


Self-Care Strategies

FINDING BALANCE

A silhouette of a person jumping joyfully in a field of tall grass at sunset. The person's arms are raised high, and their legs are bent in mid-air. The background is a warm, orange and yellow sky with a few birds flying. The foreground shows the tops of tall grasses.

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.

Self-Care Strategies

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.

**LIVE
WEBINAR**

Manager's Guide to Self-Care

It is often said that the best managers always take care of everyone else first. In reality, however, self-care is crucial for leaders to be at their best so that they may empower and support others. During this webinar, managers and supervisors will learn the significance of self-care and the mindset adjustment needed to prioritize their own needs. We will also look at why leaders can and should take the time to unplug and recharge to be the best version of themselves and the effective role models and leaders their teams deserve.

Wednesday, June 25, 2025
1-2 p.m. E.T.

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