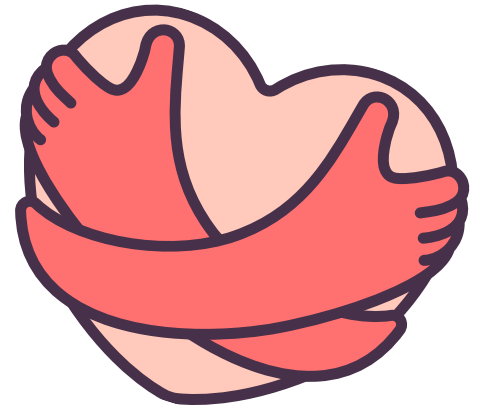


Self-Care to Prevent Illness

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Taking care of yourself might look like...

- Listening to your body: notice your stress levels, tightness, tiredness, or tension.
- Managing stress levels.
- Saying “no” to extra responsibilities.
- Managing your time well.
- Finding outlets.
- Reaching out for support.
- Asking for help.



Not taking care of yourself might look like...

- Not eating & sleeping regularly.
- Not asking for what you need.
- Not practicing self-compassion.
- Ignoring your limits, over-scheduling, not taking breaks.
- Not setting boundaries with yourself and others.



Who to ask for help?

- People you trust.
- CAPS/SMTD CAPS Embedded Counselor
- UHC
- Wolverine Wellness
- SMTD Wellness Program