



SELF-CARE

STRATEGIES



Research in a variety of disciplines has proven the healing effect of spending time with our furry friends.

STRATEGY #1: MUSIC

Listening to music is a great way to decompress after a long day at work. With today's technology and access, it's easy to find the perfect music for your mood using platforms such as Spotify and Apple Music. Check out our list of recommended playlists!

STRATEGY #2: YOGA

Yoga has been found to be an effective way to reduce stress and anxiety, while increasing fitness. Many studios offer free community days in local parks, and recreation centers often have affordable classes for beginners. If you're pressed for time, pull up guided yoga flows on your phone using various apps and YouTube channels. Yoga can bring your mind and body into harmony, and simple quick flows and positions can do the trick when you don't have time for a full class.

STRATEGY #3: AROMATHERAPY

Aromatherapy can be a relatively inexpensive way to practice self-care by using essential oils from plants, such as lavender, rose, mint, and orange. When placed in a diffuser or on specific zones of the body, essential oils can reduce stress. You can find lots of information about this ancient practice online, including what conditions specific oils can help with and how to use them. As an added bonus, they make your house and office smell great too!

STRATEGY #4: ANIMAL THERAPY

If you have a pet, research suggests that spending time with them has a variety of positive effects on your well-being. However, if your lifestyle doesn't allow you to commit to pet ownership, you can volunteer at local shelters, temporarily foster for dogs and cats in need, or even spend time with a friend's pet. Whichever way you do it, spending time with a furry friend has been found to decrease stress and anxiety, and even increase your life-span!

STRATEGY #5: MASSAGE

Massage relieves the tension you might be holding in your body due to stress from work. Although this option can require more of a financial commitment, there are easy ways to get your fix. Franchises like Massage Envy offer memberships that significantly bring down the cost of getting massages, and various tools and gadgets can help you give yourself a massage when you don't have time to go to a professional, such as back rollers and scalp massagers.



STRATEGY #6: APPS

In high-stress work environments, like child welfare, it can be difficult to set aside time to listen to music, practice yoga, or do other more intensive self-care practices. Thankfully, smartphones offer a variety of free and paid phone applications made for calming, mindfulness, and zen. Here are a few apps that are FREE for iPhone and Android users:

Sanvello: Helps you track your daily activity and reflect on what might be causing you stress



Personal Zen: Uses a fun game that's clinically proven to relax you and reduce your stress



Breathe2Relax: Teaches you relaxing breathing practices to help relieve stress and anxiety



The Breathing App: Learn how to do resonant breathing - which is like a stress reset button



Humm.ly: Achieve uplifting and calm energy through the science of music therapy



Adult Coloring: Use this app to color away your stress and distract yourself from your heavy workload for a few minutes

