

Oregon Military Department Winter Flyer

Adjutant General Personnel

Self-Care is Important For Everyone

Self-care includes activities to better deal with life's everyday stressors. It is helpful for individuals to take time for themselves to do what they enjoy to decompress. If stress is left unchecked for too long and with too little self-care, concerns like high blood pressure, heart disease, diabetes, and more become a concern. Including a consistent stream of self-care can: help you relax; foster resilience; boost self-esteem; minimizes burnout risk; reduce stress and anxiety; improve your mental health; and promote healthier relationships. Consider the advice you would give to another respected colleague and then follow the advice yourself!

Reminder:

If there are hazardous conditions or inclement weather that interferes with normal agency operations, refer to your supervisor for direction.

Additional Information:

[DAS Policy 60.015.01](#)

[Building Closure Information](#)



Employee Assistance Program

If you're struggling with a work or family issue, free confidential help is just a call away. PEBB contracts with [Cascade Centers](#), Inc., to offer EAP services to agencies and employees and provides professional counselors who can guide you over the phone or in office visits. If you need someone to listen, call:

Toll Free (800) 433-2320

Portland (503) 639-3009

Salem (503) 588-0777