

Self-Care Ideas for Faculty & Staff

<i>Mental Self Care</i>	<i>Social Self Care</i>
<ul style="list-style-type: none"> • Consider talk therapy or counseling • Practice and express gratitude • Find opportunities to learn and be creative • Schedule some alone time on your calendar • Unplug from technology • Set healthy boundaries 	<ul style="list-style-type: none"> • Nurture relationships with friends and family • Foster connections with colleagues over shared interests, hobbies, and non-work related topics • Get involved in your community • Join a support or affinity group
<i>Physical Self Care</i>	<i>Spiritual Self Care</i>
<ul style="list-style-type: none"> • Establish a sleep routine • Engage in regular physical activity • Eat nutritious food • Take small breaks throughout the day (and take your lunch break!) • Use your sick days AND vacation days 	<ul style="list-style-type: none"> • Incorporate daily mindfulness techniques • Explore yoga or meditation • Connect with nature and the outside world • Begin a journaling practice for self-discovery and growth • Repeat positive affirmations