

Self Check:

ARE YOU A RACCOON?



DO YOU HAVE DARK CIRCLES UNDER YOUR EYES?

How is your sleep hygiene?

- Is your room completely dark? Any light at all tells your brain it is time to wake up
- Do you block noise with a sound machine, under the door noise blocker, sleep ear buds? White/brown noise wavelengths calm your brain and tell it to rest
- Do you turn your devices to nightmode when winding down? Blue light of any kind stops the production of melatonin and keeps you awake

CUTE BUT A LITTLE CHUBBY?

A sedentary lifestyle is literally the worst thing possible for a body's health. How can we combat that considering our job limitations?

- Integrate any type of movement into your daily routine. Walking, gardening, yoga, stretching, housecleaning, squats etc.
- During your breaks try and spend at least part of your time in movement.
- When at home, do what you can to combat the sedentary lifestyle there as well.
- For every 20 minutes sitting, stand for 8 and move for 2

LIKE TO BE BY YOURSELF WITH GARBAGE?

Did you know positive social connection makes us happier, healthier, and live longer?

- Find your safe people that refresh you and make it a point to connect any way you can.
- Cut out the garbage, ie "energy vampires" and spend your time and energy on the people that matter
- Remember that the world outside is not the same as the world we work in. Most people are generally good.

EAT A LOT OF JUNK FOOD?

Did you know that our bodies crave foods rich in carbs/sugar when stressed?

- Eating comfort foods releases the "happy chemicals" dopamine and serotonin, as well as lowering the production of the stress hormone cortisol. Therefore our brains link stress relief to comfort foods.
- It is not wrong to eat them, simply be cautious of patterns that are developed around them
- Have multiple food options available that you will actually eat, bring snacks in serving size bags,/containers
- Try not to eat out of stress, but instead out of enjoyment

WILL ATTACK IF PROVOKED?

Do you feel on edge, agitated, overwhelmed, always close to snapping?

- Try to practice mindfulness, the ability to inhabit the space between how you feel and how you respond.
- Practice breathing exercises. They take you out of fight/flight and calm your brain and body allowing you the space to respond
- Take care of you. You cannot give to others from an empty cup. Make sure to refill yours even if it's only a little bit at a time.