**Self-Care for the Healthcare Worker**

**What is self-care?**

Self-care is any activity that we do with an intention to take care of our mental, emotional, spiritual, and physical health. Self-care is not your “to do list” or something that you “should do” but rather it is something that truly brings you joy, relaxation and/or comfort.



**Physical & Practical Self-Care:** Take a daily walk, create a bath ritual, enjoy a quiet cup of tea or coffee, take time out to breathe, stretch all your muscles, use a fitness app or do a free yoga class online, practice good sleep hygiene, take medications as prescribed, eat balanced nutrition, savor your favorite foods, clean or organize something small, have a dance party, playtime with kids and/or pets, and practice tapping therapy (see next page for further details on The Tapping Solution).

**Mental & Emotional Self-Care:** Write your thoughts and feelings out in a journal, morning or evening reflections, let go of perfectionism (we are human & not perfect), allow yourself to learn something new, engage in some art and crafts activities, listen to a podcast or audiobook, read a book, listen to uplifting music, watch a funny show or movie, get positive feedback from those closest to you, offer positive and supportive feedback to people you care about, talk to yourself in a positive way, take breaks from the news and social media if it is becoming overwhelming for you, and make a list of everything in life that you are grateful for today.

**Spiritual Self-Care:** practice your religious or spiritual beliefs, use prayer, practice meditation, use a meditation app (see next page), read scripture, speak with your mentor or a religious leader for support, spend time in nature

**Social Self-Care:** This one is harder with social distancing, but you canFace time with a friend or family member, reach out to friends via text message or phone calls, write someone you love a letter, send a card to someone via snail mail and use social media to connect with people in positive ways.



**Free Self-Care Resources**

**Scribd** – [www.scribd.com](http://www.scribd.com) Read for free for the next 30 days, audiobooks, electronic books, and magazines.

**Virtual Tours** - [www.travelandleisure.com](http://www.travelandleisure.com) Website offering free virtual tours around the world.

**McHarper Manor** – [www.mcharpermanor.com/blog](http://www.mcharpermanor.com/blog) Free art tutorials to get creative for yourself and/or with your family!

**The Tapping Solution** - [www.thetappingsolution.com/free-tapping-meditations/](http://www.thetappingsolution.com/free-tapping-meditations/) Tapping therapy is based on the combined principles of ancient Chinese acupressure and modern psychology. Tapping with the fingertips on specific meridian endpoints of the body, while focusing on negative emotions or physical sensations, helps to calm the nervous system, rewire the brain to respond in healthier ways, and restore the body’s energy balance.

*The following are applications for your smart phone that you can download using App store, Google play, etc.*

**Headspace App** (www.headspace.com) – Currently offering free guided meditation for Healthcare Professionals that you can listen to anytime to calm yourself, help with sleep, and do movement exercises.

**Meditation App** – Learn to mediate using this always free app. This includes progressive muscle relaxation techniques using body scans, self-compassion meditations, and to assist with relaxation to fall asleep.

**Downward Dog App** – Download for free (free until April 1st) to practice Yoga, HIIT, Barre, and 7 minute workouts.

**Fit On App** – A free fitness app that offers free exercise routines for you to do at home.