![Mental Health First Aid USA logo]

SELF-CARE TIPS FOR
HEALTH CARE
WORKERS

Self-care is vital to protecting your *mental health* and well-being during stressful situations. We encourage you to take a few minutes during your day to *be the difference* for yourself with these tips.

BREATHING TECHNIQUES FOR STRESS RELIEF

- Take 3-5 deep breaths in and out through your nose. Let your stomach fill with air, and feel your belly rise when you breathe in and lower when you breathe out.

- Focus on taking equal, deep breaths in and out. Count to five on the inhale and count to five on the exhale.

- While deep breathing, use a word or phrase in your mind to help you relax. For example, think, "I breathe in calm, I breathe out tension."

- While breathing in, tense a muscle group. When breathing out, release the tension. Work your way up your body, starting with the feet.

SLEEP STRATEGIES FOR STRESS RELIEF

- Sip chamomile tea before bed. This herb can help lower feelings of anxiety.

- Take a hot bath or shower. Going from warm water to a cool bedroom will lower your body temperature and make you feel sleepy.

- Try deep breathing techniques. This will help relieve feelings of stress.

- Skip the screens. Avoid watching television or using digital devices before bed, as the blue light they emit can keep you awake.

- Voluntarily tense and relax muscle groups. Work your way up your body, starting with your feet.

Learn more at
MHFA.org

Information on breathing techniques provided by WebMD. Information on sleep strategies provided by the National Sleep Foundation.

NATIONAL COUNCIL
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