

quick practices for

Self-Compassion

and self-care

The holiday season can be joyful—but also stressful, busy, and emotionally demanding. Taking just a few moments for yourself throughout the day can help you stay centered, grounded, and resilient. These quick exercises are designed to support your well-being, even during the busiest shifts.

Self-Compassion Exercises

Build emotional resilience by practicing kindness toward yourself.

- **The Kindness Phrase:**
Silently repeat: “I’m doing my best. I deserve patience and care.” This reminder can help soften self-criticism and restore inner balance.
- **Hand Over Heart:**
When you’re feeling overwhelmed:
 - Place your hand over your heart
 - Take a deep breath
 - Silently say, “It’s okay to pause.”
This simple gesture taps into your body’s natural calming response.
- **Shift Your Perspective:**
Ask yourself: “If a friend were in my shoes, what would I say to them?” Then offer that same support to yourself.

On-the-Job Self-Care

Even in a fast-paced work environment, a few intentional moments can make a difference.

- **One-Minute Breathing Reset:**
Just one minute of focused breathing can calm your nervous system.
 - Inhale deeply through your nose
 - Exhale slowly through your mouth
 - Repeat for 3–5 breath cycles
- **Quick Grounding Check-In:**
Use your senses to return to the present:
 - **See:** Name 3 things you can see
 - **Hear:** Notice 2 things you can hear
 - **Feel:** Tune into 1 physical sensation
- **A Moment of Gratitude:**
Take 10 seconds to reflect: “What is one thing I appreciate about myself today?” Acknowledging your strengths can boost mood and motivation.

Your EAP is here to support you through the season. If you’re feeling overwhelmed, don’t hesitate to reach out. Help is free, private, and available 24/7.