

STAYING

SAFE

SOUND

SANE


STRATEGIES FOR  
MAINTAINING  
MENTAL AND PHYSICAL  
HEALTH,  
ON AND OFF THE BENCH

EMILY CHAFA, RETIRED ALJ, STATE OF IOWA

# BASICS FOR EVERYDAY WELLNESS

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- Breathe (deeply, fully, throughout the day)
- Sleep (at least 6-8 hours per night)
- Move (in nature as much as possible)
- Fuel (eat wisely throughout the day)
- Water (drink throughout the day)
- Focus (mindfulness)
- Digital Detox (put the devices down, several hours per day, one full day a week)



# DAILY HABITS FOR PERSONAL WELLNESS

- One hour for yourself –
  - somehow, someway, somewhere
- 15 minutes – Exercise
- 15 minutes – Housework
- 15 minutes – Hobby
- 15 minutes – Talk to a Friend

# MEDITATION AND MINDFULNESS

- Breathing – three deep breaths, in and out
- Feet grounded
- Shoulders relaxed
- Visualize a peaceful place
- Focus on the task at hand – nothing else
- REPEAT this breathing exercise before and after stressful situations
- REPEAT this breathing exercise several times a day
- REPEAT this breathing exercise before and after every hearing

# IMPORTANCE OF SELF CARE – NOW AND ALWAYS

- Put your own oxygen mask on first
- You can help others best if you care for yourself first
- Remember these basic daily tasks of self care:
- Breathe
- Move
- Sleep
- Fuel (nutritious food) and Water
- Routine/structure, with digital detox built into your day
- Mindfulness and Meditation
- Self compassion
- Human connection

# MORE DAILY TIPS FOR STAYING SAFE AND SOUND AND SANE

- Every day, if possible, take a 20 minute walk, in nature, without devices (no phone or don't look at your phone during the walk)
- Gratitude Journal – Write something in it every day. Expressing gratitude really makes a difference.
- Remember Resiliency: throughout the pandemic, when everything else was cancelled or changed.
- Resiliency was not cancelled. Resiliency is always relevant.
- We can do this. Every day.
- Breathe. Move. Sleep. Eat. Drink. Focus.

REMEMBER...

BLOOM...

TRANSFORM...

BREATHE...

*Just when the caterpillar thought the world was over,*

*it became a butterfly*

