

# SELF-CARE

Sometimes all you need to do is stop and take 5 minutes to yourself to engage in self-care. Remember, you're more prepared to take care of others when you have taken care of yourself.

## 5 KEYS TO SELF-CARE

### 1. MAKE TIME FOR YOURSELF

It's important that we find the time to intentionally create our own space to recharge and decompress.

### 2. SET BOUNDARIES

Create a routine and a daily schedule...and then stick to it. Try to keep a schedule, and within that schedule, set aside a little time for yourself.

### 3. MOVE YOUR BODY

Any kind of movement is great. Just move your body.

### 4. GET OUTSIDE

Getting fresh air is such an important part of self-care. Stepping outside to feel the sun on your face and taking deep breaths can improve mood, help you sleep and can even improve your focus.

### 5. BE REALISTIC

Set realistic expectations at home and at work. Try to give yourself a little wiggle room. You're doing the best you can.

## 10 SELF-CARE ACTIVITIES THAT YOU CAN DO TODAY

1. Take 5 deep breaths
2. Listen to your favorite song
3. Take a walk
4. Take a shower or a bath
5. Call a friend to catch up
6. Make yourself a warm drink
7. Journal
8. Clean out your car
9. Take a power nap
10. Light a scented candle