

TAKE TIME FOR YOURSELF

Whether you feel overwhelmed by everyday responsibilities or you're struggling with a mental health issue, the following tips for self-care can help.



Accept Yourself as You Are

- Comparing yourself to others can make self-care more difficult.
- Try your best to accept the person you are and where you are in life.



Discover What Makes You Happy

- Consider what makes you feel ACCOMPLISHED or HAPPY.
- Add time to your schedule for those things.



Focus on the Basics

- Eat a healthy diet
- Exercise like taking a leisurely walk, a bike ride, gardening, or practicing yoga
- Get quality sleep



Set Small Goals

- Set yourself small goals to achieve.
- For example, walk 15 minutes each day or journal for 10 minutes each night.



Practice Mindfulness

Mindfulness has the power to help you slow down and focus on the present moment, and keep you from feeling overwhelmed by what's around you. Try the following:

- Find a spot where you can sit and feel calm and quiet for a short time – 5-10 minutes to start.
- Focus on your breathing with slow inhalations and exhalations repeated.
- Notice your body, notice when your mind wanders. Try to use your breathing to focus and keep from feeling distracted.



Set Time Limits for Yourself

- Make time for yourself even if you are responsible for others.
- Set limits with others on your time, emotions, and health.
- Ask friends and family for help if needed.



For more information visit

<https://member.magellanhealthcare.com/>



Note: If you are in immediate distress or thinking of hurting yourself or others, call or text the 988 Suicide & Crisis Line at 988 or 988lifeline.org.

Remember that Sprouts cares about you and offers its **Employee Assistance Program – or EAP** – free to you and your dependents and family living in your home. The EAP offers virtual and in-person resources for help with stress, work-life balance, and much more.