

Reach Out & Connect

Identify a "buddy" at work and make an effort to connect and check-in on one another.

Create a routine to give each other a boost of support every day!



Compliment and thank a coworker

Taking a few seconds for a positive act will help to inspire and motivate both you and your colleagues.

**Reach Out &
Connect**



Remind Each Other

There's nothing selfish about taking care of your basic needs.

"When I take care of myself in small ways, I can be my best self to take care of those who I am responsible for"

You Don't Have to Do It Alone

Sometimes asking for help is the bravest move you can make.

- Reach out to a colleague to share your feelings
- Seek out support from a Manager or Supervisor
- Contact EAP for referrals and resources at sfhss.org/eap

Check This Out!


Liberate

A mobile app created by and for BIPOC and LGBTQ+. Build a practice with leading BIPOC meditation teachers.

liberatemeditation.com

Tap into this resource:





**"Healing takes
time and asking
for help is a
courageous step."**

Mariska Hargitay

Actress and Mental Health Advocate

**Don't Wait
Ask for Help**



Daily Self-Care Reminders

- It's not selfish to take breaks
- Make time for self-care and recharge with well-being practices
- Don't wait-- Ask for help

Practice Self-Care

**You need your break.
Don't take a pass on your
break. This is an opportunity
to refuel and recharge before
you continue to help others.**

Check This Out!

CredibleMind

Access well-being resources including articles, podcasts, apps, self-assessments and more!

sfhss.org/crediblemind

Tap into this resource:





Stretch Break

Stretch for 1-Minute

Support your body throughout the day. Stand-up, stretch, and get your blood flowing!

Invite a colleague to join you.



GET HELP EARLY:

CONTACT EMPLOYEE ASSISTANCE PROGRAM

(628) 652-4600 OR (800) 795-2351

Listen to Your Body

Your body might be sending stress signals:

- Rapid heart rate
- Gastrointestinal distress
- Nausea
- Strong negative feelings: fear, anger, frustration
- Difficulty to think clearly or to focus
- Social conflicts: irritability, conflict with family or peers

Check This Out!

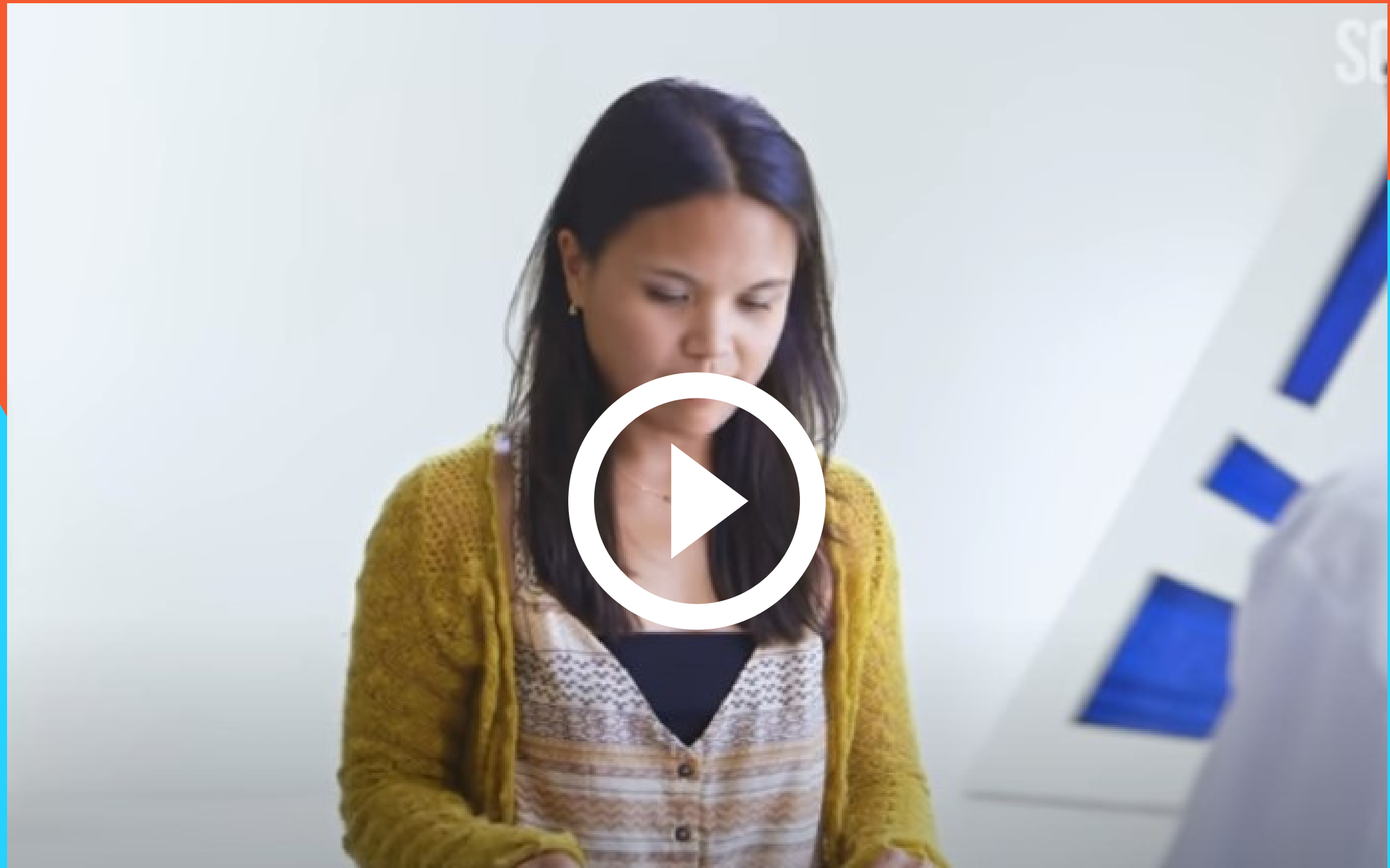
Headspace

Meditation made simple. Learn skills for meditation and mindfulness in just a few minutes a day.

[headspace.com](https://www.headspace.com)

Tap into this resource:





**Watch
this video**

The Science of Happiness

Open your mobile phone's
camera app to scan this QR Code:



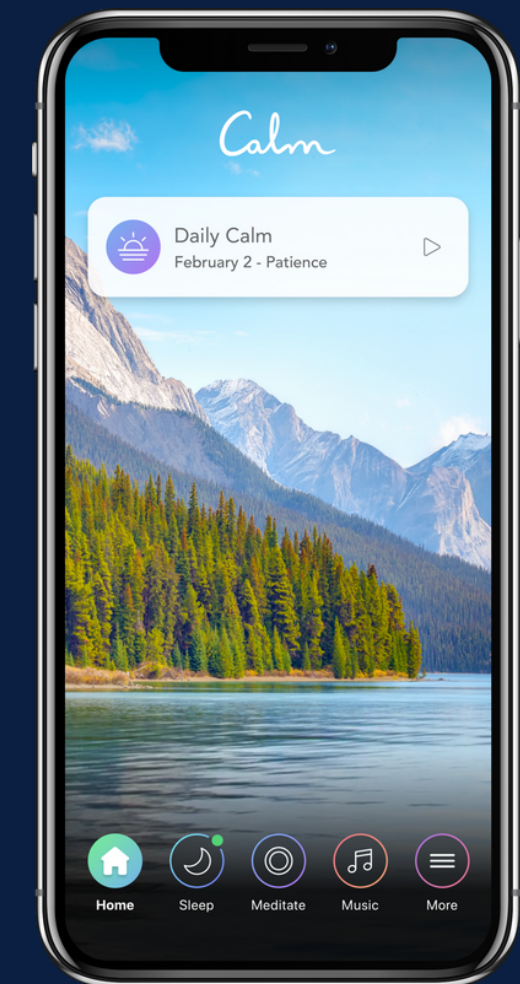
Check This Out!

Calm

Find your calm. Help to improve your health and happiness with sleep, meditation, and relaxation tools at your fingertips.

calm.com

Tap into this resource:



Tap Into Weekly Wellness

[SFHSS.ORG/EVENTS](https://sfhss.org/events)



Monday

Strength Training

12:00pm-12:30pm

Soul Dancing

4:00pm-4:30pm



Tuesday

Core Burn

12:00pm-12:30pm

Stretch Break

3:00pm-3:10pm



Wednesday

Hatha Yoga

12:00pm-12:30pm

Chair Stretch

3:30pm-4:00pm



Thursday

Belly Dancing

12:00pm-12:30pm

Stretch Break

3:00pm-3:10pm

WE'RE HERE For You

Call the Employee Assistance Program
for help **(628) 652-4600**

Learn more about EAP
and access mental health resources
sfhss.org/eap