

# Taking Care of You While Caring for Others

Learn how stress impacts us, and how to prioritize your own self-care.

## What is Stress?



Stress is a natural response to the challenges or demands we face. While some stress can motivate us, ongoing or unmanaged stress can have an impact on our health, our mental wellbeing, and our ability to care for others.

### Signs of Stress

Stress shows up in many ways—physically, emotionally, and mentally. Recognizing these signs can help us take steps to protect our wellbeing before life’s challenges become overwhelming:

- **Physical:** Headaches, tension in your body, trouble sleeping, fatigue, or upset stomach
- **Behavioral:** Changes in eating habits, withdrawing from others, or feeling disconnected
- **Emotional:** Feeling anxious, irritable, or overwhelmed
- **Mental:** Difficulty concentrating or making decisions



## Stress Relief Techniques

### Quick Strategies

- Take deep breaths and/or practice breathing exercises.
- Stretch or walk to ease muscle tension.
- Listen to calming music or sounds from nature to help soothe you.
- Go outdoors and spend time in nature.
- Engage in a spiritual practice such as prayer, meditation, grounding, or other spiritual rituals.

### Daily Habits

- Prioritize rest
- Stay hydrated and nourished
- Practice self-compassion
- Set boundaries and allow yourself to say no
- Stay active and stretch regularly
- Engage in hobbies that bring you joy
- Practice gratitude and consider journaling your thoughts
- Commit to maintaining a work-life balance

### Long-Term Stress Management

- Engage in cultural practices and traditions to connect with your roots and strengthen your self-identity.
- Socialize in a supportive environment, such as with family, friends, or a community group.
- Practice mindfulness and/or meditation regularly.
- Seek support when you need it - from a counsellor, support group, or spiritual leader.

## Supports are Available to You



The Provincial Wellbeing Team is here to offer support. Reach out whenever you need assistance, and remember, your wellbeing is just as important as the wellbeing of our patients/clients/residents.



View our wellbeing practice sessions, live or recorded. These short, 15-minute sessions provide a safe space to practice mindfulness techniques, stress management tools, and self-care strategies.



Call our dedicated Provincial Wellbeing Team at 204-926-9040 or 1-844-820-2010 (toll free) for personalized support every day from 7 a.m. - 7 p.m.



Call the Manitoba Blue Cross Employee Assistance Program (EAP) for 24/7 support at 1-800-590-5553. EAP can provide confidential counselling tailored to your diverse needs.