Self Care

WELL-BEING

PHYSICAL

- Exercise regularly
- Keep a balanced diet where possible
- Aim for 7-8 hours sleep. No less than 6!
- Maintain personal hygiene
- Wear clothes that make you feel good about yourself
- Go to preventative medical appointments (teeth cleanings, checkups, etc.)
- Rest when feeling unwell — know your body!

PSYCHOLOGICAL & EMOTIONAL

- Recognize your strengths and achievements
- Talk about your problems
- Find hobbies that bring you joy
- Treat yourself!
  - Take time off from work and school
  - Go on vacations or day trips
  - Do something comforting (movies, baths)
- Find reasons to laugh

SOCIAL

- Call or write to friends or family who are far away
- Spend time alone with your romantic partner
- Do enjoyable activities with friends
- Meet new people!

PROFESSIONAL

- Learn new things related to your profession
- Take on projects that are interesting or rewarding
- Take breaks during work
- Keep a comfortable and organized workspace
- Advocate for fair pay, benefits, and other needs
  - Learn when to say "no"
- Maintain a balance between work and your personal life

SPIRITUAL

- Mindfulness
  - Spend time in nature
  - Meditate or pray
- Recognize the things that give you meaning in your life
- Journal
- Participate in a cause that's important to you
- Appreciate art that is meaningful/impactful
- Act in accordance with your morals and values

MAKE A PERSONALIZED SELF-CARE PLAN!

When I am feeling _____

I will _____