

# Self Care



You've likely heard the phrase "This is a marathon, not a sprint." Rarely has this sentiment been more fitting than in the light of the COVID pandemic. Knowing that the finish line may be a ways off, it is particularly important that you put in place self-care strategies to help you thrive, both physically and emotionally.

## **Self Care Tip and Ideas:**

### **Work through, rather than deny, your feelings**

Resist the temptation to deny or shrug off your feelings. Instead, name them. Find safe ways to express them such as journaling, drawing, talking to a trusted friend, or reaching out to a counselor through your EAP.

### **Increase self-awareness and resist the tendency to compare**

It's easy, right now, to see what others are doing; how they are seemingly thriving, and compare ourselves to them. This can often lead to self criticism and negative self talk. Redirect your attention to personal activities that are self-soothing and schedule them on your calendar.

### **Tend to your physical body**

Move as much as you can. Give your eyes breaks from screens. Get ready for the day in the morning as you would if you were going out. Get sleep and hydrate.

### **Watch for Signs of Distress:**

#### **Tend to your mental health and self care.**

The psychological part of the "marathon" is real. Be gentle with yourself as you work through these days and come back to these tips often. If you notice yourself feeling overly agitated, losing interest in life, withdrawing from relationships, eating or sleeping too much or too little, or experiencing other symptoms of depression or anxiety, reach out to IMPACT at 800-227-6007.

**Your IMPACT EAP offers 24/7 LIVE in-the-moment support with a licensed mental health professional and online counseling using your pre-paid EAP sessions.**

**Questions? Forgot your username? Give us a call today at 800-227-6007**