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| Facebook/Linkedin  | Twitter - 9 |
| Sunday, May 1 - 8 |  |
| For Mental Health Awareness Month this May, the SafeHaven program is sharing self-care and stress management tips for clinicians — to help you take ownership of your own health and well-being. #SafeHavenMHAM | For #MentalHealthAwarenessMonth this May, SafeHaven is sharing self-care & stress management tips for clinicians — to help you take ownership of your own health & well-being. #SafeHavenMHAM |
| Monday, May 2 - 10 |  |
| Tap into your creative side with painting or woodworking. Read a good book. Cook your favorite meal. Watch a movie. Try a new restaurant. Get out your guitar. Dance. Sing. Big or small, it all counts. #SafeHavenMHAM | Tap into your creative side w/ painting or woodworking. Read a good book. Cook your favorite meal. Watch a movie. Get out your guitar. Dance. Sing. Big or small, it all counts. #SafeHavenMHAM |
| Tuesday, May 3 - 11 |  |
| The American Psychological Association recommends mindful breathing to help physicians calm down and improve their concentration. #SafeHavenMHAM | The @APA recommends mindful breathing to help physicians calm down and improve their concentration. #SafeHavenMHAM #MHAM |
| Wednesday, May 4 - 10 |  |
| Don’t know where to start? Download the Calm app and sign up for the free trial to get guided mediations and more. #SafeHavenMHAM | Don’t know where to start? Download the @Calm app and sign up for the free trial to get guided mediations and more. #SafeHavenMHAM #MHAM |
| Thursday, May 5 - 11 | 10 |
| Every day, think of at least one thing you’re thankful for — and why. Do this when you wake up or reflect on it before bed. Get serious with a written gratitude journal or use an app like Delightful. <https://bit.ly/3uR9lPb> #SafeHavenMHAM | Every day, think of at least one thing you’re thankful for. Do this when you wake up or reflect on it before bed. Get serious w/ a written gratitude journal or use an app like @delightful\_app. <https://bit.ly/3uR9lPb> #SafeHavenMHAM |
| Friday, May 6 – 10  |  |
| This goes hand in hand with recognizing your limitations. Give yourself permission to say “no.” Personally and professionally it has been a hectic, stressful time — for a long time. #SafeHavenMHAM | This goes hand in hand with recognizing your limitations. Give yourself permission to say “no.” It has been a hectic, stressful time — for a long time. #SafeHavenMHAM #MHAM |
| Saturday, May 7 - 9 |  |
| Physician burnout is a real risk. Get more of the help you need now. Sign up for the American Medical Association’s Burnout Management Tip of the Week: <https://bit.ly/3DCJ774> – or check out the AMA STEPS ForwardTM toolkit “Stress First Aid for Health Care Professionals” at <https://bit.ly/3KcazuJ>. #SafeHavenMHAM | Get more of the help you need now. Sign up for the AMA’s Burnout Management Tip of the Week: <https://bit.ly/3DCJ774> – or check out the AMA STEPS ForwardTM toolkit “Stress First Aid for Health Care Professionals” at <https://bit.ly/3KcazuJ>. #SafeHavenMHAM |
| Sunday, May 8 - 9 |  |
| Gather a group. Plan a date night. Play a family board game. Whether in person or via video, spending time with family and friends is essential to your health and happiness. #SafeHavenMHAM | Gather a group. Plan a date night. Play a family board game. Whether in person or via video, spending time with family and friends is essential to your health and happiness. #MHAM #SafeHavenMHAM |
| Monday, May 9 - 11 |  |
| Be willing to give yourself what you need. Skip the errand, reschedule the meeting, or order take-out with no judgment. Watch the birds. Read with your child. Take a shower. Walk your dog. Do you. <https://bit.ly/3K8hS6x> #SafeHavenMHAM | Be willing to give yourself what you need. Skip the errand, reschedule the meeting, or order take-out with no judgment. Watch the birds. Read with your child. Walk your dog. Do you. <https://bit.ly/3K8hS6x> #MHAM #SafeHavenMHAM  |
| Tuesday, May 10 - 10 |  |
| Skip late-day caffeine to set yourself up for success. Shut off blue-light screens 2-3 hours before bed. Turn down the thermostat. Try a sound machine. #SafeHavenMHAM | Skip late-day caffeine to set yourself up for success. Shut off blue-light screens 2-3 hours before bed. Turn down the thermostat. Try a sound machine. #SafeHavenMHAM #MHAM |
| Wednesday, May 11 - 11 |  |
| Go for a brisk walk. Take a few laps up and down the stairs. Do jumping jacks in your office or break room. Pop on your earbuds and dance. #SafeHavenMHAM  | Go for a brisk walk. Take a few laps up and down the stairs. Do jumping jacks in your office or break room. Pop on your earbuds and dance. #SafeHavenMHAM #MHAM |
| Thursday, May 12 - 10 | 10 |
| Make a list — and use it. Add ideas you’re willing to try, then experiment with those approaches. Track what works and when it works. Repeat the good and keep trying new things! <https://bit.ly/35GgB7Q> #SafeHavenMHAM | Make a list — and use it. Add ideas you’re willing to try, then experiment with those approaches. Track what works and when it works. Repeat the good and keep trying new things! <https://bit.ly/35GgB7Q> #SafeHavenMHAM |
| Friday, May 13 - 11 |  |
| Stay focused. If you get these 3 things done, great — you’ve had a successful day! If you don’t, recognize your progress and know you spent your day focused on what was most important to you. #SafeHavenMHAM | Stay focused. If you get these 3 things done, great — you’ve had a successful day! If you don’t, recognize your progress and know you spent your day focused on what was most important to you. #SafeHavenMHAM |
| Saturday, May 14 - 9 |  |
| Prescribe yourself some giggles, a few chuckles, and a good belly laugh to fight stress, soothe tension, and boost your mood. Collect jokes, scroll funny TikToks, stream a comedy, or challenge yourself to find the humor in a stressful situation. #SafeHavenMHAM | Prescribe yourself some giggles, a few chuckles, & a good belly laugh to fight stress, soothe tension, & boost your mood. Collect jokes, scroll funny TikToks, stream a comedy, or challenge yourself to find the humor in a stressful situation. #SafeHavenMHAM |
| Sunday, May 15 - 8 |  |
| Excessive social media use can add to anxiety and negative emotions, including feelings of inadequacy. Spending hours on screens can fuel depression. Screen time before bed can also lead to sleep disruption. #SafeHavenMHAM | Excessive social media use can add to anxiety and negative emotions, including feelings of inadequacy. Spending hours on screens can fuel depression. Screen time before bed can also lead to sleep disruption. #SafeHavenMHAM |
| Monday, May 16 - 10 |  |
| Try progressive muscle relaxation. Get comfortable. Anywhere works — sit in a chair, lie on the floor, or climb into bed. Tighten and release each muscle group, one at a time, from your forehead to your toes. Tighten for 15 seconds and release for 30. <https://bit.ly/3udwkoB> #SafeHavenMHAM | Try progressive muscle relaxation. Get comfortable. Anywhere works — sit in a chair, lie on the floor, or climb into bed. Tighten and release each muscle group, one at a time, from your forehead to your toes. Tighten for 15 seconds and release for 30. <https://bit.ly/3udwkoB> #SafeHavenMHAM |
| Tuesday, May 17 - 11 |  |
| Get the help you need. The long shifts, trauma, and chronic stress unique to physicians and PAs can feel overwhelming. Don’t ignore the signs of their effects on your mental health, like irritability and isolation. Reach out for confidential support through MSV’s SafeHaven program. <https://bit.ly/34FHp7W> #SafeHavenMHAM | Get the help you need. The long shifts, trauma, & chronic stress unique to physicians & PAs can feel overwhelming. Reach out for confidential support through MSV’s SafeHaven program. <https://bit.ly/34FHp7W> #SafeHavenMHAM |
| Wednesday, May 18 - 10 |  |
| On your break, grab a few winks in your office, car, or a nap room. Shift workers swear by a “caffeine nap”: Drink caffeine immediately prior to snoozing so it kicks in when you wake up. #SafeHavenMHAM | On your break, grab a few winks in your office, car, or a nap room. Shift workers swear by a “caffeine nap”: Drink caffeine immediately prior to snoozing so it kicks in when you wake up. #SafeHavenMHAM |
| Thursday, May 19 - 11 | 10 |
| Be compassionate and understanding with yourself, like you would with a friend. Listen, acknowledge, and let the negative thoughts go without judgment. @headspace <https://bit.ly/3r5cgCP> #SafeHavenMHAM | Be compassionate & understanding with yourself, like you would with a friend. Listen, acknowledge, and let the negative thoughts go without judgment. @headspace <https://bit.ly/3r5cgCP> #SafeHavenMHAM |
| Friday, May 20 - 10 |  |
| Being more in control will improve your mood and productivity while reducing stress and anxiety. Take a look at these 11 ways to stop procrastinating from Mindful. <https://bit.ly/3Koxfba> #SafeHavenMHAM | Being more in control will improve your mood and productivity while reducing stress and anxiety. Take a look at these 11 ways to stop procrastinating from @mindfulonline. <https://bit.ly/3Koxfba> #SafeHavenMHAM |
| Saturday, May 21 - 9 |  |
| When stress has you in its grip, stretching can relieve muscle tension. Common stress-impacted areas include your neck, shoulders, and lower back. For best results, hold a stretch for 30 seconds and don’t bounce. #SafeHavenMHAM | When stress has you in its grip, stretching can relieve muscle tension. Common stress-impacted areas include your neck, shoulders, and lower back. For best results, hold a stretch for 30 seconds and don’t bounce. #SafeHavenMHAM |
| Sunday, May 22 – 9 - 9 |  |
| Humans need touch, which has a powerful, calming effect. It reduces stress, boosts your mood, and impacts physical, mental, and emotional health. #SafeHavenMHAM | Humans need touch, which has a powerful, calming effect. It reduces stress, boosts your mood, and impacts physical, mental, and emotional health. #SafeHavenMHAM #MHAM |
| Monday, May 23 - 11 |  |
| Shift your mood with music. To relax, try something slow. To uplevel your energy, choose a song you can really groove to. Music makes you feel good — thanks to the healthy dose of dopamine you get from the tunes. #SafeHavenMHAM  | Shift your mood w/ music. To relax, try something slow. To uplevel your energy, choose a song you can really groove to. Music makes you feel good — thanks to the healthy dose of dopamine you get from the tunes. #SafeHavenMHAM |
| Tuesday, May 24 - 10 |  |
| You can’t take care of patients if you’re not taking care of you. Stay healthy so you can be your best for yourself and your patients. #SafeHavenMHAM | You can’t take care of patients if you’re not taking care of you. Stay healthy so you can be your best for yourself and your patients. #SafeHavenMHAM #MHAM |
| Wednesday, May 25 - 11 |  |
| Find trusted peers to swap advice and experiences — including venting about your challenges and frustrations. Connect with friends who add to your life, through shared interests, new perspectives, or just plain fun. #SafeHavenMHAM | Find trusted peers to swap advice and experiences — including venting about your challenges and frustrations. Connect with friends who add to your life, through shared interests, new perspectives, or just plain fun. #SafeHavenMHAM |
| Thursday, May 26 - 10 | 10 |
| Tune into your truths and shape how you show up in life. Appreciate your strengths. Be positive about yourself. Celebrate your uniqueness. Forgive yourself. Let go of comparisons. #SafeHavenMHAM | Tune into your truths & shape how you show up in life. Appreciate your strengths. Be positive about yourself. Celebrate your uniqueness. Forgive yourself. Let go of comparisons. #SafeHavenMHAM |
| Friday, May 27 - 11 |  |
| Hire out chores like mowing the lawn. Step away from committees or volunteer roles that aren’t meaningful or rewarding. Try a meal delivery service. More time = less stress = a happier you! #SafeHavenMHAM | Hire out chores like mowing the lawn. Step away from committees or volunteer roles that aren’t meaningful or rewarding. Try a meal delivery service. More time = less stress = a happier you! #SafeHavenMHAM |
| Saturday, May 28 - 9 |  |
| A healthy, balanced diet is a strong weapon against stress. Load up on whole grains, salmon, dark-green leafy vegetables, beef, nuts, yogurt, romaine lettuce, and legumes like chickpeas and edamame. #SafeHavenMHAM | A healthy, balanced diet is a strong weapon against stress. Load up on whole grains, salmon, dark-green leafy vegetables, beef, nuts, yogurt, romaine lettuce, & legumes like chickpeas and edamame. #SafeHavenMHAM |
| Sunday, May 29 - 8 |  |
| If you’re exhausted at the end of every day, chances are you’re spending more time on “depleting” activities and not enough time on “nurturing” ones. Getting this ratio in balance boosts your energy, reduces stress, and even improves your sleep. Learn the technique from @Headspace. #SafeHavenMHAM | If you’re exhausted at the end of every day, chances are you’re spending more time on “depleting” activities and not enough time on “nurturing” ones. Getting this ratio in balance boosts your energy, reduces stress, and even improves your sleep. Learn the technique from @Headspace. #SafeHavenMHAM |
| Monday, May 30 - 10 |  |
| Engage with life. Show up for yourself and for others. Stay focused on the moment you’re in — without distraction or getting lost in thought in your own head. Whether you’re gardening, washing dishes, or having a conversation, be all-in. <https://bit.ly/3LPBLQj> #SafeHavenMHAM | Engage with life. Show up for yourself and for others. Stay focused on the moment you’re in — without distraction or getting lost in thought in your own head. Whether you’re gardening, washing dishes, or having a conversation, be all-in. <https://bit.ly/3LPBLQj> #SafeHavenMHAM |
| Tuesday, May 31 - 11 |  |
| That’s a wrap on the MSV SafeHaven program’s 31 posts for Mental Health Awareness Month. But don’t stop here. We hope you’ll use what you learned to put yourself first every day of the year! After all, you can’t take care of patients if you aren’t taking care of YOU. #SafeHavenMHAM | That’s a wrap on the MSV SafeHaven program’s 31 posts for Mental Health Awareness Month. But don’t stop here. We hope you’ll use what you learned to put yourself first every day of the year! After all, you can’t take care of patients if you aren’t taking care of YOU. #SafeHavenMHAM |