

Need a Break?

NC Positive Charge Initiative ★ www.NCcommunityAIDSfund.org

Resources for Access Coordinators – Self-Care

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We're trying to help people be healthier...*and that includes you.* Take a break when you need it. If you don't feel well you can't help someone else.

Here are some easy ways to take a few minutes to slow down, take care of yourself and put things in perspective before you move on to the next client.

1. Get up and take a walk around the block – leave work behind (if only for a few minutes). If you can't go outside, walk up and down the stairs or through the halls.
2. Instead of having a cigarette grab a bottle of bubbles and go outside. Not only will it make you smile, but it will make everyone else who sees them smile, too.
3. Close your eyes and meditate or just sit quietly for five minutes. Put a "do no disturb" sign in your door or desk so people won't interrupt you.
4. Talk with a co-worker or supervisor about the problem you're working on. They may have a different perspective that will help you, might know of a resource to help solve the problem, or can just listen while you talk out the problem.
5. Grab a coloring book and some crayons - be a kid for a few minutes.
6. Get professional help. While our friends, family, and prayer can help, oftentimes we need to talk with a professional (like a therapist, counselor, or psychiatrist) on a regular basis who can help us work through our problems and stress.
7. Do some stretches at your desk. Check out the easy stretching ideas.
<http://www.mayoclinic.com/health/stretching/WL00030>
<http://www.cbsnews.com/stories/2010/01/21/earlyshow/health/main6123419.shtml>
8. Go for a picnic. Instead of eating lunch at your desk, take it outside and enjoy the sunlight, the breeze, the fresh air.
9. Listen to a good song. Put some headphones on and let the music take you away.
10. Play a game on your computer or cell phone – you can get out your stress and anger through some games or just let your mind drift off with others.

Keep things in perspective. Remember that you are not alone in this work and you cannot solve all of someone's problems, nor are you expected to.