

Employee Assistance Program *Tip Sheet*

Overcoming Barriers to Self-Care

Most of us are aware of the importance of practicing self-care, but engaging in these activities can feel completely out of reach or impossible to justify. Individuals who think they don't need self-care are often the ones that need it most. Here are some ways to reimagine self-care.



1. **Self-care activities don't have to require a lot of time or energy.** Setting aside prolonged periods of time or creating the perfect environment to decompress is not feasible for a lot of people. Something is better than nothing. Take advantage of unexpected free time.
2. **You're not putting others last when you put yourself first.** You're doing those around you a favor by engaging in self-care. Lowering stress, reducing irritability, and preventing burnout results in presenting a better version of yourself to others.
3. **Self-care doesn't have to be costly or fancy.** Sure, a spa treatment or vacation is great, but there are plenty of free activities to help you reset. Giving yourself ten minutes to watch cute animal videos can be a way of taking care of yourself.
4. **Self-care can come in the form of learning to recognize your needs.** Take a moment to pause and think, "what is it I'm feeling now and what do I need in this moment". Identifying your needs and how to fulfill them is a critical part of taking care of yourself.

Invest in yourself by taking advantage of no-cost counseling through the Employee Assistance Program. Or speak to a work/life specialist who can find activities in your area that could support your self-care.

Reference: Mahrer, Britt. "Why You Struggle with Self-Care". National Alliance on Mental Illness (NAMI). Accessed April 17, 2024 from <https://www.nami.org/Blogs/NAMI-Blog/December-2019/Why-You-Struggle-with-Self-Care>

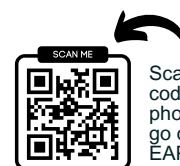


Your Employee Assistance Program

Anytime, any day, you have access to mental health professionals available to connect you with free and confidential services and resources to help you be your best. Simply call to get started today.

24/7/365 PHONE:
1.800.833.3031

WEBSITE:
www.EAPHelplink.com
Code: IOWA



Scan this QR code using your phone camera to go directly to the EAP website