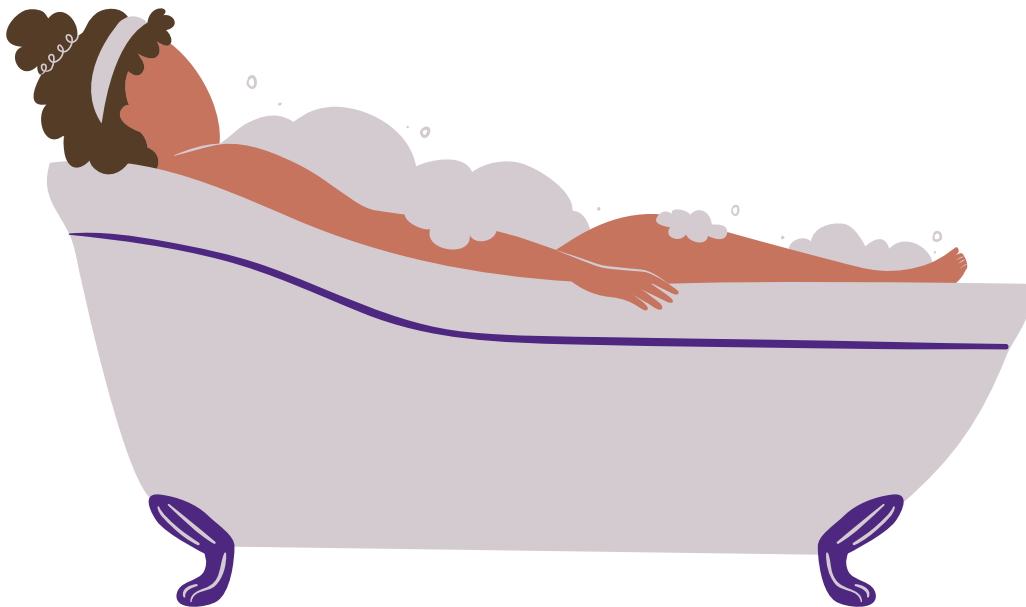# PRACTICING SELF-CARE

PRACTICING SELF-CARE

What does self-care mean?
- Self-care looks different for everyone. Self-care refers to any activity that you do to take care of your mental, emotional, and physical health.
- Self-care is an ongoing process that you should practice as often as you can.
- Prioritizing yourself and health is not selfish. When you take time for yourself to nourish your mind and body, you are taking time to do more for yourself and ultimately for others as well.

PRACTICING SELF-CARE
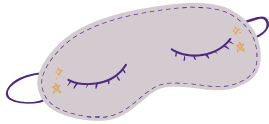
Get enough sleep. It is recommended to get 6-8 hours of sleep a night.

Eat a balanced diet. Find foods that will boost your mood and energy.

Move your body. Even simple stretches can help your body relax.

Create a checklist and prioritize what's important.

PRACTICING SELF–CARE

Spend time with your friends, family, and loved ones. Talk to them if you need support.
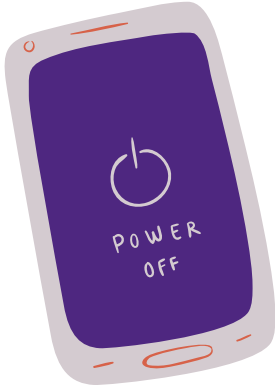
Engage with your hobbies. Taking time to do what you love can be super calming and relaxing.

Declutter your space. Having an organized space will help you focus better.

PRACTICING SELF-CARE

Unplug and turn off your phone for a while. Being "offline" from an extended period of time can be draining and it's okay to take a break.

Keep a journal. Writing or drawing your thoughts and feelings can be really helpful.

Go outside and get some fresh air. Spending time in nature is really therapeutic.

It's okay to say NO. Don't say yes to others if it it means sacrificing your welness.