

Self-Care Quick Tips

Self-care is a vital component of work-life balance as well as stress management. It's especially important to take care of yourself when you need to take care of others.

Follow our quick tips below and call your EAP if you need personalized help!



Prioritize Sleep



Stay Hydrated



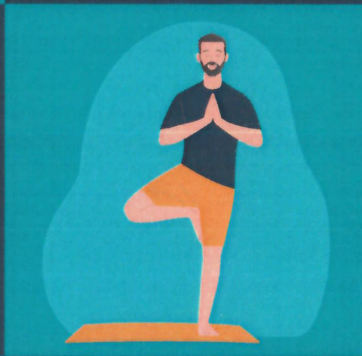
Enjoy Activities
in Moderation



Schedule Time
for Yourself



Set Reasonable
Boundaries



Focus on
Mental &
Physical Health



Tackle Difficult
To-Do Items
First



Take Care of
Yourself First

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