



## JOAG Tip of the Month

*May 2021*

### Preventing Burn-out with Self-care

Self-care means choosing behaviors to counter emotional and physical stress. Examples range from exercise and nutritious eating to practicing self-centering activities. Given the emotional stress and strains inherent in our duties as officers, it is important that we make self-care a priority. It is vital to our well-being and enables each of us to effectively continue our day-to-day practice of healing and caring for others.

Self-care is any deliberate activity that we do to provide for our physical, mental, and spiritual well-being. ... It's also recommended by the American Nurses Association in its Code of Ethics (ANA, 2020).

### Mental Health Tips:

- Set and maintain a routine at home
- Focus on things you can control
- Use technology to maintain social connections with your loved ones. Consider a regular check-in schedule to give you something to look forward to
- Focus your thoughts on the present and things to be grateful for today
- Listen to music or read books.
- Consume reliable news sources that report facts. Avoid media that sensationalizes emotions. Limit your exposure or take a break from news and social media if you find that it makes you anxious
- Lean on your personal beliefs and faith for support
- Look for ways to help your community, such as blood donations, checking on older people in your neighborhood, or donating supplies or money to local organizations
- Acknowledge and appreciate what others are doing to help you and your community

### Physical Health Tips:

- Fuel your body by eating a healthy, well-balanced diet and drinking plenty of water
- Aim to get seven to eight hours of sleep each night.
- Exercise every day
- Take deep breaths and stretch often
- Avoid risky or destructive behaviors, such as abusing alcohol or drugs, excessive gambling or ignoring public health recommendations
- Spend time outside, such as going for a walk in the park, but follow social distancing guidelines

