



# How to care for yourself as you care for others

In difficult times, the best way to stay resilient is to care for yourself. Use these reminders to consider your own needs and make yourself a priority.



Fuel your body with sensible, nutritious food.

Resource: Sign up for the [Healthy Duke Recipe of the Day](#)



Keep moving. Exercise regularly. And give yourself adequate sleep.

Resource: [Take Ten program](#) to energize your work day



Be aware of your stress level. Take breaks. Set limits. Protect your mental and emotional well-being with relaxation techniques. Use our support resources if you need to strengthen your natural resilience.

Resource: Check out this collection of [free meditations](#) from across Duke



Stay connected to the world. Though we're physically distancing, nurture relationships with phone calls and virtual gatherings. And take part in activities unrelated to work.

Resource: [5 ways to stay connected](#) while social distancing



Remember your "why." Think about what really engages, motivates and inspires you, and keep returning to that purpose as a source of energy.

Resource: Need inspiration? Here's [a story](#) of someone taking what he loves and sharing it with others

**Thank you for everything you do to support our patients, their loved ones and each other.**

**That all starts with caring for yourself.**

Want to share well-being tips of your own?

Email us at [BeWell@duke.edu](mailto:BeWell@duke.edu)



Scan this code to visit a collection of well-being resources or visit us on the intranet

