SELF-CARE at WORK

Take a little time throughout the day to prioritize yourself. It can help reduce stress, prevent chronic disease, and help you maintain a healthy lifestyle. Try these ideas to boost your wellness level:

**EMOTIONAL & MENTAL**

Get in the zone with a positive state of mind.  
**Try this:**
- Ask for help
- Practice deep breathing for at least 5 minutes a day
- Keep a daily gratitude journal

**SOCIAL**

It feels good to contribute and belong. **Try this:**
- Make time to meet a new person at the workplace
- Attend workplace social events and connect with colleagues
- Do something nice for a coworker such as sharing your appreciation for them

**FINANCIAL**

Tackle financial stress by taking responsible steps toward future goals. **Try this:**
- Track daily spending
- Plan for retirement by exploring investment and savings opportunities

**INTELLECTUAL**

Your mind needs exercise, too! Flex your brain. **Try this:**
- Boost learning and read or listen to a podcast
- Enhance productivity and write a daily to-do list
- Organize your workspace
- Complete a task you’ve been putting off

**PHYSICAL**

A healthy lifestyle helps balance body, mind, and spirit. **Try this:**
- Every hour, take an activity break – go for a walk, stretch, or climb stairs
- Drink half your body weight in ounces of water
- Pack a healthy lunch that includes ½ cup fruit and ½ cup vegetables

**Did you know?**
The average person spends more than one-third of their day, five days a week, at work!

To learn more about self-care, health, and wellness, visit HEALTHYSD.GOV

Live better. Grow stronger.
# RESOURCES THAT SUPPORT SELF-CARE

## EMOTIONAL & MENTAL
- **SD Suicide Prevention:** Learn how to help yourself or others considering suicide and view recent data. Educators can enroll in suicide prevention training. [sdsuicideprevention.org](http://sdsuicideprevention.org)
- **National Alliance on Mental Health South Dakota:** An organization of families, friends, and individuals whose lives have been affected by mental illness. [namisouthdakota.org](http://namisouthdakota.org)
- **211 Helpline Center, Suicide Prevention & Crisis Support:** Offers a variety of suicide prevention trainings, crisis support, and survivor services that include grief support for individuals who have lost a loved one to suicide. [helplinecenter.org/suicide-and-crisis-support](http://helplinecenter.org/suicide-and-crisis-support)

## INTELLECTUAL
- **South Dakota State Library:** Provides reading, braille, and talking book programs; offers a collection of free online research and databases specifically curated for elementary, middle and high schools, and a variety of educational topics for all ages. [library.sd.gov](http://library.sd.gov)
- **Osher Lifelong Learning Institute at the University of South Dakota:** The scholarship program is designed for people aged 50 and over, but is open to all ages and education levels. [usd.edu/usd-community-college-for-sioux-falls/olli](http://usd.edu/usd-community-college-for-sioux-falls/olli)
- **211 Helpline Center, Community Events:** Resource calendars provide a central intersection of information regarding basic needs, events, and professional training opportunities in our communities. [helplinecenter.org/2-1-1-community-resources/community-events](http://helplinecenter.org/2-1-1-community-resources/community-events)

## PHYSICAL
- **HealthySD:** Provides information, inspiration, and tips on nutrition, physical activity, and health and wellness for all South Dakotans. [healthysd.gov](http://healthysd.gov)
- **SDSU Extension:** Access SDSU Extension’s team of nutritionists and dietitians to learn about healthy and balanced nutrition, as well as programs and resources to help support good nutrition. [extension.sdstate.edu/food/nutrition-health](http://extension.sdstate.edu/food/nutrition-health)
- **Better Choices, Better Health:** Offers chronic disease self-management education workshops that are designed to help adults living with ongoing physical and/or mental health conditions and caregivers understand how healthier choices can improve quality of life, boost self-confidence, and inspire positive lifestyle changes. [goodandhealthysd.org/bcbh](http://goodandhealthysd.org/bcbh)
- **211 Helpline Center, Community Resources:** Volunteer or find help with food, clothing, shelter, education, employment, transportation, healthcare, mental health, suicide prevention, substance abuse, support groups or legal assistance. [helplinecenter.org/2-1-1](http://helplinecenter.org/2-1-1)
- **American Heart Association:** Recommends at least 150 minutes of exercise a week. Find out how to keep your heart healthy and stay hydrated. [heart.org/en/healthy-living/fitness/fitness-basics/staying-hydrated-staying-healthy](http://heart.org/en/healthy-living/fitness/fitness-basics/staying-hydrated-staying-healthy)

## SOCIAL
- **National Institutes of Health:** Provides a Social Wellness Toolkit outlining six strategies for improving your social health in English and Spanish. [nih.gov/health-information/social-wellness-toolkit](http://nih.gov/health-information/social-wellness-toolkit)
- **211 Helpline Center, Community Resources:** Volunteer or find help with food, clothing, shelter, education, employment, transportation, healthcare, mental health, suicide prevention, substance abuse, support groups or legal assistance. [helplinecenter.org/2-1-1](http://helplinecenter.org/2-1-1)

## FINANCIAL
- **LSS Center for Financial Resources:** Access counseling, resources, and education to develop healthy financial habits and support financial needs. [lsssd.org/what-we-do/center-for-financial-resources](http://lsssd.org/what-we-do/center-for-financial-resources)
- **SDSU Extension:** Access information and resources on personal finance. [extension.sdstate.edu/collection/personal-finance](http://extension.sdstate.edu/collection/personal-finance)
- **211 Helpline Center, Community Resources:** Volunteer or find help with food, clothing, shelter, education, employment, transportation, healthcare, mental health, suicide prevention, substance abuse, support groups or legal assistance. [helplinecenter.org/2-1-1](http://helplinecenter.org/2-1-1)

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