

IDEAS FOR SELF-CARE

The Basics:

Try to eat balanced meal, drink plenty of water, and have good night's sleep/rest. Add an activity to help you relax your body such as a bath.



Get Moving:

A 10-15 minute sunny walk can clear your mind, get your blood flowing, and relieve stress.

Reading and Learning:

Setting your mind and attention on something new or something that interests you can help you ease your mind and do something for yourself.



Entertainment:

Find joy and clarity in music, tv, movies, and games. Taking a break to watch, play, or listen can help bring you back to yourself and to what you enjoy to do. Remember do this in moderation.

Meditation:

To calm your body and mind after a busy day or week. Take at least 5 minutes to be still, avoid distractions, minimize noise, and remind yourself of the present and your motivations in life.



Time with Friends:

Spend time with friends who can encourage and support you. They can help remind you of the importance of persistence, motivation, and patience.

Journaling:

Writing and having time to process your thoughts on paper is an emotional outlet and a great way to reflect on your day or week or even about an emotional and tough situation.



Counseling:

When things feel like more than you can handle, consider seeking out a friend or a professional counseling.