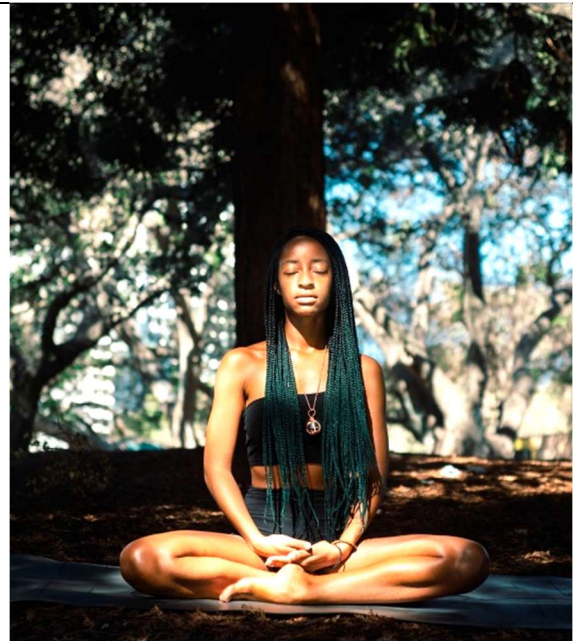


Self-care Resources

What is self-care?

- Self-care is the act of caring for yourself.
- It is different for everyone.
- Self-care needs to be practiced every day.
- It is about doing less and moving away from your to-do list.
- To give more to your loved ones, you must first give to yourself.



Quotes about self-care

Self-care has to be rooted in self-preservation, not just mimosas and spa days.

– Lizzo, singer, writer, musician

Caring for myself is not self-indulgence. It is self-preservation, and that is an act of political warfare.

– Audre Lorde, writer, librarian, Civil Rights activist

12 Self-care Tips to Get You Started

- 1 **Breathe.** While seated or standing, roll us shoulders back, lift your chest. Inhale through your nose and exhale through your nose. Feel your belly move up and down as you breathe slowly. Repeat 5-10 times and see how you feel.
- 2 **Stop and do nothing at least once a day.** Literally sit and do nothing. There is a free tool online to help. Visit donothingfor2minutes.com.
- 3 **Rest.** Rest will improve how you feel. Try to go to sleep at the same time every night and wake up at the same time every morning. The National Sleep Foundation recommends no electronics be used at least 30 minutes before bedtime.
- 4 **Treat yourself.** This is not a reward you give yourself after you complete a task. Treat yourself just because. What is something you enjoy doing? Go do it!
- 5 **Journal.** Write what you are thankful for. Write about your fears. Allow this to be a space to unload what you may be thinking.
- 6 **Move your body.** Try to do some type of physical activity for 60 minutes a day. Start small with just five minutes of movement and add more activity as you are able and as time allows.
- 7 **Connect with your community.** No one can do everything alone. Surround yourself with family and friends who love and support you. If you need help, ask. Asking for help is okay.
- 8 **Laugh.** Laughing can reduce stress. Our bodies do not know whether we are laughing for real or not, so just start laughing. It will make you feel better.
- 9 **Drink water.** Our bodies are made up of 70% water. Drink water to stay healthy. You will have more energy too!
- 10 **Say no.** "No" is a complete sentence. It is okay to say "no". Saying no makes room for yes to things that you really want to do. If you do not believe you can say no, remove something else from your schedule.
- 11 **Practice saying affirmations to yourself.** You can come up with your own or use the ones on the next page to get you started.
- 12 **Eat well.** Eating well-balanced meals that include all the food groups – including whole grains, fruits, vegetables, healthy fats, low-fat or fat-free dairy, and lean protein – can fuel your body.