The importance of taking care of yourself.

What is self-care?

Self-care is any activity that you do deliberately to take care of your mental, emotional, or physical health. Self-care allows us to develop strength in the face of stress.

Self-care is what you do intentionally to maximize your own wellbeing.

Self-care is not selfish! When you make time for yourself, you feel more energetic and will be able to do more for yourself and for others around you.

Weaving moments of self-care throughout your day is more beneficial than grinding through a hard day and leaving the "you" time for later. Make self-care a regular part of your routine.

What is the point of self-care?

- Increases enjoyment in life
- Helps cope with stress
- Boosts self-esteem

Types of self-care:

Physical: sleep, exercise, nutrition
Mental: mindfulness, unplug, self-talk, therapy
Emotional: gratitude, journaling, alone time, nature
Intellectual: learning, reading, hobbies
Social: connect, set boundaries
Financial: budget, save, manage

Steps for self-care:

1. Check-in with yourself. How are you feeling?
2. Make some time for self-care.
3. Find some activities that recharge you.
4. Repeat steps 1-3 regularly.

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UN-3285/16633-22M