthy, restorative and self-respecting, and necessary to be the best versions of ourselves. Without self-care, we risk burnout, emotional instability, health issues and much more. We cannot run on empty, and we cannot always live scraping the bottom of the barrel. We are more efficient, vibrant, energetic, patient and connected to others and the world when we are restored.

Taking care of yourself has a ripple effect of positive change and influence. Sometimes we imagine our minds and bodies as totally different entities when, they are deeply connected. Mental stresses not addressed can manifest as a physical disease. One important aspect of self-care is an awareness of your personal threshold and ability to handle things. This can change every day, and even every hour. And, that is okay. By becoming aware of when you are feeling distressed, you can learn how much you can handle for your mental wellbeing, and when it is time to take a step back, find a safe place, and recover.

Self-care is always important, but it can be difficult to make time to relax when the stressors of life require your attention. Self-care means taking care of yourself to help you be in a happy, healthy place, mentally and physically. By making your mental, physical and emotional health a priority, you can improve your wellbeing and feel rested and recharged more often.

Some ways you can invest in a healthier you include:

- **Meditate.** Meditation can bring harmony to your mind and body. Studies show that it can help reduce stress and anxiety. Taking a few minutes for yourself each day to meditate can help you focus.
- **Get moving.** Studies show that increasing your heart rate through movement releases dopamine, a chemical in the body that causes you to feel happy. Whether you prefer lifting weights at the gym, taking group classes or going for a walk outside, you only need a few minutes of exercise to help boost your mood and improve your overall health.
- **Enjoy a favorite food.** Whether it's your favorite slice of cake, a batch of freshly baked cookies or apples with peanut butter, many of your favorite foods contain ingredients that release happiness-inducing chemicals. While eating healthy is important, enjoying a bite of one of your favorite foods can help you relax.
- **Drink more water.** Staying hydrated is an important part of every day. Studies show that water plays a vital role in the way the body functions. From eliminating waste to regulating your body's temperature, drinking water can help you stay alert and energized throughout the day. Try drinking one glass with every meal as a good start!
- **Repeat affirmations.** Affirmations are positive statements you can say to yourself to improve your wellbeing. For example, try saying things like, "It is not selfish to prioritize my needs." Or, "I love spending time alone and cherish my own company." This can remind you of your worth and motivate you throughout the day.

Additional resources

Steps to self-love

You've probably heard of self-care, but what about self-love? Self-love means fully accepting yourself and treating yourself with the same kindness you would treat a loved one. Self-care is the first step towards self-acceptance and eventually self-love. Read on to find out how you can take self-care to the next level and practice self-love.

- **Identify your love language.** Consider your own love language, or how you express and receive love. The main love languages include physical touch, acts of service, words of affirmation, gift-giving or quality time. Knowing your preferred love language can give you ideas on how to show love to yourself. If you prefer quality time, try treating yourself to a nice dinner and movie. If you like gift-giving, buy yourself something special.
- **Write yourself a letter.** Loving yourself can be difficult, but taking the first step is easy. Why not start by writing yourself a love letter? Whether it's to your past or future self, use this time to reflect. Consider all your achievements, goals and challenges you've faced along the way and be kind to yourself.
- **Make yourself a care package.** You are the most important person in your life, so consider making yourself a care package. If your love language is gift-giving, this can be especially impactful. Include your favorite snacks, a small self-love note or an object that will make you smile.
- **Accept your imperfections.** Sometimes, you can be your own worst critic. Try reframing perceived flaws as strengths or accepting these as part of what makes you unique. You might think, "I am bad at math. I wish I was better." Try reframing this thought as "Not everyone can be good at everything. I am really good at art, and this is part of what makes me unique."
- **Do something you enjoy.** Sometimes, taking time for yourself is the best form of self-love. Whether you take a relaxing bath, eat your favorite meal or dance to your favorite music, do something fun just for you. Spending time caring for your wellbeing and doing activities you love can help boost your wellbeing in the long term.

Practicing self-love is an ongoing journey, but it's never too early to start showing yourself compassion.

For further resources, please go to your portal and use the search bar to type in "Self-Care Strategies for Emotional Wellbeing Flash Course" and "Improving Self-Esteem Flash Course."

Moving ahead



What did you get out of today's presentation?

Which concepts are working in your life and why?

Who can be a support for you to make change?

Which concepts are *not* working in your life and why?

What 3 ideas are going to be the most helpful for you?

How can you support someone else with change?

What can you do in the next 24 hours to apply these concepts?

What are your biggest barriers for change?