

# Self Care Guide

**The best thing health care workers can do is take care of themselves.**

**Take care of your body.** Try to eat healthy, exercise, sleep when possible and avoid alcohol and other drugs. The needs of others are not more important than your own needs and well-being.

**Connect with others.** Share your feelings with a colleague, family member or friend. Maintain relationships and rely on your support system.

**Take Breaks.** It is not selfish to take breaks. Working to exhaustion does not mean you will make your best contribution.

**Breathe.** If you feel the common signs of stress (below), consider reaching out through one of our Rush Wellness resources.

**Avoid** excessive exposure to stressful media coverage.

## Wellness Resource Hub

8 a.m. to 8 p.m.

Monday through Friday

**4th Floor Tower (04526)**

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## On-Site Wellness Consult Service

Pager# 2323

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## Rush Wellness Assistance Program

1-833-304-3627

[insiderush.edu/wellness](https://insiderush.edu/wellness)



## Common signs of stress

- Feelings of exhaustion, anxiety, or fear
- Anger or short temper
- Difficulty sleeping or changes in appetite, energy, and activity levels
- Emotional blunting
- Increased use of alcohol, tobacco, or other drugs



# Reduce Your Stress

## Practice Diaphragmatic Breathing

- 1** **Sit still.** Place one hand on your upper chest and the other on your belly, just below your rib cage.
- 2** **Breathe in slowly** through your nose for a count of five, let the air in deeply towards your lower belly. The hand on your chest should remain still, while the one on your belly should rise.
- 3** **Hold your breath** for a count of four.
- 4** **Exhale slowly** for a count of five through pursed lips. The hand on your belly should move down to its original position.

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