



The Value of Self-Care

Presented by Lisa Furst

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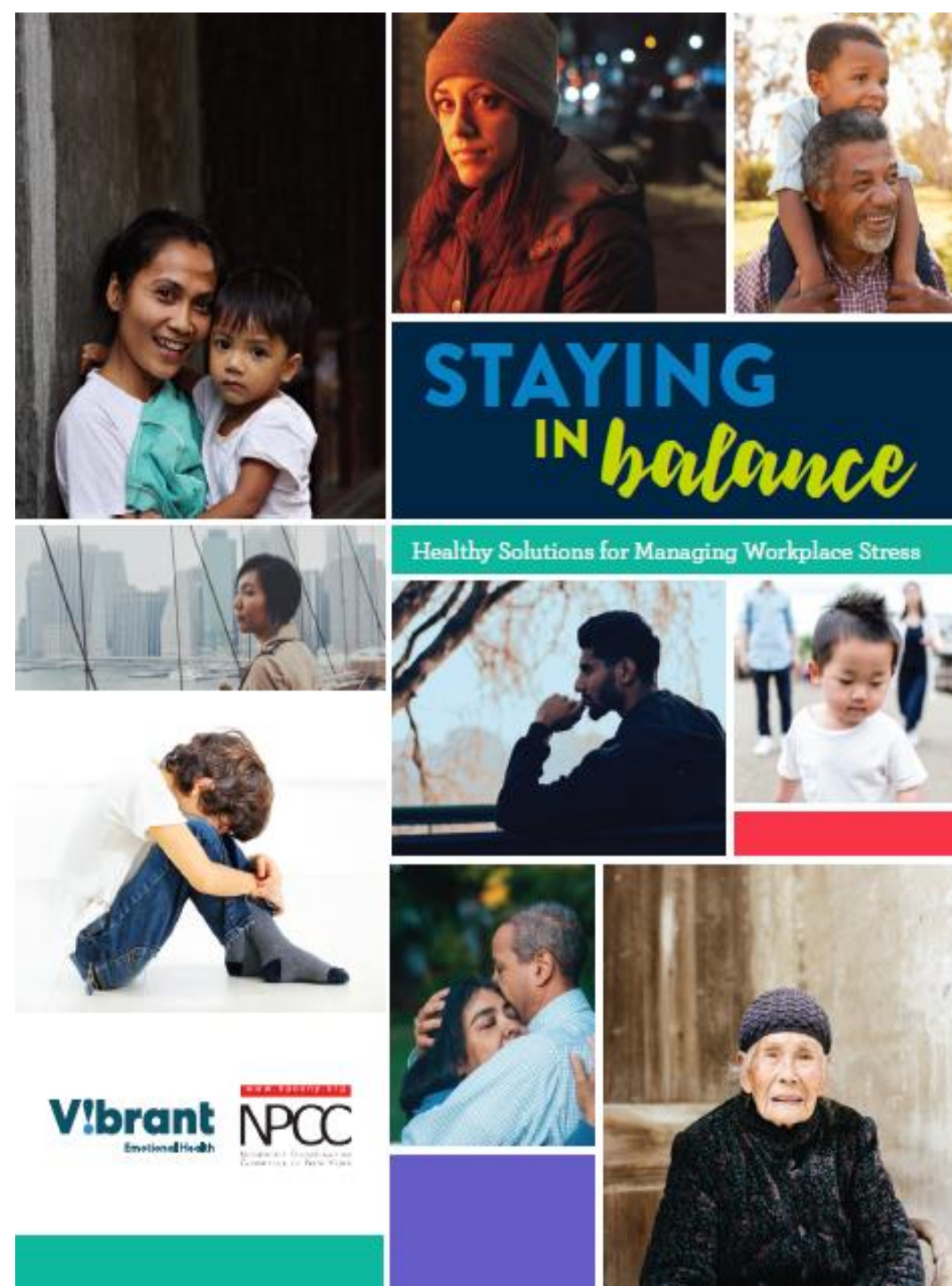
TRAINING OFFERINGS:

- **WHEN HELPING HURTS: UNDERSTANDING VICARIOUS TRAUMA**
- **WEAVING VICARIOUS TRAUMA INTO SUPERVISORY CONVERSATIONS**
- **PSYCHOLOGICAL FIRST AID DURING COVID-19**
- **STAYING IN BALANCE: HEALTHY SOLUTIONS TO MANAGING WORKPLACE STRESS**
- **STAYING IN BALANCE FOR MANAGERS: SUPPORTING WELLNESS AT YOUR ORGNIZATION**

Vibrant Staying in Balance Toolkit

Download here:

<https://www.vibrant.org/wp-content/uploads/2018/10/Vibrant-Toolkit-Staying-in-Balance.pdf>



SELF-CARE ASSESSMENT





Trouble coping? Don't struggle alone.

We're here to listen and help with problems like stress, depression, anxiety or drug and alcohol misuse. For you or someone you care about.



Text "WELL" to 65173



Call 1-888-NYC-WELL



Chat Now

NYC Well is confidential and free. 24/7

The **NYC Frontline Essential Workers (FEW) Hotline** is free, confidential and available to all NYC community-based providers and essential workers in emotional distress M-F, 10am-10pm.

Call the **FEW Line** at **866-565-7715**.

Tips for Managing STRESS

- Reach out for support and ask for help
- Limit media intake during stressful times
- Eat a healthy diet
- Add in movement and exercise to your day
- Get plenty of sleep
- Set aside relaxation time
- Do something FUN and JOYFUL each day
- Manage your environment, clean up, and beautify your workspace
- Set boundaries and say NO, when necessary
- Check in on your stress level frequently
- Spend time with family and friends, not talking about work





Resources for Mindfulness and Meditation Practices

Vibrant's Safe Space website

<https://www.vibrant.org/safespace/>

The Free Mindfulness Project

<http://www.freemindfulness.org/download>

Mindfulness Based Stress Reduction

<https://palousemindfulness.com/>

The Center for Mindful Living

<https://www.mindfullivingla.org/resources/mindfulness/>

Stop, Breathe, and Think

<https://www.stopbreathethink.com/meditations/>