Taking care of your whole self

Making time for yourself is important! Self-care is different for everyone, but it means taking care of all of you – physically, mentally, and socially.

Take our Self-Care Quiz!

	YES	NO
My energy levels are good	○	○
I am up to date with annual wellness and/or dental visits	○	○
I eat well most of the time	○	○
I get a good night sleep most nights	○	○
I have time to relax or be alone	○	○
My stress levels are low	○	○
I feel supported by the people around me	○	○

If you answered "no" to one or more of the above statements, **you probably need some self-care.**

5 Self-Care Ideas (that are totally free!)

1. **Take a walk.**
   Lace up your sneakers and get outside! Drive to a local park and hit the trails with a friend or enjoy time alone.
2. **Do what you enjoy.**
   Read a book, paint, put together a puzzle, or sit down and watch your favorite show.
3. **Meditate.**
   Close your eyes, try to free your mind from any thoughts, and do some deep breathing.
4. **Create a home spa.**
   Take a warm bath while listening to soothing music.
5. **Take a nap.**
   A quick 30-minute snooze is often enough to recharge your batteries!

Remember, self-care isn't selfish.

Try to take time for yourself at least 2-3 times a week.

univera® HEALTHCARE

UN-3284/16635-22M