

SELF CARE TIPS



PHYSICAL

***Eat balanced, nutritious meals and stay hydrated**

***Savor your morning ritual**

***Take a long bath or shower**

***Engage in regular physical activity**

***Avoid self-medication**

***Go outside, take a walk, focus on nature- tap into your 5 senses**

***Schedule time for yourself**

***Pursue a hobby**

***Practice deep breathing; try a guided meditation**

***Get enough sleep**

(cut off screen time 30-60 minutes before bed, establish a bedtime routine, set phone to night mode, put phone in another room)

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SOCIAL

- *Make time to connect with friends and family
- *Make an effort to connect verbally on screen or in person
 - *Take breaks from news and social media
 - *Avoid “doomscrolling”
 - *Practice random acts of kindness
 - *Engage your support system

EMOTIONAL

- *Tune in- ask yourself “What do I need right now?”
 - *Practice self-compassion, treat yourself gently
(ex: be mindful of your self-talk, question limiting beliefs)
- *Observe, honor and label your feelings and express them in a healthy way
 - *Do a “brain dump”: write down your thoughts, journal, engage in creativity
 - *Focus on “wins,” small or large, write them down
- *Identify sources of stress, what you can and cannot control, problem solve where you can, manage and limit worry time
 - *Practice gratitude, identify things you are grateful for