

A silhouette of a person jumping joyfully in a field of tall grass at sunset. The sky is a mix of orange, yellow, and blue. In the top right corner of the image, the text "JUNE 2025" is written in a small, white, sans-serif font.

JUNE
2025

Self-Care Strategies

FINDING BALANCE

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Maintaining balance as a supervisor is essential and starts with prioritizing your well-being. In addition to being beneficial to your overall health, prioritizing self-care can also be an empowering, cathartic experience. By intentionally integrating self-care practices into your routine, you can become a more effective, well-rounded leader. Here are some ideas to get you started:

1. Schedule personal time

- Block specific periods each week in your calendar solely for self-care.
- Value these appointments as you would a crucial work meeting.

2. Be mindful

- Practice brief daily mindfulness exercises, like meditation, deep breathing, or quiet reflection.
- Pause between tasks to reset mentally and emotionally.

3. Maintain physical health

- Make time for regular physical activity, even brief walks during lunch breaks.
- Prioritize healthy eating habits, hydration, and sufficient sleep to sustain energy.

4. Acknowledge how you feel

- Regularly check in with yourself, noticing feelings of accomplishment, frustration, motivation, or fatigue.
- Allow yourself space to process emotions rather than pushing them aside.

5. Engage in meaningful activities

- Spend time on hobbies, personal interests, or activities unrelated to work.
- Consider giving back. Volunteer in your community, mentor, or support an organization that aligns with your personal interest.

6. Set clear limits

- Make efforts to maintain balance. Know what you have the bandwidth to accomplish and honor your capacity.
- Clearly communicate your availability and stick to established boundaries.

7. Seek social connection

- Build and maintain relationships outside of work for perspective and emotional support.
- Engage with professional support groups or peers who understand your role and challenges.

8. Prioritize rest and recovery

- Use leave time proactively, recharge when needed, and take breaks, even if it's just for a short refresh.
- Get quality sleep by creating consistent routines and disconnecting from work at night.

Keep in mind that self-care isn't selfish. In fact, prioritizing yourself positively contributes to the overall health, performance, and morale of your team and the agency as a whole.

Remember that the EAP is here for you as a manager *and* as an employee. Call us any time to schedule a management consultation and let us help you find more balance.

24 HOURS A DAY

800-222-0364

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