

# Providers' Emotional Wellness

## A, B, C's OF PROVIDER SELF-CARE

### Awareness



- Be aware of how you react to stress (overworking, overeating, exhaustion, and verbal outbursts).
- Monitor your stressors and set limits with clients and colleagues.
- Talk to a professional or your manager if your stress affects your life or relationships.

### Balance



- Diversify tasks and take breaks during the workday.
- Eat sensibly, exercise regularly, and get enough sleep.
- Engage in activities outside of work; use your leave days.

### Connection



- Connect regularly with family, friends, and community.
- Use meditation, prayer, or relaxation to connect with yourself.
- When not at work, disconnect from professional role and email and/or WhatsApp messages.

Adapted from Breakthrough Research, 2022.

