




**“Nurturing and Empowering  
Families to Help Build Stronger  
Communities.”**

***Serving Flagler and Volusia  
Counties***

# **The House Next Door From our House to Yours...**

## **July is Self Care Month**

**July 2022**

[www.thehnd.com](http://www.thehnd.com)

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### **Self Care Tips:**

- Be kind to yourself
- Exercise
- Eat healthy
- Get enough rest
- Listen to music
- Start a skincare routine
- Read
- Call a friend
- Journal
- Drink lots of water
- Get creative
- Start a new hobby
- Meditate
- Play a game



### **Self Care Benefits:**

- Manage stress
- Increase productivity
- Higher self-esteem
- Better immunity
- More positivity
- Rise in emotional intelligence
- Renewed energy
- Better relationships
- Improved physical health
- Less depression
- Enhance creativity
- Improve mood
- Strengthen communication
- Increases self-awareness

July is the month that's all about self care!

Self care is extremely impactful for your mental, physical, spiritual and social health. It's essential that we all practice it in various forms that are best for us. Self care can look different for each person and won't always be the same so it's important to try different things to see what works best for you. It is said that some benefits may include an increase in self-esteem, improved productivity, happier relationships, better sleep, and so much more! Some forms of self care include exercise, getting enough sleep, consuming healthy meals, journaling, listening to music, doing something creative, and many other things. Taking time for yourself can also benefit others. It is also vital that you pay attention to how you talk to yourself. You must try your best to speak to yourself with kindness as you would with someone else. As Jane Travis says, "The relationship with yourself sets the tone for every

other relationship you have." When you're good to yourself, you're also better able to set boundaries that suit more to your standards and therefore are surrounded by other positive individuals. There are many different ways to be kind to yourself. Not only talking to yourself a certain way but also things like celebrating small wins. These types of self care methods also help within the workplace.



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**The House Next Door**  
**Family Foundation**

Established in 2002, governed by local leaders, committed to the preservation of family services at The House Next Door.

Be a part of ensuring a healthy future for our community. Contact Tom Robertson, Foundation President, at [tomrobertsonrai@gmail.com](mailto:tomrobertsonrai@gmail.com) for further information.

## Self Care at the HND

Is there such a thing as self care within the workplace and why is it so essential? Self care is just as important at work as it is at home. In order to be the best version of yourself, it is crucial that you take part in figuring out what self care methods are best for you. It is so essential to our organization that we created what we call a "Wellness Room" in each department where everyone can take a break to relax. It's there so we can help decrease stress levels within the office space. Chief Executive Officer, Jennifer Nadelkov, said "My whole concept with the wellness room is that staff are able to take a 15 minute break whenever they need to either take a walk, color a page, or play a game. We want staff to take breaks throughout the day so they don't burnout." The staff seemed excited for such an idea so I asked our organizations controller, Tavaughn Thomas, on what helps him practice self care at work. He responded with, "When I'm at work, sometimes I'll take a 15 break to walk so I can get away

from the numbers. I also like to take a break to play Pacman so you can have that mental clarity when you come back to work." The wellness room clearly makes a big impact and helps prevent burnout from stress. Of course, we know that everyone must also continue their self care at home too. I talked to Tavaughn about having selfcare both at home and in work to which he responded with, "It's necessary to have health wellness so you can balance personal life and work life. Take time to care for yourself. May not mean a lot right now but it will in the future for the end result." Everyone showcases an array of different methods that help bring them that balance they need and it helps boost productivity. Like how Jennifer loves to ride bikes with son and watch football with her husband or how Tavaughn loves to play basketball with his son. Figure out what works best for you and if you're unsure, you can always try new things to help you figure it out.



Tavaughn Thomas playing Pacman and claiming the high score