

The Best Care Begins with Caring for **YOU.**

START WITH SELF CARE

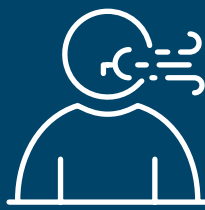
Let's face it — these are challenging times. Finding moments of calm amid the demands of family, work, relationships, and competing priorities can be hard. Works on Wellness (WOW) is here to help with simple ways to enhance your self care. We're sharing tips and tools to help you manage life's competing demands and explore ways to boost your well-being.

BE EASY ON YOURSELF



Be compassionate with yourself and with others. Practicing self-care recharges the batteries and creates a happy, more present "self."

BREATHE DEEPLY



Take 8 seconds to reset: slowly inhale through your nose counting to 4, then slowly exhale counting to 4. Practice this throughout your day for a refreshed perspective.

MANAGE YOUR TIME



When you feel overwhelmed, take 5 minutes to make a list of what is urgent and what can wait to help prioritize your commitments.

POWER OF MOVEMENT



Movement is the art of just moving your body. It can decrease levels of fatigue, stress and increase wellbeing. Try to stand rather than sit, take the stairs, stretch, go for a walk.

FUEL YOUR BODY & MIND



Food choices affect energy levels. A balanced diet rich in vegetables, fruits, lean proteins and whole grains provides nutrients to sustain energy throughout the day.



LOOK FOR TIPS ON THESE TOPICS IN YOUR LOCAL E-NEWS, AND LEARN MORE AT [WELLNESS | MAINEHEALTH | EMPLOYEES](#) OR SCAN THE QR CODE ABOVE