

Listen to a song  
that makes  
you feel good

Eat a piece  
of fruit

Drink a glass of  
water

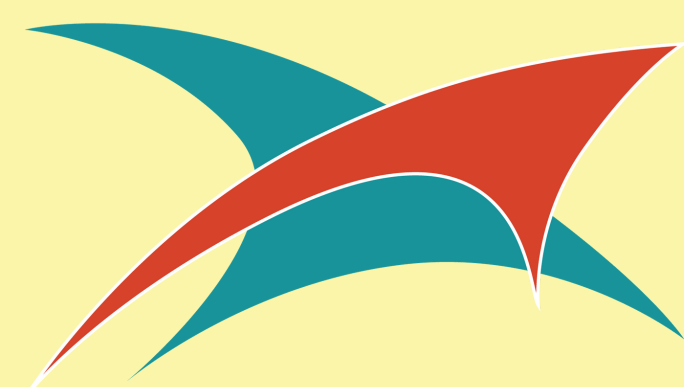
# 5 MINUTE SELF CARE

Inhale deeply and  
slowly and exhale  
slowly and fully  
x 3

Reflect on three  
good things that  
happened today

Notice and  
reframe negative  
self talk

Seirbhís Chúnaimh  
d'Fhostaithe na Státseirbhíse



Civil Service Employee  
Assistance Service