



# Feel-Good Friday

Feeling emotionally drained? Try these steps to start feeling refreshed:

**Prioritize Yourself:** You matter! Believing that does not make you selfish. Instead, having a strong sense of self-worth can give you a solid foundation from which to build generosity and acts of kindness. Self-care is critical to your being your best self for those around you. You can be most effective in helping others when you take the time to first be emotionally healthy yourself. You also set a great example for others when you show them the importance of self-care.

**Take a Brief Break When Feeling Overwhelmed:** Set a 5 or 10-minute timer and stretch your muscles as you stand and move around your room or outside, if possible. Give your mind a chance to wander away from work or required tasks, knowing that you can return with greater focus after the timer sounds.

**Schedule a Time for Yourself:** If your days feel too full already, consider intentionally waking up 15 minutes earlier or going to sleep 15 minutes later in order to take time to focus on something that refreshes you.

**Consider What You Enjoy:** Keep a running list in a notebook or on your phone of what you would like to do, read, or watch, and star the ones that you can do in 15-minute increments or less.

**Add Some Fun to your Routine:**

- Listen to music or an audio book while doing daily tasks that require more physical than cognitive effort.
- Call a friend to catch up while doing laundry.
- Open a window or do some of your work (or eat a meal) outside on a sunny day.
- Dance your way from room to room to add joyful silliness to your day.

## You Can Refill Your Emotional Reserves

To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying "Feel Good" to [emotional-wellness-no-reply@tricityfamilyservices.org](mailto:emotional-wellness-no-reply@tricityfamilyservices.org)