



TIPS for Self-Care

Following are some tips for taking care of yourself while working, parenting and schooling at home.

Remember that no one can do it all.

- Reach out to your partner, extended family, friends and neighbors for assistance, such as asking for help to watch your kids as you take a break for yourself.
- Request a flexible schedule from your employer.
- Look for an online support group of people in a similar situation or with similar issues to yours.

Rest and recharge.

- Take a five-minute break between meetings.
- Go for a 15-minute walk in the afternoon.
- Take an extended meal break.

Practice saying “no.”

It can be difficult to say “no” to requests. However, if you take a thoughtful approach based on your values and your goals, and choose your words carefully, even demanding people will hear you.

Treat yourself with compassion.

If you tend toward negative thoughts or beating yourself up, work to consciously stop it. It helps to literally say “stop” out loud followed by complimenting yourself. Imagine what you would say to a friend dealing with the problems or feelings you’re facing. Be a good friend to yourself.¹

¹ Check out the [Organizational Wellness and Learning Systems](#) blog for more self-care tips.

Pick one or two of these simple self-care tips to try, keeping those that work and letting go of those that don’t. The goal is to find what works for you.

- Don’t let social media set your expectations.
- Take a break from social media for a day.
- Meditate for five minutes in the morning.
- Go out in nature at least once a week.
- Do something active each day.
- Get enough sleep each night.
- Reduce screen time.
- Take a longer bath.



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