The Employee Assistance Office is a great place to start.

You can have a confidential meeting with a counselor and identify a plan to address your situation.

The first step to a healthier you is making the call.

Office Hours:
Monday-Friday
8:00AM-4:30PM

Remember to consider all 6:
1. Psychological
2. Emotional
3. Spiritual
4. Personal
5. Professional
6. Physical

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"Self-compassion is simply giving the same kindness to ourselves that we would give to others."

Christopher Germer

www.eao.wisc.edu
It’s easy to focus on one area of self-care, but it’s important to address other areas you may be neglecting. How many of these are you currently practicing?

**Areas of Self-Care**

1. **Psychological Self-Care**
   - Take day trips or mini-vacations
   - Make time away from technology
   - Read something unrelated to work
   - Notice thoughts, beliefs, attitudes, feelings

2. **Emotional Self-Care**
   - Spend time with people I enjoy
   - Stay connected to important people
   - Identify and seek out comforting activities
   - Give myself affirmation/praise

3. **Spiritual Self-Care**
   - Make time for reflection
   - Spend time in nature
   - Identify what is meaningful to you
   - Find value in letting go
   - Contribute to causes you care about

4. **Personal Self-Care**
   - Call, text, or check in with relatives
   - Schedule dates with my partner
   - Make time for friends
   - Ask for help when needed

5. **Professional Self-Care**
   - Identify tasks/projects that are engaging to you
   - Create an organized and comfortable work space
   - Take a break during the day
   - Make quiet time at work

6. **Physical Self-Care**
   - Eat regularly
   - Seek preventative medical care
   - Take time off when sick
   - Do fun physical activities
   - Get enough sleep

**“Nothing external to you has any power over you.”**
Ralph Waldo Emerson