

SELF-CARE & MANAGING STRESS THROUGH TIMES OF CHANGE

Caring for yourself during times of stress and change is crucial. The following principles may be helpful:

MANAGE SELF TALK

- Monitor automatic self talk
- Cancel/change unrealistic thoughts
- Replace consciously with realistic truthful expectations and messages

OVERCOME SELF-INDUCED STRESS

- Notice your inner drivers – the messages you tell yourself that guide your behaviour
- Know your own personal and professional priorities
- Reality check on what is possible – every yes involves a no!
- Plan for fun time, relaxation, “me” time
- Measure success by effectiveness, not perfection

WORK ON PERFECTIONIST EXPECTATIONS OF ONESELF

- Have the same compassion for yourself that you would have for another.
- Set realistic expectations for yourself
- Realise its ok not to be perfect – accept being human
- See mistakes as learning opportunities
- Consciously choose to let one thing a day not be perfect

FIND EXPRESSIONS FOR CREATIVITY

Music, reading, storytelling, gardening, painting, playing with the dog, etc

MAKE SURE THERE ARE OUTLETS FOR FUN!

- Choose who you have in your world
- Focus on the positives
- Write 10 things you enjoy and schedule time to do some of them

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