



7 Ways to Make Self-care Part of Each Day

Because weekend pampering sessions can't make up for one hard work week after another, try making these seven "anytime" strategies a part of every day:

1. **Make the most of your lunch.** Be strategic about when you eat to optimize your valuable break time: going outside, meditation, zoning out to a podcast, or visiting with a friend.
2. **Equip your space.** Because we spend so much time at our desks, make your workspace as comfortable and functional as possible. Create an environment that inspires you.
3. **Celebrate successes.** Remember what you did last week? Remember to hit the pause button. Writing down what went well—a virtual high-five—can be particularly gratifying.
4. **Be proactive about what you need.** Feeling overwhelmed, stressed, or bored? Overcoming whatever confronts you can boost your confidence and overall satisfaction.
5. **Set challenges for yourself.** Working to broaden your skills or exploring what's new helps keep you focused and engaged—while accomplishing new feats.
6. **Set boundaries.** When work spills into other aspects of your life, it can be a major source of stress. By setting no-work zones into your routine, you're better able to add balance.
7. **Accept your emotions, but choose one at a time.** Instead of wasting energy trying to suppress negative emotions, ride them out. If you're feeling happy, great—run with it. Positive energy has a way of building on itself.



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