

Self-Care Series

Introduction to Self-Care



Learning Agenda



- Self-Care: The 5 W's
 - What is it?
 - Who is it for?
 - Why is it necessary?
 - When can I do it?
 - Where can I do it?
- Examples of Self-Care
- Action Planning for Self-Care
- Purolator Health resources

What is Self-Care?

What is Self-Care?

Activities and practices that
make you feel recharged,
well-rested and happy

Self-care includes anything
you do to keep yourself
healthy - physically,
mentally and socially.



Wait a minute... that's self-care?

Self care is anything that meets these 4 criteria:



**Be in the present
moment**

**Feel a sense of
control**

Feel pleasure

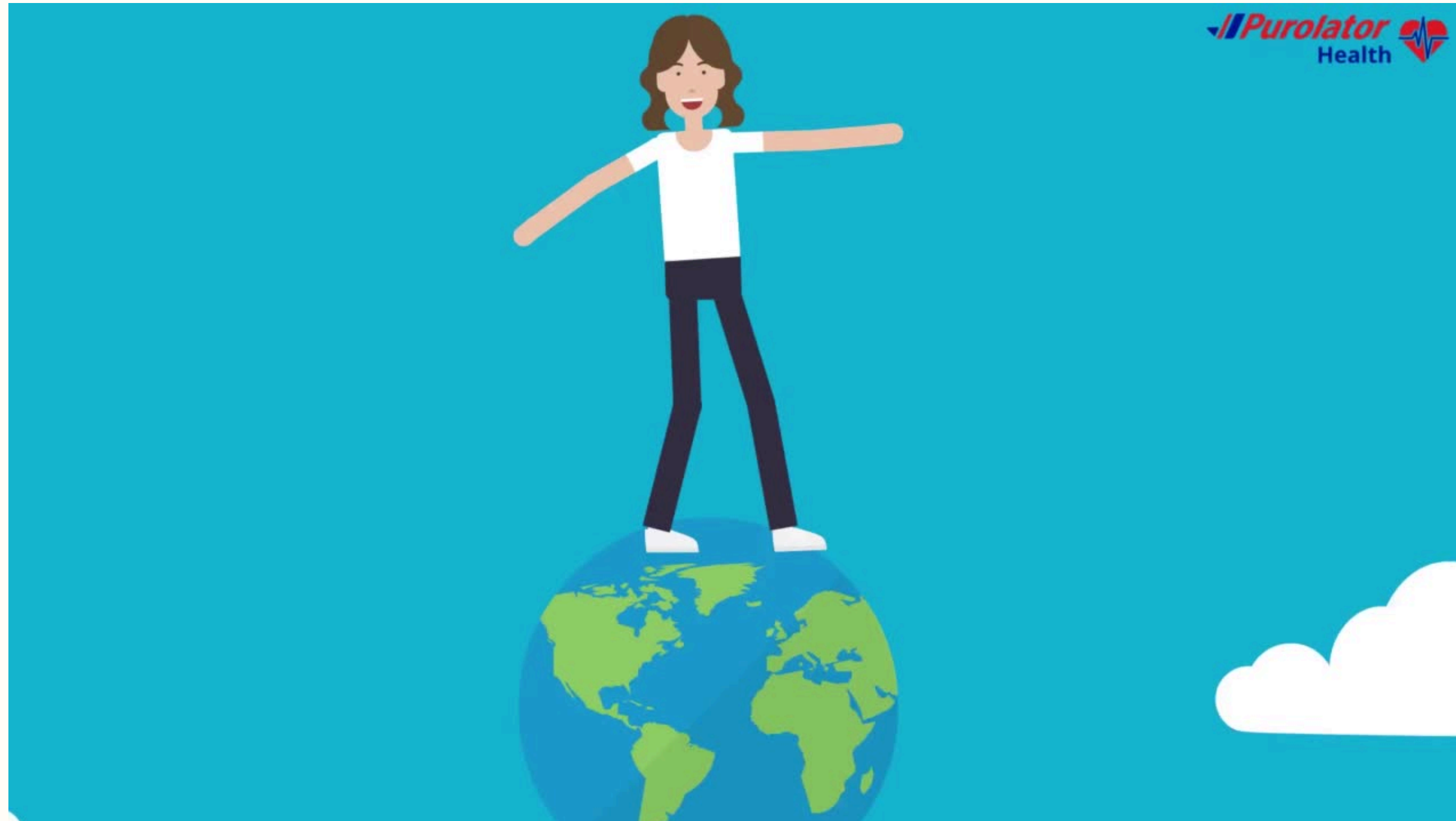
Take a step back

Who is Self-Care for?

Everyone benefits from self-care activities, however the activities may be different from person to person.



Self-Care Keeps your Bucket from Overflowing



Why prioritize self-care?

Engaging in a self-care routine has been clinically proven to:

- reduce anxiety
- lower stress
- improve concentration
- minimize frustration and anger
- increase happiness
- improve energy, and more.



When to practice self-care?

- 30-45 minutes daily
- Can be broken up into smaller increments, and can be various activities within one day
- Intentionally and consistently to have maximum impact



Where to practice self-care?

Anywhere! Self care can be accessible wherever you are.

It can be done at home, at play, and even in the workplace.

Self-Care Ideas

Present moment

Sense of control

Pleasure

Take a step back

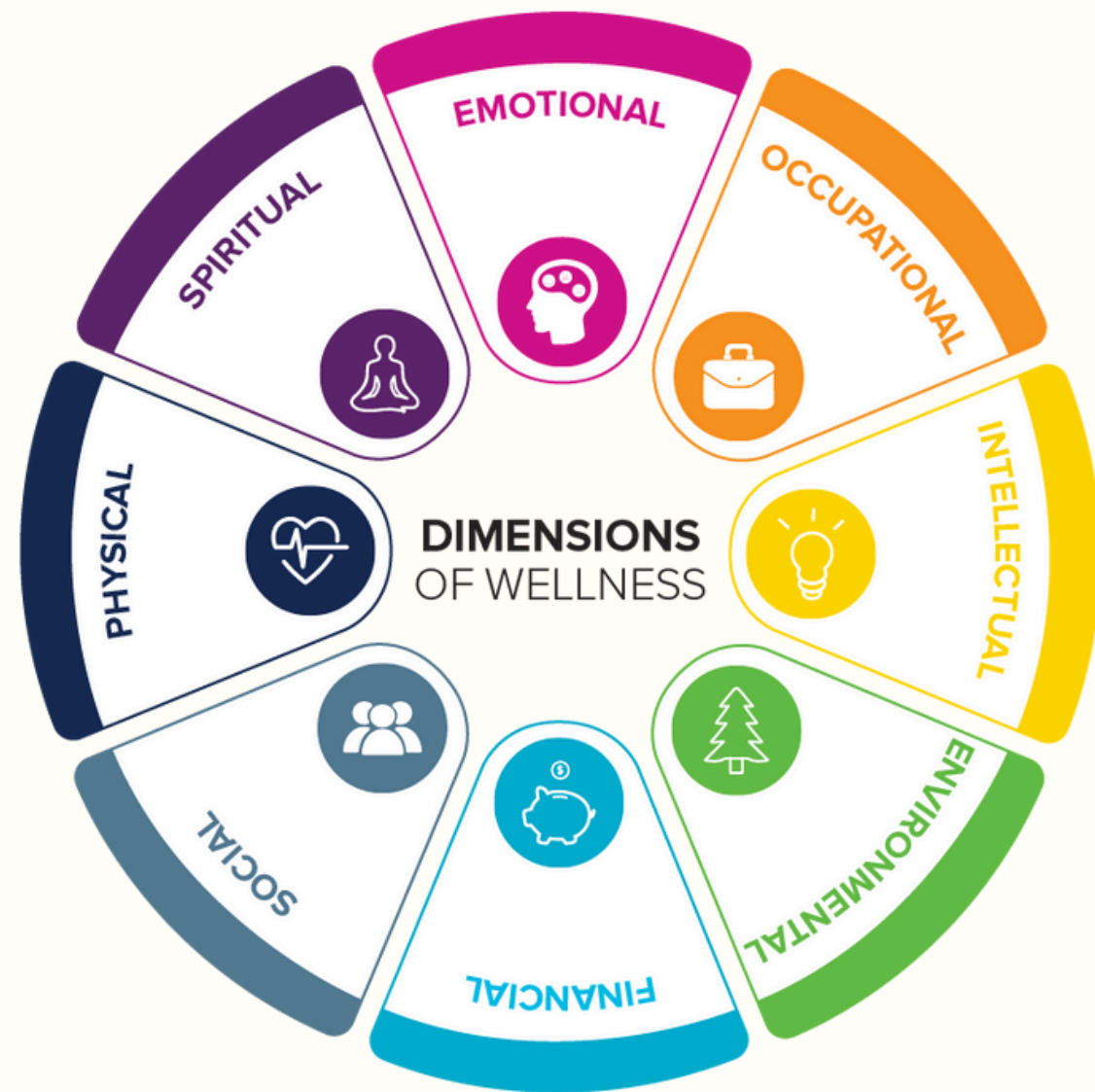


- Play a game – Sudoku, a card game
- Try a new hobby or join a club
- Cook a nourishing meal for yourself
- Listen to enjoyable podcasts or videos
- Exercise – Practice yoga, weight training, go for a run
- Take a nap
- Listen to music, or attend a concert
- Have a movie marathon

- Go for a walk in nature
- Take a fresh air break
- Cuddle with pets
- Read a book or magazine
- Visit a botanical garden and enjoy the beauty of nature.
- Meditate or practice yoga in a peaceful outdoor setting.
- Work in the garden
- Go for a bike ride on a scenic route.

- Have a virtual game night with friends
- Spend time with your children
- Connect with loved ones and have meaningful conversations.
- Volunteer for a local cause or organization that you care about.
- Spend time with a mentor or mentee to learn and grow from each other.
- Attend a social event or festival in your community.
- Play a team sport, such as basketball or soccer, with friends or coworkers.

Self-Care Action Plan



Sun

Mon

Tue





Wed





Thu

Fri

Sat

 1 a quick walk outside	 2 a yoga session	 3 a breathing exercise	 4 a nice cup of tea
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 A a good book to read	 B a comfort TV show	 C a podcast to listen to	 D your favorite album on vinyl
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 E a moment to journal & reflect	 F a lunch date with a friend	 G an hour of your favorite hobby	 H a daytime nap
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Supports & Resources

Employee and Family Assistance Program

- purolator.lifeworks.com
 - (username/password: purolator)
- 1-844-880-9137



[Click here to learn more!](#)

Ask Your Chief Medical Director

Ask your
CMD
Chief Medical Director



What is Purolator Health?

Friday, July 15 at 11 a.m. ET

Join Dr. Shaan Chugh, Dr. Marie Claire Bourque and other guests to learn more about Purolator Health and have your questions answered about this new program.

 Dr. Shaan Chugh  Dr. Marie Claire Bourque

Scan QR Code or visit purolatorhealth.com for more information



Wellness Moments & Snapshots

Wellness Moments



Triangle Breathing



Try this breathing technique to relieve stress and become present. Start at the bottom of the triangle. Follow the arrows around the triangle to complete one deep breath.



Wellness Wednesdays



Wellness Wednesdays

Wednesday, August 24 at 12-1 p.m. ET

Join us for a one-hour workshop
Retirement Planning (mental health focus)

Scan QR Code or visit purolatorhealth.com for more information





Thank you!

Send us a message at
purolatorhealth@purolator.com
if you have any questions.