

# Self-Care Strategies

Self-care is an important strategy to boost your resilience.  
Take a moment each day to do at least one small thing to take care of yourself.

## Physical



- Drink more water
- Exercise regularly
- Eat healthy foods
- Take a walk
- Get enough sleep
- Put down your phone
- Take a bubble bath or hot shower

## Emotional



- Reach out to friends
- Write down 3 things you are grateful for
- Watch a funny movie
- Listen to your favorite music
- Enjoy your favorite foods
- Ask a trusted friend for support

## Personal



- Use a planner
- Look for ways to find a sense of purpose
- Get coffee or lunch with a friend
- Spend time with friends or family
- Learn something new
- Communicate your needs
- Prepare the night before



## Psychological

- Keep a reflective journal
- Engage in a non-work hobby
- Make time for relaxation
- Engage with positive friends and family
- Contact the Employee Assistance Program for support



## Professional

- Talk to someone new during your lunch break
- Clear the clutter in your work space
- Do not work during your time off
- Take mental health days
- Leave work at work
- Take advantage of vacation time



## Spiritual

- Engage in reflective practices like meditation
- Try a yoga class
- Make time for activities that make you happy
- Volunteer for a good cause
- Unplug from technology
- Adopt a positive attitude
- Help someone else