

## 9 Tips for Refilling Your Cup



### Ideas To Get Started With Self-Care

Self-care means taking the time to do things that help you live well and improve your physical and mental wellness. Self-care can help you manage stress, lower your risk of illness, and increase your energy, building your capacity to deal with situations that require resilience. Even small acts of self-care in your daily life can have a significant impact.

#### Things You Can Do...

- Mindfulness practice
- Yoga, Walking, Hiking, or massage
- Pick one thing each day you are grateful for
- Daily affirmations: I am confident, I am successful, I am strong.
- Practice self-reflection through journaling
- Stay connected with friends and family through phone calls, video calls, and in-person
- Join a club or hobby group

#### Check out the KHSC Staff Wellness website to:

- Book an on-site Massage
- LifeSpeak Wellness platform
- Sign up for the KHSC Fitness Centre (HDH Site)
- See discounts on Corporate gym memberships
- Access Employee Family Assistance Program (EFAP) with Homewood Health: counselling, Reg. Dietician, Financial Counselling, etc.

#### Get regular exercise

Just 30 minutes of walking every day can help boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time. Research highlights the positive effects of regular exercise on depression, anxiety, and ADHD, as well as stress relief, improved memory, better sleep, and a boosted mood.

#### Eat healthy, regular meals and stay hydrated

A balanced diet and plenty of water can improve your energy and focus throughout the day. Also, limit caffeinated beverages such as soft drinks or coffee.

#### Make sleep a priority

Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone, TV or computer before bedtime.

#### Try a relaxing activity

Explore relaxation or wellness programs or apps such as Balance, Headspace, Calm, etc., which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy such as journaling.

#### Set goals and priorities

Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.

Set SMART Goals: Simple, Measurable, Attainable, Realistic, Timely. Start with a small goal that you can achieve quickly and easily and then work up to longer-term goals so you can see your progress.



## Apps to support Self-Care

- Sleep Apps:
  - Calm
  - Headspace
  - Sleep Reset
  - Sleep Easy
  - Yours App
  - Stella Sleep = for kids
- Positivity Apps:
  - Happify,
  - I am - Daily Affirmations,
  - ThinkUp,
  - LiveHappy,
  - Thought Diary
- Gratitude Journal Apps:
  - Presently: A Gratitude Journal
  - Gratitude
  - Delightful – Gratitude Journal & 3 Good Things
  - Reflectly Journal & AI Diary
  - Grateful: A Gratitude Journal
  - 365 Gratitude Journal – Self-Care App

## Practice gratitude

Remind yourself daily of the things you are grateful for. Be specific. Write them down at night, or replay them in your mind. Research shows that there is a positive connection between gratitude and social, emotional, and psychological well-being. It enables individuals to experience heightened positive emotions, savour enjoyable moments, enhance their overall health, cope effectively with challenges, and foster meaningful connections with others.

## Focus on positivity

Identify and challenge your negative and unhelpful thoughts. Research shows that positive thinking improves your overall health; lowering rates of depression, increasing life span, lowering levels of pain and discomfort and improving immune response.

## Stay connected

Contact your friends or family members who can provide emotional support and practical help. Social connection can lower anxiety, depression and assist us in regulating our emotions, leading to increased self-esteem and empathy, and can actually improve our immune system.

## Practice Mindfulness

Mindfulness refers to the practice of being fully present and engaged in the current moment, without judgment or distraction. It's about paying attention to your thoughts, emotions, sensations, and the environment around you with a sense of openness and acceptance. Mindfulness encourages you to observe your experiences without getting overly caught up in them or trying to change them. Originating from diverse meditation practices, mindfulness has garnered considerable attention in recent times due to research affirming its value in reducing stress, improving focus, and enhancing overall well-being. Practicing mindfulness often involves techniques such as meditation, deep breathing, and conscious awareness of your actions and surroundings.

Self-care looks different for everyone, and finding what you need and enjoy is important. It may take trial and error to discover what works best for you. In addition, although self-care is not a cure for mental illnesses, understanding what causes or triggers your mild symptoms and what coping techniques work for you can help manage your mental health.

Check out the **KHSC Staff Wellness** website at [www.wellness.kingstonhsc.ca](http://www.wellness.kingstonhsc.ca) for extra ideas, tips, and resources.

If you want more helpful advice, or have some feedback or thoughts to share, don't hesitate to get in touch with **the KHSC Workplace Mental Wellness Practitioner**.