

EMPLOYEE ASSISTANCE AND WORKLIFE

**SOLUTIONS**

APRIL 2026

# Pause, Breathe, Thrive

**The Power  
of Self-Care**



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## The Power of Self-Care

In the rush of daily responsibilities, self-care can feel like one more task on an already full to-do list. But true self-care isn't about perfection or long stretches of free time. It's about small, intentional moments that help you reset, refocus, and recharge. By pausing when you need it most, taking a mindful breath, and choosing habits that support your well-being, you create space not just to cope, but to thrive.



## WHY SELF-CARE MATTERS

Self-care supports both mental and physical health. It helps reduce stress, improves focus, and allows you to show up more fully at work, at home, and in your relationships. When done consistently, even basic practices, like enjoying a hobby, relaxing, or spending time with loved ones, can make a meaningful difference.

## SIMPLE SELF-CARE ROUTINES THAT FIT YOUR SCHEDULE

Self-care can be short, flexible, and realistic. Try incorporating a few of these into your day:

- Take brief breaks to stretch, stand, or step away from your screen
- Practice slow, deep breathing for one to two minutes
- Use transitions (start or end of the day, between meetings) to pause and reset
- Add light movement, such as a short walk or gentle stretching
- Limit digital distractions by silencing non-essential notifications
- Enjoy a calming moment, such as listening to music, sipping tea, or stepping outside

## BUILDING YOUR PERSONAL SELF-CARE TOOLKIT

A self-care toolkit is a set of go-to strategies you can use when stress levels rise or energy dips. Having these tools on hand makes it easier to care for yourself in the moment. Your toolkit might include:

- Breathing or grounding exercises
- Journaling prompts or positive affirmations
- Physical comforts like a warm drink or cozy layer of clothing
- Music, quotes, or brief mindfulness resources
- Reminders to hydrate, move, or take a break

# START PRIORITIZING SELF-CARE TODAY

Self-care is essential for maintaining balance and well-being. By choosing to pause, take a breath, and use tools that support your needs, you give yourself the space to cope and thrive.

Your Employee Assistance Program is a great place to start. Support is available 24/7, so call us any time for additional resources and let us help tailor your self-care toolkit to your specific situation and goals.



## EAP WEBINAR

# SELF-CARE RIGHT NOW

Wednesday, April 8, 2026  
2-3 p.m. E.T.

[REGISTER](#)

Taking care of yourself isn't so much a luxury as it is a lifeline and the key to feeling your best and supporting others. We'll explore easy, achievable ways to stay present in the moment, introduce practices that support your well-being over time, and discuss why setting boundaries and speaking up for your needs can make a big difference in your daily life.



Tell us about your  
EAP experience!

24  
HOURS  
A DAY

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