



# A 5-STEP GUIDE TO SELF-CARE

The last two years have challenged us in ways we never thought possible. During this difficult time, it's critical that you make your health and wellness a priority. Here are 5 small steps you can take during your workday to help support your well-being.

1

## Take deep breaths

Deep breathing has an immediate calming effect and can greatly reduce stress and anxiety. Take a few long, deep breaths—5 seconds in and 5 seconds out. During these pauses, give yourself credit for doing your best every day.

2

## Think of 3 good things

It's easy to focus on the things that aren't going well. But recognizing the good in life can keep things in perspective and increase positivity. Take a moment to think of 3 things you're grateful for today.

3

## Make your breaks count

Breaks are essential to preserving your strength and stamina. Make a point to take breaks and truly use the time to recharge and refresh—don't check your phone or email. Close your eyes, stretch, and get some fresh air if possible.

4

## Fuel your body

Your body needs fuel to stay energized and avoid burnout. Give it what it needs instead of what you're craving. Drink lots of water and keep healthy snacks on hand, like fruit, nuts, trail mix, and low-sugar protein bars.

5

## Connect with someone

Social support is crucial during stressful times. Find brief moments throughout the day to connect with others. Talking with a trusted coworker, even for just a moment, can be a big comfort.



# Resources for your mental health and well-being

These resources are available to all of your employees.

## Crisis support

- If you need immediate support, speak with a crisis counselor by texting **HOME** to **741741**.
- If you or someone you know is thinking about suicide, call the **National Suicide Prevention Lifeline** at **988**.
- If you need social support like food or housing assistance—or other support—please visit [kp.org/socialhealth](https://kp.org/socialhealth).

## Finding your words

This website is designed to educate people about mental health and empower them to ask for help—and to take action in support of others.

## Mental health training

Learn about mental health conditions and how you can reduce stigma and create an inclusive workplace.

## Kaiser Permanente mental health support

Members can make their first appointment by calling us 24/7 at **866-530-8778** (TTY **711**).

## Member resources

We offer several digital self-care apps. These teach mindfulness, meditation, proper exercise programs, and more.

## Mental health and wellness tools

You have access to a broad range of self-care resources, including audio activities, articles, and more designed to help you thrive in mind, body, and spirit. Plus self-care apps like Calm, myStrength®, and Ginger for mindfulness, meditation, and health coaching.<sup>1</sup> Mindfulness and meditation have been shown to have an immediate calming effect, greatly reducing stress and anxiety—and they only take a minute.

## Healthy lifestyle programs

Get personalized advice and support to reach health goals. This service is entirely online and available to members at no cost.

## Wellness coaching by phone

Get one-on-one guidance from a dedicated wellness coach who can help you set goals, stick to them, and see results.



<sup>1</sup>myStrength® is a trademark of Livongo Health, Inc., a wholly owned subsidiary of Teladoc Health, Inc.