

Simple self-care steps



LifeWorks
by Morneau Shepell

Talk about it

Recognise the importance of talking about your stressors with friends, family, colleagues, or professionals you trust. Professional counsellors can help you put together a plan and create strategies for self care.



Balance work and life

Take time for the people, things and activities you value in life. Maintaining work/life balance will help you prevent burnout and improve your mood.

Live a healthy lifestyle

Try to live a healthy lifestyle that includes good sleep habits, a diet that nourishes your body, and an exercise routine that boosts energy.



Be kind to yourself

Take a moment to be mindful. Recognise that what you are going through is hard and that it is ok to express your feelings. Instead of being critical of yourself, be compassionate and encouraging.