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Personal Strategies Reinvesting in your self-care

1



Plan for the week ahead. Look at what is happening and highlight areas that are going to be stressful.

2



Practice saying no.

3



Focus on your reward and the bigger picture and remember why you are doing the work you do.

4



Look over your work and home environment and change it (if necessary) to feel ok.

5



Connect with your loved ones and don't let things like time and work get in the way.

6



Exercise. Eat well. Meditate.

7



Review and modify any negative self-talk.

8



Carve out time in your diary for yourself, block it out and practice time out.

Remember, as your EAP, we are here to support you whatever the nature of your concerns. For a confidential conversation with one of our experienced clinical professionals, please contact **AccessEAP** on **1800 818 728**.

