



SELF-CARE

Life can be busy and stressful, and at times we may feel we have no time to spend on ourselves. Let's shift that belief and begin to see that self-care is a necessity in life!

Benefits of self-care:

- We become more resilient.
- We are better equipped to deal with what occurs in our life.
- We see improvements in our physical health: exercise, diet, and weight management.
- We see improvements in our emotional health, as it allows us time to reconnect to what we are feeling and thinking.
- We gain an improved outlook on our personal value and what we can offer others and most importantly ourselves.
- We can begin to care more deeply for others, as we develop a better understanding of where we end, and the other person begins.

Best way to do self-care:

- Is to plan when to use it: After you drop off the kids at school or activities, first thing in the morning, just before bed, in the bathroom, just after lunch.
- Set up a schedule that works well for you and your life.
- Know what the minimum activity that needs to get done for you to feel good.

Examples: *Your self-care can be as unique as you are from anyone else!*

- Eat whole foods/ drink a healthy beverage/ increase your vegetables/ eat for your body.
- Taking a bath/ relaxing shower.
- Meditation: mindful meditation, guided meditation, and walking meditation.
- Using intentional breath.
- Reading a good or inspiring book.
- Journaling.
- Listening to music/podcast.
- Being creative: artwork, cooking, crafts, landscaping, writing.
- Spending time with friends: in person, on the phone, video conferencing.
- Prayer.
- Change how to talk about yourself.
- Get more sleep: 8 to 10 hours a day is what we should aim for.
- Invest in your personal development: education, self-improvement/coaching, or seminars.
- Find gratitude in your life: with the people you know, the events that occurred, acts of kindness that you gave or were given.
- Workout: improvements can happen with even just 10 minutes a day!