



SELF-CARE TIP

Self-care is all about taking actions to maintain your own mental, physical and social wellbeing. It is not a one-time event - it's about building a regular, daily practice of things that make you feel energized, alive, and passionate so you can show up as your best self.

To get a regular pulse of your wellbeing, take the Workplace PERMAH survey at <https://permahsurvey.com>

ACCOMPLISHMENT



Strategies from the Strong Cincinnati Team:

- Set & pursue daily goals.
- Set a future target and take small daily steps to work towards it now.

Strategies from the Strong Cincinnati Network:

- Sign up and complete that certification or online class you've been putting off.
- Make a checklist every day of things you want to accomplish, both work and home-related, and cross them off as you accomplish them.
- Tackle a home project, a cleaning project, or organization project you've been putting off.
- Create a fitness goal, like walking 10,000 steps or a regular yoga routine to keep you active while feeling accomplished.
- Set a reading goal and get book suggestions from friends, family, or coworkers.



Thank you to Strong Cincinnati Network members for co-developing these wellbeing self-care tips:

Robbie Thomas
Elissa Bates
Sheila Reisch
Scott Santangelo
Leslie Kish
Bralynda Watkins
Katherine Keough-Jurs
Ursula Miller
Lisa Curran

Patricia Holley
Valeria Swope
Jeff Walton
Chanel Neely
Sarah Schneider
April Kandil
Jess Shumaker
Emiley Crawford



MEANING

Strategies from the Strong Cincinnati Team:

- Look for bigger meaning in the small things; how are your small actions impacting others positively?
- Find ways to do kind things for others.

Strategies from the Strong Cincinnati Network:

- Lessen stress and anxiety by meditating on your strengths before bed. Try to recall all 24 in order and remember how you've used them.
- Donate to a cause or organization that aligns with your passion and purpose.
- Recall things you are grateful for and reflect on what is really important in your life.
- Use your hope strength to remain positive and support others.
- Organize a neighborhood grocery run or other helpful task to support elderly or vulnerable neighbors.



HEALTH

Strategies from the Strong Cincinnati Team:

- Find a way to get some daily activity even while social distancing.
- Keep a routine for eating, sleeping and exercise.

Strategies from the Strong Cincinnati Network:

- Replace your regular commute with a walk around the block or a morning exercise routine.
- Tap into curiosity and bravery to try out new healthy recipes.
- Use apps and online resources to find free workout videos and online classes.
- Create a daily water drinking goal.
- Make space for energy breaks to walk outside or infuse movement into your workday.
- Create good sleep habits by developing a sleep routine: limit screens, do a calming meditation or yoga, use scents like lavender to trigger calm and keep a consistent bedtime.

