

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:

Did you know?

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



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**



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

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



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**

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**



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

HEALTHYSO.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

National Alliance on Mental Health South Dakota: An organization of families, friends, and individuals whose lives have been affected by mental illness. 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



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

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

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



PHYSICAL

HealthySD: Provides information, inspiration, and tips on nutrition, physical activity, and health and wellness for all South Dakotans. 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

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

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

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



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

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



FINANCIAL

LSS Center for Financial Resources: Access counseling, resources, and education to develop healthy financial habits and support financial needs. lssd.org/what-we-do/center-for-financial-resources

SDSU Extension: Access information and resources on personal finance. 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

To learn more about self-care, health, and wellness, visit healthysd.gov/self-care-at-work

