



How do you recharge?

Recharging is a way of life these days. Every day we recharge our phones, tablets and other devices that help us manage our lives.

But what about recharging yourself? You can't use a plug or cable for that. You need to find ways that work for you.

Hitting the wall

Many times, we don't even realize we need to take a break. Life can be so busy that we ignore red flags saying we're "low on battery" — or exhausted.

What to look for

Is feeling overdone your new norm? Do you:

- Work all week and then complete more tiring work or tasks on your days off?
- Find yourself working late into the night — and still have more to do?
- Spend so much time doing things for everyone else that there's little or no time left for you?
- Keep going no matter what?

How to rev up again

Time to recharge? Here are some tips:

- Set aside time just for you — and enforce it. Read, watch TV or do anything else that relaxes you.
- Spend time in nature getting fresh air.

- Engage in joyful movement, such as walking, hiking, yoga or any activity that feels good to you.
- Prioritize your relationships.
- Practice mindfulness or meditation.
- Use rituals, such as a wind-down routine at the end of the day.
- Learn to say "no" when saying "yes" is not good for you.

Remember you're human. Humans need to pay attention to their "low battery" signals and find ways to recharge.

Why not take a moment now to think about one new way you can recharge? Make a plan to work it into your schedule. After a while, see if you feel happier and more effective.

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