

WHAT IS SELF CARE?

/,self'ker/

noun

- the practice of taking action to preserve or improve one's own physical, mental and/or spiritual health.
- the practice of taking an active role in **protecting one's own well-being and happiness**, in particular during periods of stress.

"expressing oneself is an essential form of self-care"

IMPORTANCE OF SELF-CARE

- Healthier mental and physical health
- Improved resiliency
- Greater capacity to manage stress
- Greater productivity
- Higher employment satisfaction
- Developed educational attainment
- Healthier, more meaningful relationships
- Increased social cohesion
- **Improved quality of life**



A PERSONAL LIST OF SELF-CARE



- What drains your energy?
- What activities might you want to limit?
- What restores your energy?
- What makes you feel more like your best self?
- What activities bring you joy?

VALUE YOUR SPIRIT, MIND AND BODY

Mental Health	Physical Health	Social Health
7-9 hours of sleep	Exercise 3-5 x's a week	Connect with friends
Meditation	Limit alcohol and other drugs	Connect with family
Time alone for yourself	Include fruits and veggies into your meals	Connection with your community
Positive self-talk	Eat 3 meals a day	Reach out for help
Stress management	Practice single-tasking	Make time for fun
Reading or journaling	Take a shower	Know when to say no
Turn off social media	Put on a face mask	Get off social media
Pray	Do an activity you love	Go into public solo