

5 Microsteps to Help You Get Through Your Workday



The last two years have challenged us in ways we never thought possible. During these extremely stressful and difficult times, it is critical that you make taking care of yourself a priority. If you're not well, it makes everything else in your life much harder to do. Be selfish, put yourself first, and make/take the time for self-care. Here are 5 small "microsteps" you can do during your workday to help support your well-being.

1

Take deep breaths

Deep breathing has an immediate calming effect and can greatly reduce stress and anxiety. In between patients or while washing your hands, take a moment to focus on your breath. Take 3-5 deep breaths, breathing in for 5 and out for 5 seconds. During these brief pauses, acknowledge that you are doing your best and appreciate yourself for all that you have done.

2

Think of 3 good things

It's easy to focus on everything that isn't going well. Recognizing the good in life can help keep things in perspective and increase positivity. Take a moment to think of 3 things you are grateful for in the present moment.

3

Make your breaks count

Breaks are essential for preserving your strength and stamina. Prioritize taking breaks and really use them to recharge and refresh instead of checking your email or phone. Take a moment to close your eyes, do some stretching, or get outside for some fresh air if possible. A short walk outdoors can really help you recharge.

4

Fuel your body

Your body needs fuel to stay energized and not burn out. Try to give your body what it really needs instead of what you may be craving. Be sure to drink lots of water, especially because wearing PPE for extended periods can be warming and dehydrating. Keep healthy snacks like fruit and nuts, trail mix, or low-sugar protein bars at the ready.

5

Check in with someone

Social support is crucial right now. Connecting with a trusted co-worker, even if just for a moment, can be grounding and supportive. Find brief moments throughout the day to connect with others. Don't be shy to ask them how they are doing and offer support.

See the back page of this sheet for more resources to support your health and well-being.

MENTAL HEALTH & WELL-BEING RESOURCES

Employee Assistance Program (EAP)

Please don't be afraid to reach out for support. If you need to talk to someone, EAP has trained professionals you can speak to, free and confidentially. kp.org/eap

KP Mental Health Training

Learn about mental health and mental health conditions, help create an inclusive and psychologically safe workplace, and reduce stigma.

Self-Care to Prevent Burnout

Burnout is the result of ongoing emotional, physical, and mental stress, causing you to feel overwhelmed, emotionally drained, and disengaged. During difficult times, it's critical to take care of yourself. Learn simple **self-care strategies** that can help.

Connect with Others

Reaching out and connecting with others is essential during this time. We have resources to help you stay in touch and connect with fellow KP employees, including **weekly well-being drop in calls**.

Crisis Support Resources

- If you are in crisis and need immediate support, please text **HOME** to **741741** to reach a crisis counselor.
- Call the **National Suicide Prevention Lifeline** at **1-800-273-8255** if you or someone you know is thinking about suicide.
- If you are needing social support, such as food assistance, housing, or other needs, please visit kp.org/socialhealth.

Mindfulness Resources

Mindfulness and meditation have been shown to have an immediate calming effect by greatly reducing stress and anxiety, and it takes only a minute. Explore **digital self-care apps** (Calm and myStrength) from kp.org for a variety of guided meditations, or visit the **MindfulHub** to join guided mindfulness sessions with colleagues across Kaiser Permanente.

Mental Health Advocate Network

Mental Health Advocates are KP employees who understand that mental health is a part of overall health and well-being, are passionate about supporting mental health for others, and strive to create a stigma-free workplace at KP.

Workforce Well-Being

Comprehensive programs and resources to support you to live well in body, mind, and spirit. kp.org/healthyworkforce

You can access the above resources by visiting kp.org/hr/rise&renew or using this QR code.

