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# DIY: Self - Care

Triad EAP offers benefits designed to help employees, their spouse or significant other, and dependents with personal or work-related challenges that may impact their job performance, physical health or mental well-being.



## Make Self-Care a Priority

by: Kenra Haftel

I am a mom, wife, friend, sister, and professional. Like most reading this article, I am busy. From getting the kids to school, nurturing relationships, and managing professional responsibilities, I am

often pulled in many directions. My husband often asks: "How do you do it all?" My answer is that I make self-care a priority. I could never do the things I do or take care of those around me if I didn't prioritize taking care of my own well-being *first*. It is like the reminder we get from the flight attendant every time we board an airplane, "put your oxygen mask on before assisting others." The start of a new year provides time for reflection, and we encourage you to consider your own self-care plan for 2023.

Always available. Always confidential. Let us help.

Contact Us

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 **Triad**  
EMPLOYEE ASSISTANCE PROGRAM

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# Make Self-Care a Priority

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**What is self-care?** Self-care is the practice of actively protecting your well-being and happiness. Prioritizing self-care is not selfish or indulgent, and goes beyond the occasional spa treatment or weekend getaway. Self-care requires you to explore what makes you truly happy, and uncover areas in your life that may need attention.

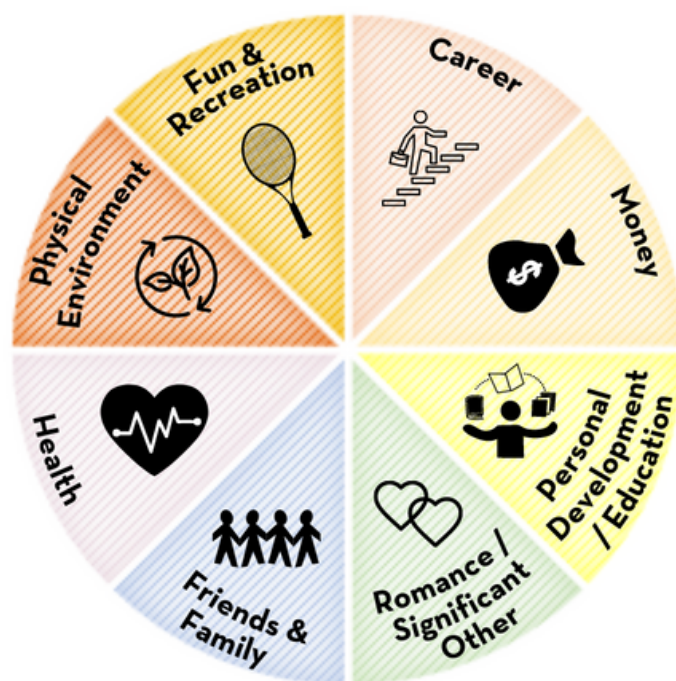
## Creating your self-care plan:

The wellness wheel is a valuable tool to help you reflect on the various dimensions of wellness. Consider each segment, and then rank how satisfied or unsatisfied you are in that spoke of the wheel. Are there areas where you are more fulfilled than others?

How does the level of satisfaction align with your core values?

## Self-care is not easy:

Self-care plans are most effective when we can observe our thoughts, feelings, and emotions neutrally. When I started my self-care journey, I realized I needed to say "no" more often, and that I was wearing my willingness to spread myself too thin as a badge of honor. I had to learn how to set boundaries to protect my well-being. For many, this can be a challenging journey, and luckily not one that you have to navigate alone. A counselor can support you through the self-reflection process, and identify tools or strategies that help you create your self-care plan.



## Reflective Questions:

- **Health:** What are you doing to take care of your physical wellness?
- **Fun and Recreation:** Do you take time to do the things you enjoy?
- **Career:** Do you find meaning in your work? Are you setting appropriate boundaries?
- **Money:** Do you understand your spending habits?
- **Personal Development:** How do you prioritize spiritual and intellectual growth?
- **Relationships:** Are you surrounding yourself with supportive, caring people?
- **Physical Environment:** Is your home a place where you feel safe and secure?