



Self-Care Tips for Healthcare Workers

Healthcare workers face immense pressure and stress while caring for patients, and it's crucial to prioritize self-care to prevent burnout and support mental health. Here are some practical tips for managing stress, preventing burnout, and accessing resources for mental health support.

1. Stress Management

- Practice mindfulness and deep breathing exercises to calm your mind.
- Take short breaks throughout the day to recharge.
- Use progressive muscle relaxation techniques to relieve physical tension.
- Prioritize your tasks and delegate when possible to reduce work overload.
- Set boundaries with work and personal life to avoid over-commitment.
- Focus on things you can control and let go of what you cannot.

2. Burnout Prevention

- Ensure you get enough rest and sleep every night.
- Connect with colleagues for mutual support and empathy.
- Engage in physical activity regularly to boost your mood and energy.
- Pursue hobbies and activities outside of work to relax and unwind.
- Stay hydrated and eat a balanced diet to maintain energy levels.
- Seek professional counseling or therapy when feeling overwhelmed.

3. Mental Health Resources

- Employee Assistance Programs (EAPs) – Many healthcare institutions offer confidential counseling and support services for workers.
- National Suicide Prevention Lifeline: 1-800-273-TALK (1-800-273-8255) for 24/7 support.
- Mental Health America: Offers resources for managing mental health and finding support groups.
- Headspace: A mindfulness and meditation app that helps with stress reduction.
- The National Alliance on Mental Illness (NAMI): Provides resources and support for mental health challenges.