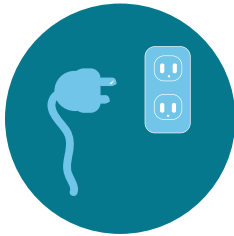


REMEMBER TO PRACTICE YOUR OWN SELF-CARE

It's also important to practice what we preach, by modeling the healthy behaviors we want our students to cultivate. Faculty have suggested:



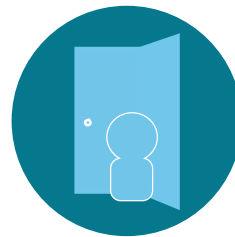
It's OK to not always be available. You cannot and do not need to operate as a 24-hour help desk. Take the time you need to re-charge and preserve your own creativity and autonomy.



Say "no" and set boundaries when needed. Pause and reflect before responding to a request and discern when to say yes and when to say no. Both can be done with heart. It is possible to say "no" in ways that still show care of others.



Prioritize your own well-being. Take the time you need to eat nutritious foods, exercise, play, rest, reflect, stretch, and grow in your life.



Take a 10-minute sabbatical every day. Reflect on what sustains you. Honor your own solitude and silence. Take a break from your devices and experience nature and connect to the world beyond yourself and your work.

If you are feeling down or stressed, find out what benefits and services are available through Tulane's Employee Assistance Program. Services may include individual counseling, couples and family counseling, professional coaching, emotional intelligence coaching, and wellness presentations to teams, departments, and workgroups.