



Be Well



CARE FOR YOURSELF

Caring for yourself is of utmost importance. Leave room for your cup to be refilled. Make it a priority to find time to care for yourself on a regular basis. Things you can do to care for yourself involve regular physical activity or time outdoors, nurturing spiritual practices, taking time for recreation or hobbies, or singing a happy tune. Find something that brings you joy and happiness!



HYDRATE REGULARLY

Hydrating is an easy way to care for yourself. Proper hydration can affect your happiness and motivation. Other benefits of drinking water include balancing mood, temperature control, preventing and treating headaches, and memory function to name a few.



CATCH MORE ZZZZ'S

Sleep may seem like a luxury, but it is important for overall health. It serves as the maintenance, construction and medical team for your body. Sleep helps reduce the body's amount of stress hormones and boosts the immune system.



BE MINDFUL

Mindfulness is the practice of bringing awareness to the present moment which can help you respond to emotions and stress in a positive way. Protect time for personal reflection. Research shows that taking 15-20 minutes in the morning to think about what you want for the day and meditating makes a huge impact on your mood for the day. Also, foster an attitude of gratitude — never underestimate the power of a thank-you. Showing gratitude can increase your wellness, sleep, metabolism and lessen stress.



SET BOUNDARIES

Try not to commit yourself to things you will not be able to manage. Keep work at work and home at home. Saying "No" and setting boundaries leads to reduced stress. Be clear about what you want. Be direct and don't apologize for your needs. Remember, boundaries are for your own wellbeing and should never be an attempt to control or punish others.



PROTECT AND NURTURE YOUR RELATIONSHIPS

Surprisingly, very often the largest source of stress in your day is due to your relationships. Protect the time you have with significant others, family and friends. Maintain supportive professional relationships. Talk things out. Strive to achieve balance between personal and professional life. Connect with compassion. Compassion is good for the heart and improves relationships. It breaks down barriers and motivates kindness.



DISCONNECT

Give yourself a break. Take a vacation. Spend time to not think about work and not worry about anything that is going on. In addition, a big part of disconnecting is being off devices. Some of what makes us stressed and less productive is being tethered to our devices. Being in the present physical world can greatly decrease stress.



Need someone to talk to? Mercy caregivers can call the Employee Assistance Program (EAP) during normal business hours at (319) 398-6575 to schedule an after-hours phone or video mental health appointment. Caring for yourself allows you to care more fully for others. This might not feel good or be an easy thing to do, but do it anyway. We care about your well-being and you should, too.