



SELF-CARE RIGHT NOW

**PRESENTED BY YOUR EMPLOYEE ASSISTANCE
AND WORKLIFE PROGRAMS**

April 8, 2026



Federal
Occupational
Health

OBJECTIVES

- Discuss the three interconnected pillars of holistic wellness:
 - Physical, emotional, and psychological health
- Highlight self-care practices that are vital to holistic wellness
- Explore practical self-care strategies to build and maintain the three pillars
- Offer helpful tips to manage stress, alleviate anxiety, and fortify resilience

THE THREE PILLARS OF HOLISTIC WELLNESS

This is your self-care checklist.

Achieving balance across all three areas creates a foundation for thriving

Physical



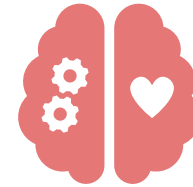
- Eat nourishing foods
- Get quality sleep consistently
- Move your body daily

Emotional



- Manage stress effectively
- Communicate emotions openly
- Set healthy boundaries

Psychological



- Address anxiety and worry
- Practice mindfulness
- Cultivate mental clarity

KEEP YOURSELF PHYSICALLY HEALTHY



- Eat healthily
 - Whole, nutrient-dense foods
- Get quality sleep
 - 7-9 hours each night
- Keep moving
 - 30 minutes a day, or three 10-minute bursts

MANAGE STRESS

Try deep breathing

Practice staying present

Establish a daily gratitude routine

Find joy through music, nature, journaling

Lean on your support system

Try this now:

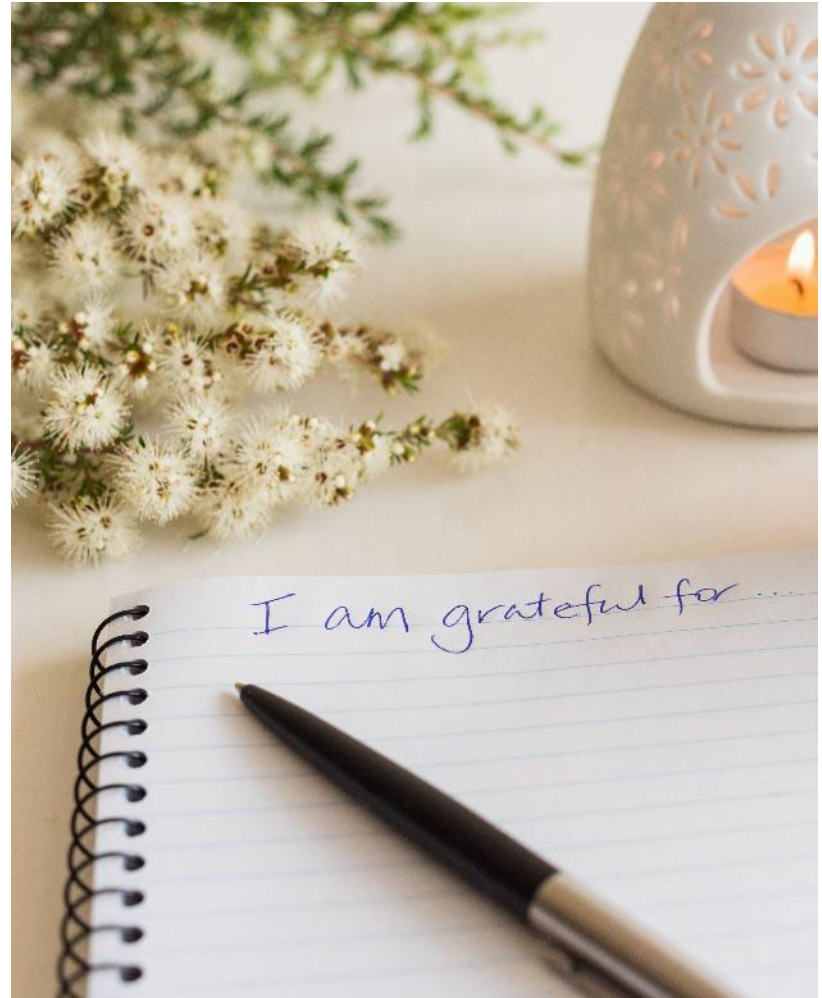
- Take three slow, deep breaths
- Inhale for a count of four
- Hold for four
- Exhale for four

Notice how your body feels.

COMMUNICATE YOUR EMOTIONS

- Write thoughts down first
- Communicate with clarity and calm
- Express feelings openly
- Choose supportive listeners
- Practice active listening

Reflection: Who in your life can you safely share your feelings with?



SET HEALTHY BOUNDARIES



Identify your limits and consider honoring them



Explore ways to prioritize self-care



Notice and reframe negative thought patterns



Try taking regular breaks from technology

Quick Check: Think of one boundary you'd like to set this week. What would saying “no” to a certain commitment give you time for?

BE MINDFUL

Anchoring yourself in the present moment with acceptance and awareness.

- Stay present in the moment
- Observe thoughts without judgment
- Examine negativity with awareness
- Focus on breath and physical sensations



Reflection: What's one moment today when you could pause and simply observe your thoughts?

MOVE FORWARD



Action Step:
Choose one of these strategies to try when worry strikes this week.

SUMMARY



- Self-care encompasses physical, emotional, and psychological wellness
- Small, consistent actions in nutrition, sleep, and movement create lasting benefits
- Stress management, emotional communication, and healthy boundaries protect your well-being
- Mindfulness and present-moment awareness reduce anxiety and increase clarity
- Building resilience through practical strategies empowers you to navigate life's challenges

Remember: Self-care isn't selfish. It's essential for thriving in all areas of life.

RESOURCES

Books

- The Book of Joy
 - Dalai Lama and Desmond Tutu
- The Year of Yes
 - Shonda Rhimes

Websites

- [MindTools.com](https://www.mindtools.com)
- [Greater Good Science Center](https://www.greatergoodsciencecenter.org)

Podcast

- [The Happiness Lab](https://www.thehappineslab.com)
 - Dr. Laurie Santos

Online Articles

- [Self-Care Isn't Selfish or Superficial](#)
- [Self-Care: What is It? Why is it So Important for Your Health?](#)

TED Talks

- [The Power of Vulnerability](#)
 - Brené Brown
- [How to Make Stress Your Friend](#)
 - Kelly McGonigal

Apps

- [Headspace](#) – [Calm](#)

THANK YOU



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