

# Tips for Self-Care Staff & Faculty

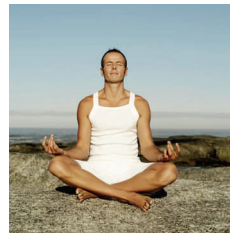
UCF VICTIM SERVICES

## LIVE YOUR LIFE!

- Enjoy nature
- Volunteer time to help others
- Spend time with animals
- Laugh hysterically
- Visit a museum
- Enjoy a festival with friends
- Travel the world
- Write in a journal
- Learn a foreign language
- Enjoy a thrilling theme park
- Take a dance class
- Do... what brings you joy!

## Take Care of Yourself

- **Pay attention to your what your body is telling you.** You can best take action if you are aware of how you are feeling. Start writing in a daily journal—it is your opportunity to document what you are doing, how you are feeling, and what you can do next.
- **Let it all out!** Talk and share your concerns with others. It can help you gain perspective and prevent serious effects of stress later.
- **Exercise.** Physical activity allows us to release tension, while also releasing endorphins that can enhance our mood.
- **Set Limits.** It's okay to say "No." Identify what your responsibilities and actions are, and then accept and assert your limitations.
- **Avoid substance abuse.** Alcohol and drugs only provide temporary relief, but it will most likely increase your stress levels and cause you problems in the long run.
- **Manage your time.** Mastering time management is key to making you feel less stressed.
- **Utilize spiritual resources.** This could include attending religious services, praying meditating, or engaging in any other spiritual activity.
- **Do what makes you happy!** Take the time out to explore new interests and rediscover old ones.



**BREATHE.** Stop and take a moment to take a few deep breaths.

## The Employee Assistance Program

The Employee Assistance Program (EAP) offers covered employees and their family members free and convenient access to a range of confidential and professional services to help them address a variety of problems that can negatively affect workplace performance, such as:

- Anxiety
- Legal and Financial Concerns
- Depression
- Life Improvement
- Family and/ or marriage problems
- Stress
- Grief and bereavement
- Substance abuse

To access services call: 1 800-272-7252

Web Access: [www.horizoncarelink.com](http://www.horizoncarelink.com)



## Healthy Eating

Let's Eat! Is a gourmet meal preparation kitchen offering guests a fast and delicious way to serve creative, nutritious meals while spending time with family.

**Location:** 570 N. Alafaya Trl, Orlando, FL

**Contact:** 407-737-7000/  
[Letseatdinner.com](http://Letseatdinner.com)

**Information:** \$22 per meal, out of freezer. \$169 for Eight Meals



# Massages

**Jo-Ann Fabric and Craft Stores:** Waterford Lakes, 407-273-4003,

- Beginning Level:**
  - Sewing \$25
  - Knitting \$25
  - Crocheting \$25
  - Scrapbooking \$25
  - Floral \$25
- Second Level:**
  - Sewing \$30
  - Crocheting \$75
  - Home Décor Sewing \$60
- Third Level:**
  - Sewing \$75
- Specialty Classes:**
  - Paint \$30
  - Clay \$30
  - Cake Decorating \$50

**Michaels, The Arts and Crafts Store:** Oviedo Market Place, 407-971-9119  
 Wilten Cake Decorating Class \$21.50

**Massage Envy:** Waterford Lakes, 407 903 3689; For 1st time customers—1 hr massage is \$39 and 1.5 hr massage is \$59. Wellness package for \$49 with a 1 hr session each month.

**A Tender Touch:** 9464 E. Colonial Dr, Orlando, FL, 407-482-9888; Light \$50 half hour, Middle Pressure \$60 half hour, Deep Tissue \$70 half hour

**Davidson Massage Therapy:** 3817 N Econ Trl, Orlando, FL, 407-929-2320; \$80 per hour- Swedish Out-Call

**Club Nails and Spa:** 11229 E. Colonial Dr, Orlando, FL , 407-384-8700; \$40 for half hour, \$70 for one hour- 10% discount

**Amici Salon & Spa, Inc.:** 1468 Tuskawilla Road, Winter Springs, FL, Swedish - half hour- \$50, hour- \$80; Neuro Muscule \$60 half hour; hot stone massage- hour and a half -\$125

**Affinity Health and Wellness Center:** 875 N Alafaya Trl, Orlando, FL, 407-381-4040; Hour long- \$65. 1 hour \$39- first hour- Hot stone, Swedish, Upper back, Deep Tissue

## Local Gyms

- Curves:** 10036 University Blvd, Orlando, FL, 407-678-3200; For Women only, \$36.21/ Month, Sign up fee is waived for UCF faculty and staff
- Curves Smart (Personal Coaching):** 13212 E Colonial Dr, Orlando, FL, 407-207-3303; For Women only, \$36.21/ Month, Sign up fee is waived for UCF faculty and staff
- LA Fitness:** Waterford Lakes, 407-380-1526; 199 E Mitchell Hammock Rd, Oviedo, FL, 407-977-8177  
 Yoga, Pilates, Kickboxing, Latin, Aqua and HipHop; \$34.99/Month, Registration Fee Waived
- Red Sun Yoga:** 5965 Red Bug Lake Road, Winter Springs, FL, 321-438-0771; Hatha Basics, Hatha Level I, Hatha Level II, Ashtanga Basics Level I, Ashtanga Level II, \$10/ Class, \$40/ 5 Classes

## Smoothies

- Tropical Smoothie:** 10501 J Blanchard Trl, Orlando, FL , 407-658-1610
- Smoothie King:** 12140 Collegiate Way # 100, Orlando, FL, 407-381-2900; \$1 off coupon in Central Florida Future Newspaper
- Planet Smoothie:** 11565 University Blvd # 2, Orlando, FL, 407-306-0066

## Arts & Entertainment

- Orlando Science Center:** 777 E. Princeton St., Orlando, FL , 407-514-2000; Full Experience Ticket- \$21 for Faculty/Staff
- Orlando Museum of Art:** 2416 N Mills Ave, Orlando, FL , 407-896-4231, \$7 for Faculty and Staff, Thursday 1-4 pm Free

## Counseling

- A New View Counseling Center:** 2461 West State Road 426, Oveido, FL , 407-359-1181
- Integrative Health Psychology, PA:** 6001 Brick Ct. #201, Winter Park, FL, 407-268-6839
- A Touch Above:** 10135 Cheshunt Dr. Orlando, FL , 407-671-7001
- Hughes Counseling Services:** 3361 Rouse Road #130, Orlando, FL , 407-277-2719
- Charlee Family Care Services:** Ste 200, 11875 High Tech Ave, Orlando, FL , 407-273-8444

*"Your first responsibility to all the beings on our planet is to take the very best care of your very own self."*