

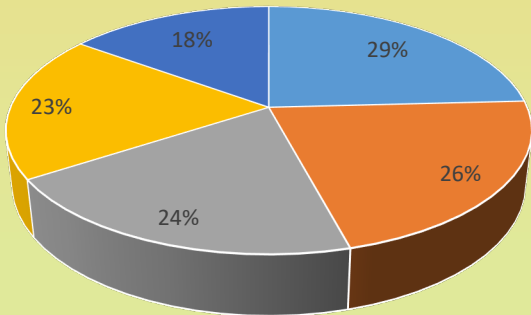


Why is Self-Care important in the workplace?

61% of employees are burned out on the job. (CareerBuilder)

The top five stress symptoms causing missed work days (CareerBuilder)

Stress Symptoms Causing Missed Work



- Fatigue
- Sleeplessness
- Aches and Pains
- High Anxiety
- Weight Gain

38% of wellness program participants said it helped them take fewer sick days. (HealthMine)

What an Effective Self-Care and Wellness Program Can Do...

- 61% of employees agree that they've made healthier lifestyle choices because of their company's wellness program. (Aflac)
- 62% of workplace wellness program participants said it helped them lower their healthcare costs. (HealthMine)
- Employees that participate in workplace wellness programs are more satisfied in their jobs (70%) than those who don't participate in their companies' programs. (Aflac)



- 91% of workers at companies led by leaders that support well-being efforts say they feel motivated to do their best at their jobs. (American Psychological Association)
- Of employers offering wellness programs, 67% reported increased employee satisfaction, 66% reported increased productivity, 63% reported increased financial sustainability and growth, and 50% reported decreased absenteeism. (IFEBP)



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HOLISTIC EMPLOYEE WELLNESS PROGRAM

Daily Self-Care Techniques for Mental Wellness and Stress Reduction

Self-Care for Resilience

Express Gratitude: Expressing gratitude to co-workers, friends and family triggers our brains to release the same feel-good chemicals as pleasurable activities like exercising and eating do.

Organize/improve your workstation/office: A clean, organized workspace has been linked to higher levels of productivity and mental clarity.

Try a walking meeting: Do you need to have a 5-10 minute meeting with a co-worker or supervisor? Consider taking a walk around the building while you talk. A change of scenery and fresh air can energize you and reduce stress.



Create a to-do list for work or home: Organizing your thoughts or tasks can allow you focus on the smaller tasks rather than focusing on a daunting project or busy day at work.

Yoga or stretching: Practice Yoga in your office. It doesn't need to be a defined Yoga pose, take a moment and slowly stretch your muscles and joints.

Progressive Muscle Relaxation: Progressive muscle relaxation involves relaxing all the muscles in your body, group by group. Practice tightening and relaxing each muscle group, starting with your forehead and moving down to your toes.



Breathing exercises:

- Breathe in through your nose and watch your belly fill with air. Count slowly to three as you inhale. Hold for one second and then slowly breathe out through your nose as you count to three again.
- Breathe in through your nose and imagine that you're inhaling peaceful, calm air. Imagine that air spreading throughout your body. As you exhale, imagine that you're breathing out stress and tension.



Meditation: Meditation brings short-term stress relief as well as lasting stress management benefits. You might develop a mantra that you repeat in your mind as you take slow deep breaths. Or, you might take a few minutes to practice mindfulness, which involves being in the moment.

Watch/Listen to something that make you laugh or smile: Watch a short funny animals video online. Listen to a song that makes you smile. Disconnecting from a task that you are stuck on or is causing you stress can allow you to return with a fresh perspective.



Guided Imagery: Simply close your eyes for a minute and walk yourself through a peaceful scene. Think about all the sensory experiences you'd engage in and allow yourself to feel as though you're really there.