TAKING A MOMENT FOR SELF-CARE CAN HELP YOU STAY EFFECTIVE AND CALM ON THE JOB.

Ground Yourself

Do a quick scan of your body and notice the air around you and any surfaces you are touching. If possible, close your eyes and focus on the sensations, textures, and temperatures.

THE SCIENCE BEHIND WHY THIS WORKS

When we are overwhelmed and stressed, we can disconnect from the world around us. By focusing on our physical surroundings, we can become more attuned to details and recognize the good, the pleasant, and the neutral in addition to the negative. This allows us to make a more balanced assessment of our environment, which we can carry into each situation we face.