

The Truth About Self-Care

Empower Your Wellbeing with National EAP

What is Self-Care?

Self-care is not a luxury—it's a necessity. It's about taking intentional steps to protect and enhance your health and wellbeing, mentally, physically, and emotionally.

Everyday Self-Care That Works Anywhere:



Box Breathing (4-4-4 technique)

A simple breathing exercise to reduce stress and refocus. Inhale for 4 seconds, hold for 4, exhale for 4, then repeat. It's a quick reset for your mind and body.



Body Scans

Gently bring awareness to different areas of your body, releasing tension as you go. A great way to ground yourself and tune into how you're feeling.



Mental Vacations (visualization)

Close your eyes and imagine a peaceful place. Whether it's a beach or a quiet forest, taking a mental break can calm your mind and boost your mood.



Short walks, stretching, hydration

Movement and hydration are powerful mood boosters. Even a five-minute stretch or sip of water can refresh your energy and clarity.



Journaling & Mantras

Write down your thoughts to clear mental clutter, or repeat a positive phrase (like "I am enough") to build confidence and calm.



Gratitude & Letting Go

Focus on what's going well and release what you can't control. Practicing gratitude shifts your mindset and invites more peace into your day.

Common Myths – Busted!

- Self-care is selfish
- It's only for people with lots of time
- It means the same for everyone
- If I need self-care, something's wrong with me

The Truth:

Self-care is essential for living well—and everyone deserves it.

How to Break Through:

- Recognize your needs
- Practice self-compassion
- Shift your mindset
- Start small—consistency matters

Remember: Practice Makes Progress

You don't have to do it alone. National EAP is here to support your self-care journey.

