

CARING FOR YOU



SELF-CARE SUGGESTIONS



BE AWARE

Be upfront about how you're doing. Despite your best efforts, you may find yourself experiencing symptoms or signs of stress.

Signs of Stress

Irritation or Anger	Trouble Concentrating
Anxious/Nervous	Sad or Depressed
Overwhelmed	Lack of Motivation
Lack of Energy	Feeling Uncertain
Trouble Sleeping	Denial

Work-Related Factors

Concern of Exposure
Personal & Family Needs
Managing New Duties
Guilt
Adapting to New Processes/ Technologies/Work space

BE ENGAGED

Here are some ways to take care of you, to de-stress.

Body

Sleep
Physical Activity/Exercise
Eating Healthy
Avoid Tobacco/Alcohol/Drugs
Relax & Recharge

Mind

Purpose
Routine
Stay busy
Limit Media
Positive Thoughts
Remember You Matter

Spirit

Draw on Your Belief System
Set Priorities
Make Connections
Support Others

GET HELP

When these signs and symptoms last for several days, make you miserable, or cause problems in your daily life, it's time to ask for help.

Employee Assistance Program (EAP)

Deer Oaks EAP Services	
Phone Number	866-327-2400
Website	deeroakseap.com
User & Password	NCAOC

North Carolina Resources

NC 2-1-1	Simply Dial 2-1-1
NC HopeLine	877-235-4525

National Suicide Prevention Lifeline

800-273-8255

juno.nccourts.org/human-resources/employee-assistance-program